

Ideal Life Style One Should Follow



OKK, so, good evening. Today I am going to talk about the most important and most necessary topic, necessary for everyone forever in their busy life. I will be glad to discuss about some should and shouldn't to make our life more beautiful and how to make it perfect. So, I am going to discuss about "an ideal life".

- **First of all** , the topic itself has no limit to make the discussion complete. Still I shall try to make an overall picture by splitting into some meaningful components.

As its all about life, being an individual there are clearly two distinct domain for us, one is 'the domain where we live within ourselves' and another is 'wher we lives with other'. So, the discussion is going to be devide into two major part - in (part-1) "**Life without others**" - where the discussion will be on my own physical and mental importance, care and all that we all should do, and next in (part-2) "**life with others and for others**"- where similar discussion will be on physical and internal state of us, the whole human society.

- **Secondly**, In both these cases there are again two major field of life. One is **mental life** another is **physical life**. That is one is all about our mind and another one is all about our body. And all of these are going to be clearly explained. Though the devisions are same for almost all the

animal in this earth but we are going to mention these for us, the human beings.

An ideal life might be different for different people depending on what people want. But the common thing is happiness. But we shouldn't be happy to those things which makes others unhappy.

"Life without others"

Okk, so, so taking the subtopic, **"Life without others"** and its ***mental part***

Mental part : So, here we will discuss about the mental or inner state of an individual when he or she is only with him or her.

1. * All of us now a days are so busy in our daily life that we forget ourselves. Who we are? What is being done by us? Why we are choosing a chasing life? Ok! Is it even a life? We don't know. But we learned, we trained to do so.

Just think for a while is it a life, are you happy with that? If yes, then please stop reading. I will request you to take a short break to clarify you whether this is something nice to be happy or not, is demoting ourselves towards like the lower animals is a fact of happiness or not. If your answer is no, you need to follow the remaining part carefully and here some points that definitely add something to your happiness for sure.

We all need to connect your inner soul to our daily life. To get in practice you should give time to yourself, besides all the important works it is necessary for you to put some time only for you, where you can interact with your soul. Without interaction it is impossible to find who you are, what you want, what you should do.

Ask yourself all the questions you have, all the problems you have and think if it is a problem or not. Always it is happened that many things seem to be problematic but when we make ourself calm and rethink about the problem we feel hard to reformulate the problem. So it is done then and there. And after figuring out the real problems try to find the way to solve it. If you need consult with others.

If you feel hesitated about anything , again let you discuss it with your inner soul to make a decision. And even after that you feel to confirm an learn to take decision then ask to your near and dear ones.

Try to figure out your scarcities, your needs, your properties, your wishes to do anything. And again think wisely do you need those or do you need to do those. You need to have a good insight to make your judgements strong and bold and it can be done by practicing honest practice of it.

If you feel happy for anything celebrate it with you in your mind and find the exact reasons you are happy for. Feel why you are not happy with everything you currently have. Try to be happy with those are with you. It will mitigate your stress and make you powerful.

Above all, if you can practice YOGA in morning, it will automatically give the power to make your mind strong and developed. Like to maintain physical growth we need to take foods and exercises, to make development of our inner body we need to practice all these. These are mental food and exercises and you need to take these. Besides physical body we need to enrich our mind.

Physical part :

now we discuss about the physical part. Physical is directly related to our happiness, if we are not well physically then it is impossible to be happy with other things in life. So it is the another and main part of our life.

In this part there are mainly two things to discuss, one is food another is exercise. In a small scale, almost all of us are aware of foods and not aware of exercises.

We need to take healthy food instead of tasty food. If you need tasty foods you take only those which are healthy as well. Because before anything we need our body fit and fine for anything. So, we need a wise selection of daily food on the basis of our body condition.

But to make our body healthy and strong , besides food we also need physical exercises at least in a day. It is different for different age groups. You can play, you can run and walk, you can do anything that need a energy burn and bodily activity. It also offers you a fresh mind ready for work everyday.

“life with others and for others”

here we discuss about the remaining things of life. The dependent part of life, where a individual can not live a life without others, becuae he or she is dependent on others. Alike previous discussion there you are alone for sometime. But to get that life where you want to spent time with you , you have to live first and for living you need food, clothe,necesary things and shelters. To get these you have to depend on others as you cannot arrange all these by your own. You can do one or two work at a time. So here comes the concept of society, where different kind of people work on different deperment for fulfilment the need of them.

So, you also have to do some work for living according to your age. It may be anything depending on your choice, elligibility etc. But you also have to work with others together. And this life with others generally seems to be more complecated than being alone.

As in this case responses, behaviour of you is depending on the person or authority you are with.If the whole society were idial, then it i svery easy to lead an ideal life with others. But, this is not the actual case.

I again devide it in two part similar to before ones, i.e, “mental part”- where I discuss about how mental situation of society,the bonding can be developed and another is “ Physical part”, that is the materialistic growth, richness.

Mental part:

time management

time with family

finding happiness in others by making others feel happy

help others

dont be greedy, always maintain your excitement to say “no” towards money.
Make healthy family [Although a successful career could be one of the most important points of an ideal life, there are also other things such as building a family by getting married and having children that could be important to a person. To build a family isn't on everyone's plans, though is one of the most common things that somebody would say when talking about ideal lives]
trust yourself then family and then on society.

1.Never indulge in bad habits like drinking/smoking/ drugs etc. even for the sake of friendship or to come out of some painful event do not indulge in such habits, there is nothing fruitful in it. We should never forget this 'Addiction of anything is bad at the end'. No true friend on the earth would want you to have bad habits.

2. Just have true relation with the person wherein you can say yes this is the one I can spend my whole life with. Love is the most essential ingredient for an ideal life. People who have great bonding with their partners are seen to grow exponentially compared to those who are more talented but struggling in their personal lives.

3.Choose your friend diligently: Well, it is also true that it is difficult to understand anyone even after spending years together it is not easy.

4.Don't take life too seriously: Everything else is good, take life easy. Enjoy and go with the flow. Don't harm anyone for your benefits. Smile a lot it costs nothing and try to make others smile daily.

Physical part :

Be serious in your duty

do as many thing as you can for your society

spend time with children and the elder persons

make some group with people or students of your locality for some constractive thinking. And there are many more positive work that can be done to improve the thinking and physicall well being of your society.

So ideal life isnot about getting a lucky life, getting good family members, getting good job, An ideal life might be different for different people depending

on what people want. Some people may want to be a footballer and score tons of goals, or others may want to be politicians and be president of a country or others may want to be doctor and save others' life. The point is that everybody has a different way and might want a different type of life, but most people have a certain goal in life.

I just want to say that an ideal life could have variety of meaning to everybody, but everyone says that an ideal life should be based on happiness. Those 3 things that an ideal life should have are pillars to reach happiness in life, what everybody wants in some way.
