

# Cultural Daily

Independent Voices, New Perspectives

## 5 Things to Stop Putting Off For a Happier and Healthier Life

Our Friends · Thursday, January 30th, 2020

Life is busy. There is no denying that simple fact. However, unless you make significant changes, it is unlikely that you will get any less busy next week or next month.

So why are you still putting things off?

We've all said, "I'll get to that someday," but someday is not one of the seven days of the week. Make this the year that you start doing the things you need and want to do because they will make you happier and healthier.

Below are a few suggestions for making your life better today.

### 1. Going to the Dentist

Let's face it; no one loves going to the dentist. However, visiting the dentist will significantly improve your overall health. Taking a trip to the dentist regularly will ensure that your smile is always looking its best. It will also make sure that no serious problems arise in your oral health.

Even though it is easy to say, "I'll go later," try to force yourself to pick up the phone and make an appointment. Even if you haven't been to the dentist in a long time, it will be worth your while to pay a visit to experienced professionals such as this [NE Calgary dentist](#).

### 2. Taking a Vacation

When it comes to taking a break, you will always be able to convince yourself that it "just isn't the right time." Unfortunately, it is unlikely that there will ever be a perfect time to getaway. Therefore, you need to make time. Just remind yourself that taking a break can allow you to recharge and come back more productive than ever.

### 3. Establishing a Workout Routine

There is no denying the health benefits of regular exercise. However, many of us continuously tell ourselves, "I'll start going to the gym tomorrow." Stop robbing yourself of a full and healthy life and get out there.

If it is difficult for you to establish a new habit, consider signing up for a class you enjoy. If you have a good time, you might not even realize you're working out. Additionally, a class with a set schedule will allow you to plan your time accordingly. If it is a class that you have to pay for, you

may be even more motivated to attend regularly so you get your money's worth.

#### **4. Exploring Your City**

Many times we get so caught up with work and life that we forget to appreciate the world around us. If you have some free time, consider checking out areas near where you live that you've never been to before. Who knows? You may discover a new favorite restaurant, park, or place of entertainment.

Consider stepping outside of your comfort zone and experiencing something new like a museum or sporting event.

#### **5. Reconnect with Old Friends**

If there is someone in your life that you've been missing, reach out to them! Even if it has been years, they may miss you as much you miss them. If they don't respond or don't want to see you, then at least you can stop wondering "what if" and move on. If you do reconnect, then you've reestablished a friendship that could significantly enhance your life.

Life is short. The sooner you start doing things that make you happy and healthy, the better off you will be. You will never know when it is too late to do something you always wanted, so it would be best to start making a plan today.

Your life is yours to live, what are you waiting for?

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