

# Happy birthday tip: Plan something spectacular every month

Think about how many obligatory trinket and gadget gifts you've received over the years . . . the ones you forget about within a few weeks. Most are a waste of money, right?

What if there was something you could give yourself that would change the course of your life? Too good to be true? Not so. You don't have to spend any money, but you have to do something that's even more difficult for most. You have to invest a little time thinking about your future. One of the best gifts you can receive on your birthday is one you give to yourself.

"It's my wife's birthday tomorrow," my friend told me. "So last week I asked her what she wanted as a present. 'Oh, I don't know ,' she said. 'Just give me something with diamonds.' That's why I'm giving her a pack of playing cards.

[Jokes4Us](#)

When was the last time you got your car aligned? It was probably more recently than the last time to aligned your activities, habits and lifestyle with your passion, dreams and deepest desires. The more your daily activities align with these, the more likely you are to be happy, productive, likable, and in the long run, more successful. This can be the happiest year of your life.

Lots of people wait until New Year's Eve to make a resolution or set new goals. But consider this: your birthday is your own personal New Year's Day. This is an ideal time to reflect on the prior year of your life. What went well? What do you want to increase in your life? What do you want to decrease or

eliminate?

[How to get happy now via habits, goals and resolutions](#)

If you create a clear vision and top it off with strong desire, you can have an amazing year. Begin with what you want your life to be this time next year. Can you really change your life in a year?

Think big. A woman (with a little help from a man) can create a new life in nine months. As an intelligent adult who knows you better than anyone else, you should certainly be able to make a few adjustments in your life's direction in the next 9-12 months, right?



In the next nine months, you could move to a new location, get a new job, or turn your hobby into a business. You can improve a relationship or get yourself out of a bad one. You can save up to travel to that place you've been wanting to go. What do

you want to do? It's your life and it's your new year. Why not make it a good one?

It's helpful to set monthly milestones that get you closer to where you want to be. If you're unhappy with your long work commute, for example, there are many ways to solve the issue:

- find a new job
- work with your employer to work from home some of the time, or all of the time
- find a new place to live
- turn your favorite hobby into a business with a plan to quit your job
- learn a new skill so you can work toward a promotion or new occupation
- use public transportation or a carpool to get to work so you can make better use of your commute time

Any one of these could be a monthly milestone to help you reach your goal.

### [\*This CAR game will drive you crazy\*](#)

It's easy to look at an issue, such as a long commute, and feel stuck. If you feel stuck in a job, home or relationship, think about this. Assuming you make it to your next birthday, you're going to be busy living life each and every day. You're going to have some happy days and some stressful days. Life is a roller coaster. So why not spend your up and down days taking action to build a happier future for you and the people around you?



The Roller Coaster by Angela L Walker

Lots of people choose to mask their dissatisfactions with nonproductive pastimes such as:

- drinking too much
- overeating
- zoning out on video games, movies or TV
- following rabbit trails on social media
- watching spectator sports

Perhaps some of your closest friends or family members attempt to indulge and subdue you with similar junk on your birthday: pizza, cake, ice cream, sodas, alcohol, gag gifts and so on.

If you cycle deeper into these escapes year after year, it's easy to let an entire year go by without changing anything. You will have all the same problems next year that you have now, and possibly even more. Would you like to put your head down in the sand or up in the sky?

What goes up and never comes down?

Your age. [Jokes4Us](#)

**[There's no such thing as bad habits](#)**

Your life is like a garden. Weeds are always growing. Life

weeds are the issues that inevitably come up in relationships, work, health, or finances, for example. You have to continue to weed your life garden in order to refresh your mind, body and soul.

If you decide to concentrate on your most pressing issues one-by-one, in search of solutions, you can eventually find ways to resolve them. Choose to pull the weeds out of your life. If you do, you can look forward to this time next year with excitement and anticipation. Everyone gets one day older every day, but few continue to grow and mature into their full potential day after day. Do you want to be average or above average?



WE DO NOT STOMP OUR FEET AND CRY AT PUBLIC EVENTS. WE GIVE COLD STARES AND HAVE "OTHER PLANS" AT THANKSGIVING.

As you plan your most important milestones for each of the upcoming twelve months, have a vision in mind. Close your eyes and picture yourself one year from now. What would you like to be, do or have? How is it different from now? What bridges do you need to build to get there?

As you consider the changes you need to make, it helps to set milestones for the upcoming twelve months. Be reasonable.

Don't underestimate or overestimate what you can do in the next 30, 60 or 90 days. The most important thing is that you get started and create movement in the direction you want to go.

### [How to have a very happy birthday](#)

Once you begin taking actions to create change, momentum builds and propels you forward, helping you find the ways and means to skip steps and accomplish goals faster than you originally anticipated. The more you engage others in your vision and the more activities you take toward it, the *luckier* you become.

This can be your happiest birthday ever. Now that you have the gift, it's up to you to decide what to do with it.

This is your life. Are you who you want to be? Is it everything you dreamed that it would be? [Switchfoot](#)



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