

EVERYDAY RULES

by Olle Lindholm

THE 10

ROCK SOLID HABIT BREAKERS

That Will Change

YOUR LIFE

Eve·ry·day *noun* Happening or used every day; commonplace and ordinary.

Everyday life is powerful stuff.

Your days can be glorious, remembered and treasured.

Or they can be boring, forgotten and wasted.

And when it comes to your day-to-day life...

Habits run the show.

Everyday rules is a tutorial about effective habit breakers that work.

It's written by Olle Lindholm and it's absolutely free.

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Everyday Rules

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Waking up to the life you have

Let's say you visit the doctor today and discover that you have an incurable disease and six months left to live.

Most people freak out when they read something like this. They don't want to think about death. Fair enough. That's your call.

But don't fool yourself. We're all destined to die.

You suddenly wake up to the life you have.

"Where did all those days go?" you wonder.

You realise that you've taken life for granted. You have existed, but never truly lived. You can't believe that this is it. Your life is soon over. So you decide that from now on, you will make every day count.

You ask yourself:

- What's my legacy? What will my best friend, partner and colleague say at my funeral? What do I want them to say?
- If today was my last day, how do I want to spend it?
- If money wasn't a problem, what would I do?

And you start living like you've never done before...

Waking up to the life you want

Now is the time to wake up to the life you *want*.

Guilt strikes you hard at first.

All the would-have-could-have-should-have memories float around in your head like a tsunami. It's never quiet in there. But the waves of guilt suddenly lose its power. You let the thoughts rest on the workbench of your mind. You stop judging yourself.

You decide to forgive yourself and the people who have done you harm. After all, *you only have six months left*.

Why insist on punishing yourself?

Life becomes crystal clear now that you're about to die. You know who you need to spend your time with, and more importantly, you know who you want to avoid. You want to do more of what makes you happy. It's really that simple.

Why complicate things?

Because somewhere down the line, you started taking life for granted. You lived off persuasive excuses, shallow dreams and old habits:

"One day, I'll learn to play the guitar."

"One day, I'll visit my friend in Australia."

"One day, I'll go to my son's soccer game."

And on and on it goes. Sound familiar?

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Allow me to let you in on a secret: that day will never come unless you do something about it. Make something special happen. *Today*.

Do you want to play the guitar? It's not going to crawl out of the basement on its own, you know. Dig it out and start playing.

Do you want to visit your friend in Australia? Look over your budget, cut unnecessary expenses, try to split the cost with your friend, and sleep on his couch.

Do you want to see your son play soccer? Make damn sure to rock up. Cancel other appointments because this game is important for your relationship and you don't want to miss it.

It boils down to this:

To make the most of every day, you must take action.

This is what *Everyday Rules* is about: taking small actions to improve the quality of your day-to-day life. We'll fight mediocrity and boredom together, one habit breaker at a time.

We deserve our days to be glorious, memorable and treasured.

Here's the good news

You don't have to get a death sentence from a doctor to change your life. You can always decide what to do with your day.

This special report helps you feel more inspired, energised and motivated as you go about with your day-to-day chores. Welcome these 10 powerful habit breakers into your life and break the patterns of the mundane once and for all.

Let's begin. After all, we haven't got all day.

Your Habits Are Your Life

"First we make our habits, then our habits make us."

– **Charles C Noble**

"Everything you are used to, once done long enough, starts to seem natural, even though it might not be."

– **Julien Smith**

"The law of harvest is to reap more than you sow.

Sow an act, and you reap a habit.

Sow a habit and you reap a character.

Sow a character and you reap a destiny."

– **James Allen**

You don't think about your habits until they become a problem.

That's a mistake.

The worst habits are the ones that you don't notice. Do you sit in the same chair every day? Do you take the same way to work or school? These habits prevent you from making the most of your life. You treat them as insignificant, although they are not.

Small habits are a big part of your life.

Lucky for you, we'll talk about how you can you make those small habits work for you, not against you.

And yes, you guessed it right.

Of course it has something to do with habit breakers...

Habit Breakers: How to Break Free from the Boredom of Everyday Life

Everyday life can quickly become predictable and boring. We don't mean for it to happen, but it does.

Here's the "secret" behind an enjoyable and meaningful everyday life:

It doesn't take a lot, but it sure takes *something*.

For a lot of people that "something" is missing.

Your life is on autopilot and you do the same thing day in and day out. You take the same route to work, you eat at the same restaurant, and you speak to the same people (if you speak to anyone at all).

It can be difficult to break free from this way of living, but it is possible. You simply have to figure out what that "something" is for you.

Habit breakers provide you with that "something".

They wake you up from the autopilot and help you appreciate the finer things in life, like the details of a beautiful street painting, or the smell and taste of your favourite coffee.

It's so easy to forget about the people, places and things that breathe joy and energy into your life. You take them for granted.

That's going to change now. You're going to discover what people and activities are most important to you, and you will be grateful to them.

Let's reveal the missing pieces in your day, so you can start living the life you want.

May your days always be glorious, treasured and remembered.

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The Nourishing Exercise

Take out a piece of paper and split it into two columns. I prefer paper, but of course you can do it on a computer as well. Do whichever works best for you.

Then write "Activities I do in a normal day" in the left column and "N/D" in the right column. If an activity is nourishing, you put an N. If you find it depleting, you put a D.

Use a piece of paper or fill in the table below:

Activities I do in a normal day	Nourishing / Depleting (N/D)

So, What Nourishes You?

I bet you've never thought of that before. I certainly hadn't before I read about it in a book called *Mindfulness: Finding Peace in a Frantic World* by Professor Mark Williams and Danny Penman. Now that you have done the exercise, what nourishing activities do you want to do more of? The trick is to do more of them!

Consider what you can do to with the depleting tasks, too. Perhaps you can outsource them completely (e.g. hire an accountant if the idea of filing your tax return scares you). Remember to also seek support from your family and friends. They can be a wonderful support network in dealing with your most depleting activities.

Habit Breaker

Pick one nourishing activity you can do within the next 24 hours.

How did it make you feel?

Where did you do it?

When can you do it again?

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Finding the Right People

Great people are hard to come by. But you need to find them. Online. Offline. Doesn't matter. They're out there; you just need to be looking for them. And you do want to look. The quality of your everyday life depends on these people.

Let's figure out if you're hanging out with the right kind of crowd in the first place. Fill in the table below:

People I see during the day	Nourishing / Depleting (N/D)

So, What Kind of Person Nourishes You?

Look at the people you have on your list. Ask yourself the following:

- What traits or qualities do they have that nourish you (are they funny, caring, charismatic, honest, good listeners etc)?
- Where did you find these people (online, offline, through work, school or maybe social media etc)?

Can you see a pattern? *There may be certain types of people and environments that nourish you.* Remember to experiment with both. But also be aware of the people that bring you down.

So, What Kind of Person Drains You?

There are always some people who bring us down. We can't stand them for one reason or another. They may be lovely (or not) but they're not a good fit for us.

This is OK. Accept it and move on. Your life is too short and the world is too big for you to hang out with people that don't give you any energy. You need to recharge. Try the Habit Breaker below.

Habit Breaker

Find one nourishing person to hang out with in the next 24 hours.

How did that person make you feel?

Where did you find this person?

When can you see them again?

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People You Want to Get to Know

Not happy with your crowd? Fear not, we live in a “connected” age.

It’s easy to reach out to people. All you have to do is ask politely. That last part is important. You don’t want to be rude and disrespectful. There’s nothing worse than someone who thinks they’re entitled to you.

Play it nice and be genuine. It works.

Want to hear a funny story? Of course you do. How silly of me to ask.

When I was in middle school, I wanted to be part of the “in-crowd”. Unfortunately, for a nerdy guy who wore glasses, that turned out to be difficult. Then something strange happened. I moved to an international school and all of a sudden I became popular.

True story. Strange, huh?

Not really. Attention works that way. People can smell desperation from miles away. Besides, doing your own thing will eventually attract the right kind of people to you in the first place. In short, step outside your comfort zone and live the life you want (not the life you have).

People I want to get to know (remember to be nice!)	How can I contact them (social media, email, friend of a friend, online communities etc)?

The 10 Rules for Creating a More Satisfying Everyday Life

So far, we've talked a lot about how your day-to-day life boils down to creating more remarkable relationships and doing more nourishing activities. When you do more of both, you'll have an everyday life that rules.

But how do we get there?

For most people this means we have to break some of our old habits. In short, you need more habit breakers. Here are ten everyday rules, followed by ten habit breakers, which will help you with this transformation.

Rule One: Treat yourself well

This is the most important rule of all. Without this golden rule, everything else falls apart because your actions begin to lose meaning to you.

It doesn't matter what others say or do. If you constantly attack yourself, you will never move forward. Instead you will hurt yourself even more. It's a downward spiral, and you don't want to feed this viscous cycle of self destruction.

Habit Breaker #1

Invent a friendly mantra. A few kind words that you can repeat whenever you're feeling stressed, lonely or sad.

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More information:

- [You're Good Enough](#)
- [10 Steps to a Jolly Good Life](#)
- [What Gets You Through a Bad Day?](#)
- [Why You Must Never Ignore Your Emotional Bank Account](#)
- [The Emergency Turnaround Clinic for Girls with Heartaches](#)

Rule Two: Be more mindful

You don't have to be religious to practice meditation. It's a great way for you to exercise your mind and stretch those awareness muscles.

Mindfulness allows you to switch gears between the Doing Mode and the Being Mode. It helps you to re-connect with your body and surroundings. In short, it makes you feel more alive and can bring wonders to your day-to-day life.

Habit Breaker #2

Give yourself a 3-minute breathing space. Simply close your eyes and focus on your breath.

More information:

- [Who Else Wants to Be More Mindful?](#)
- [Why You Must Make More Time for Yourself \(and How to Do It\)](#)
- [3 Lessons from a Cruise Ship](#)

Rule Three: Embrace your inner child

You don't have to take yourself so seriously. It's OK to be silly and ask "stupid" questions. Heck, it's how we got to the top of the food chain.

Imagine you're five years old. What do you want to do now?

I bet you don't want to sit behind a desk all day. 5-year-olds are too smart for that. They run around and play with each other or on their own.

How playful are you in your day-to-day life? Being playful doesn't cost you a dime and it makes you laugh, reduces stress, and helps you explore your inner child. Sounds like a pretty good deal to me.

Habit Breaker #3

Draw with crayons, build toy trains and airplanes, play with clay, hop on the swings, play videogames, pop a balloon... I don't care what you do, as long as you embrace your inner child.

More information:

- [13 Timeless Lessons from Walt Disney](#)
- [So, You Think You're Smarter than a 5-Year-Old?](#)
- [How to Take Baby Steps to the Life You Want to Live](#)
- [On Love, Mothers, and the Legacy of Women](#)

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Rule Four: Venture into the unknown

The Unknown can be a scary but exciting place. You want to go there more often. You live too much in your calendar and there is little room for spontaneity.

Next time you go to the movies, try watching something you have never heard about. Same goes for books and music. Go to your nearest library and ask a librarian what books have had the most impact in her life. See what these new books and movies do for you.

Habit Breaker #4

Go to the movies. Only this time, watch something you have never heard about before. Resist the temptation to watch the trailer!

More information:

- [How to Escape the Corridor and Live the Life You Deserve](#)
- [10 Meaningful Books You'll Want to Read Before You Die](#)
- [The Secret Formula behind Finding More Motivation](#)
- [Write for the Future, Live for Today](#)

Rule Five: Do more of what makes you happy

It really is that simple.

But we complicate things by saying to ourselves that we have to “act like an adult” and “be more responsible”. This is nonsense of course. But it is persuasive nonsense nevertheless.

Excuses like “I’m too old for that” or “Who am I to do something crazy like that?” stop us from doing the things we love. This is a nasty habit because it’s so persuasive.

Try to flip it around and say: “Who am I *not* to do those crazy things? Who says that I’m too old for this when I’m still feeling young and healthy?”

In your life, try to:

1. Only do the things that you cannot *not* do.
2. Only do the things that bring you illegal amounts of happiness.

Remember those activities that you identified in the Nourishing Exercise? Well, that’s the place for you to start. Whether it is photography, writing, fruit picking, or silent disco partying, I don’t care. You need to do more of what makes you happy! *Today*.

Habit Breaker #5

Pick one nourishing activity you can do within the next 24 hours. Record how it made you feel afterwards. What was it that gave you a boost in energy? Do more of it.

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More information:

- [The 5 Essential Questions for Long-term Success](#)
- [Recharge or Die](#)
- [How to Release the Party Animal Within](#)

Rule Six: Live, Learn, Teach

We are wired to learn new things. Our minds and bodies can't help it.

You don't have to get back to the school bench, mind you. Instead search online and at your local library for groups, programs, and forums that discuss your topic. Network with them and build remarkable relationships.

If you can't find anyone interested in your topic (I highly doubt it), then that's your chance to build a community and bring people together! They will thank you for it.

Passion is your most important fuel here. When you follow your interests and engage more fully in them, you feel more satisfied and energised in your day-to-day life. Don't learn about "real estate strategies" for example, unless it gets your heart yearning for more!

Habit Breaker #6

Choose a subject you're interested in. Go to the library, search the internet and educate yourself (books, videos, seminars, conferences). Put your learning into practice and teach others!

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More information:

- [How to Grow Your Strengths and Complement Your Weaknesses](#)
- [From Small Seeds, Big Things Grow](#)
- [How to Change Your Mindset](#)

Rule Seven: Change your environment

We've talked a lot about energy in this free special report. And for good reason. Energy matters. A lot.

Our environment gives us more energy than we give it credit for.

Rule seven encourages us to gain distance from the places that we occupy the most. You don't have to go on a 4-week holiday to enjoy the benefits of changing your environment. It can be enough with changing chairs at home or at work.

Go somewhere new. It doesn't matter whether it's close to home or far away. Challenge yourself with habit breaker #7.

Habit Breaker #7

Buy a public transport ticket. Close your eyes, move your finger over the public transport map, and say "stop". Open your eyes. Go to the station that your finger points to on the map. It's your Destination Unknown.

More information:

- [The Value of Travel](#)
- [How My Dad Went from Being a Couch Potato to a Wildlife Photographer](#)
- [Are You a Talker or a Doer?](#)

Rule Eight: Challenge yourself

There is nothing quite like a challenge. I recommend you start doing something I like to call T-day challenges.

T-days occur on a Tuesday and Thursday and these are excellent days for you do something you wouldn't normally do. You sometimes need an excuse to try something new. Well, a T-day challenge is a darn good excuse!

Habit Breaker #8

Connect with a stranger.

You know who are the most resourceful, funny and challenging people to be around? Strangers. We have so much to learn from them. They can show you new ways of doing and seeing things, and for the most part, they're not like that scary man your mum warned you about when you were seven years old.

That is not to say that you shouldn't be careful. But most strangers aren't scary for too long! Speaking of strangers, why don't you connect with me? Let's inspire each other to do more awesome stuff.

- Connect with me on [Facebook](#), [Twitter](#), [Google+](#), or [LinkedIn](#).

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Scary, I know, right.

Here's this guy who's written a free special report and he wants *me* to reach out to *him*. Whoa. Big step. Well, fear not, my friend, I believe in you. But I also know how busy social media can be. I invite you to sign up to my free online e-course, if you prefer to challenge yourself in a less noisy environment:

- [Sign up to my free 10-part e-class](#)

More information:

- [How to Create SMART Goals that Won't Make You Look Dumb](#)
- [The Birth of the T-Day Challenge](#)
- [What You Can Learn from Steve Jobs](#)

Rule Nine: Be generous and help others

It's deeply gratifying to be generous, let me tell you.

Deep down, we all want to feel needed and loved. We want to know that we can contribute to someone else's wellbeing. This free special report is a great example of that. It makes me feel all warm and fuzzy inside because I know it is designed to help people like *you* make the most of your day.

Habit Breaker #9

Help a relative, a friend, or even a stranger with something small.

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More information:

- [The Harry Potter Guide to Magical Relationships](#)
- [Psst... Can You Keep a Secret? \(It's All about the Trust, Baby\)](#)
- [The Most Overlooked Ingredient to Any Remarkable Relationship](#)

Rule Ten: Show Up and Do the Work

If you've been waiting for a "secret" tip, you've been waiting in vain.

I don't know of any airy fairy dust solution to making your everyday life more enjoyable and meaningful.

That tough part is up to you.

What I do know is the power of rocking up day after day.

To welcome each new day for what it is: 24 hours of endless possibilities. New people to meet, new food to try, and new places to see.

Those choices are up to you. If you begin to value the potential of every day in your life, you will travel far, my friend.

Habit Breaker #10

Fight Resistance by taking the smallest action on your next dream project (the one that makes your heart jump). Say silently to yourself: "Hi Resistance, I'm not going to let you get in my way today!"

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More information:

- [Show Up and Do the Work](#)
- [A 10-Step Checklist on How to Help You Do the Work That Matters](#)
- [My 3 Words for 2013](#)
- [A Smart Framework to Live by](#)

But above all, set sail my friend

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do.

So throw off the bowlines. Sail away from the safe harbor.

Catch the trade winds in your sails. Explore. Dream. Discover."

~ Mark Twain

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Your Next Step

Your next step is to *set sail and move forward*.

Accept new challenges, do more of what you love, and make your everyday life less predictable.

There's a lot to digest in this free report, but applying these ten habit breakers will make your everyday life more rewarding and satisfying.

If you want to take what you've learned in this special report even further, then I suggest you sign up for my free e-class:

- [Click here to sign up for my free e-class](#)

And please ... if you enjoyed this report, feel free to share it. Link to it from your site, and/or:

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- [Share on Facebook](#)
- [Share on Google+](#)

Thanks for your time and attention. More great content coming soon...

Best Regards,

Olle Lindholm

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About the Author



My name is Olle Lindholm and I'm a writer, chocolate addict, and polylingual life enthusiast.

My thirst for adventure has taken me all over the world. I was born in Sweden, where I had the pleasure of going to an international school at the tender age of 12.

I spent four months living with a host family in Barcelona and here I improved my Spanish and salsa moves. After Spain, I moved Down Under to visit the kangaroos, dive at the Great Barrier Reef, and attend that thing called university!

When I'm not helping other people make the most of their everyday life, I go for jogs, read books, hang out with friends, and plot my next round-the-world trip!

You can connect with me on [Facebook](#), [Twitter](#), [LinkedIn](#) and [G+](#).

Want more inspiration and practical advice from me?

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