



# LIVE GUILT FREE

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## 10 POSITIVE WAYS TO CHANGE YOUR LIFE TODAY

By Richard Curren

Recently we gave an Empowerment Event for families and couples in Atlanta, GA. At this event, I posed the following thought and asked the crowd, “How many of you believe that I could go out today and commit an act that would negatively change my life?” Several hands went up. One person said, “You could get a DUI,” another person said, “You could have an affair,” and yet another person offered up, “Just go rob a bank!”

My next question to the same group of people was, “How many of you believe I could go out today and go out and commit an act that would forever positively change my life? And if so, what would it be?” Oddly, not a hand went up. It is interesting to me that as human beings we are all too well versed in the “don’ts” of life – you know, the things your mother warned you to never do lest you ruin your life.

But many of us are simply not programmed to think of positive changes that we can make that could drastically alter the course of our futures. Today I would like to submit to you a list of 10 simple yet extremely powerful actions that you can take that will make a long lasting and positive impact in your life and potentially the lives of many, many people around you.

### **1. FIND A CAUSE THAT YOU BELIEVE IN AND BEGIN TO CONTRIBUTE**

If you can’t find one, consider starting one. I did, and today Boundless Limits International shares encouragement and empowerment messages to people literally all over the world. Money or time, most good causes need both. Everyone has SOMETHING to offer humanity.

### **2. COMMIT TO LEARNING A NEW SKILL AND SIGN UP FOR A CLASS**

This can be something that you could offer to your employer, such as computer skills, or simply something you’ve always wanted to do, like photography or painting. It’s not so much the skill that you learn as it is reigniting within yourself the discipline of learning and expanding your knowledge base. This can be very fulfilling and challenging at the same time. Take it from someone who earned a Black Belt in Olympic Tae Kwon Do at the age of 42! This would also be an excellent chance for you to take a class with a spouse or child, which is the whole reason I got into Tae Kwon Do. It was to spend quality time with my son.

### **3. ADOPT AN EXERCISE PROGRAM AND SET UP A PLAN TO IMPLEMENT IT**

You may want to consider getting doctor's advice if you suspect you are in really bad physical shape; however it is my firm belief that every human being from the age of 6 to 106 can still safely exercise and enjoy the benefits from it. Numerous medical studies have demonstrated that the chemicals released by the body, called endorphins, have a long lasting positive impact on your brain chemistry and are chemically more powerful than heroin. A solid exercise routine carried out 3-4 times per week can have one of the single biggest impacts on your affect and self confidence. I recall watching my wife overcome significant physical and emotional barriers as she began to implement exercise as part of her recovery from her coma and its effects on her body and mind. As her muscle tone grew and her weight dropped, I watched her confidence and her physical and emotional wellbeing soar.

### **4. EVERY MORNING LIST 3 THINGS FOR WHICH YOU ARE THANKFUL**

This will begin your day with a positive outlook and mindset. It will also begin to develop in you a stronger prayer life, something everyone can benefit from. Many mornings I roll over and thank God that I woke up alive next to my wife with a roof over my head and my son in the room next door. It doesn't have to be grandiose, but it will definitely help you keep things in perspective.

### **5. BOOKEND YOUR DAY**

Get up early so that you have time to breathe or spend time with your spouse. Don't live your life so harried and rushed that you never have time for yourself. If you are someone who gets up after the third swing at the snooze bar, already 15 minutes late, I implore you to develop a habit of getting up before you have to and starting your day in a calm, peaceful and purposeful way. Likewise, begin to develop the habit of ending your day with peace and quiet time for you and your spouse. It may be watching a tv show together or just sitting and talking after the kids have gone to bed. But this simple act will calm you down and help you to have both a calmer morning and better night's rest. You will also find that the time spent with your spouse will deepen and strengthen your relationship.

### **6. ESTABLISH A BUDGET AND GET OUT OF DEBT**

There is nothing in this world more crushing than the weight and stress of financial difficulties. It is the number one killer of marriages in America today. (Yes, even over adultery!) If you don't know where to begin, there are plenty of resources available that don't cost you any money. There are wonderful programs offered through churches such as Crown Ministries with Larry Burkett or the Total Money Makeover with Dave Ramsey. Wherever you get your help, be sure that they are unbiased and have your best interests in mind.

## **7. SEEK A MENTOR AND MODEL THEIR GREATEST QUALITIES**

Every single one of us has someone whom we admire; not for their talents, but for their character. It may be a grandparent or an employer or even a spouse. In my own life, I wanted to learn to be more compassionate and caring about the needs of others, which is something my wife is extremely good at. I saw these attributes in Tanya and truly respected and admired her ability to connect with people. By watching her and learning from the ways she goes about dealing with other people, she has made me a much more effective ministry professional and human being.

## **8. DEVELOP YOUR SPIRITUAL LIFE**

More than anything else on this list, developing your spiritual life will have the greatest impact. An education, being debt free and having strong muscles are wonderful things, but they will never be enough when you face a life altering challenge like a terminally ill loved one or a deep faith crisis, where the only thing you can do is hold on and pray. I have learned firsthand in the three years since starting Boundless Limits that you must always be growing your faith and relationship with God. Faith, like any muscle in the body, only grows with exercise and commitment to development. I encourage you to study the Bible in a way that interests you and supplement that by reading other faith-building books like ours: *ON COURSE: Strategies For Successful Living*. Books like these focus on practical and positive messages that will help you with your daily walk.

## **9. DEVELOP A LIST OF YOUR LIFE'S GOALS AND A PLAN TO ACHIEVE THEM**

My experience when dealing with people is that those who do not know their purpose never sat down and did this exercise. An ideal list would include both long and short term goals. Your long term goal list might look like this: getting a college degree, learning a foreign language or building up a savings account. Your short term goals on your list should be things that mirror the goals on your long term list. For example, enroll in a college class, sign up for an online foreign language course or save \$20 per week to build up your savings account. Short term goals are the baby steps that help us reach those long term lofty goals that seem so far away. The bottom line is this: a well planned person is never surprised by the destination their path takes them.

## **10. CHOOSE SOMEONE WHO WRONGED YOU AND FORGIVE THEM**

This is not for them, but for you. Even if they are dead and you will never see them again or if there is someone in your life whom you know you'll never get an apology from, it is vitally important that you choose to forgive them. Unforgiveness is like an infection in the soul. In medicine, when someone has a foreign body imbedded in their skin, they develop an infection. Until that object is removed, the infection and subsequent pain only worsen. It is only after the object is removed and the area cleansed that the pain goes away. Our spirits are the same way. As long as we hold on to the hurt and pain of past wrongs and refuse to give them up, we suffer similar pain and suffering. Let me be clear, forgiveness is not the same as saying, "I'm ok with what happened to me." Instead,

it is the conscious act of saying, “You wronged me, but I forever remove from you the power to continue hurting me.”

So there you have it: 10 simple, practical and effective ways that you can forever change your life starting today. Some cost money and some cost time, but in my opinion each one is well worth the investment because the investment is in YOU. And you are worth it!

In Him,

*Rick*



Richard R. Curren III is the co-founder and President of Boundless Limits International, Live Guilt Free and Best Life Strategies. He is the co-author of **ON COURSE: Strategies For Successful Living** and its companion **ON COURSE: Life Application Study Guide**. He is also the producer of several inspirational videos including “*IT’S ABOUT TIME!*”, which has been broadcast on television worldwide. He is also the developing producer for Scaly Adventures, a positive influential outreach to children using animals and nature to explore the wonders of God’s creation. Rick’s passion is to speak and motivate others to live to their maximum potential physically, mentally and spiritually. Through their events and publications, Rick and his wife Tanya inspire others and show that every person has boundless potential to change our world. He is a former United States

Army Officer. Rick serves on the Board of Directors for the So Help Me God Project as an Advisor and is a founding Board Member. With a passion for health and fitness, he is a Black Belt in Korean Olympic Tae Kwon Do, and serves as an Associate Instructor for Palmetto Martial Arts School.