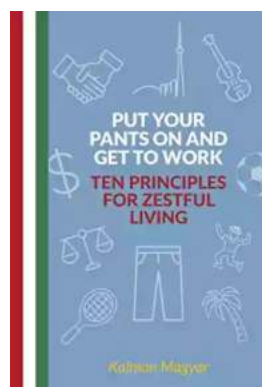


Put Your Pants On And Get To Work: Ten Principles For Zestful Living

Have you ever felt like you're just going through the motions in life? Waking up, going to work, coming back home and doing it all over again the next day. It's like you're trapped in a monotonous routine with no excitement or vitality. Well, it's time to put your pants and get to work on making your life zestful and fulfilling.

Living a zestful life doesn't mean you have to jump out of an airplane or climb Mount Everest. It's about finding meaning and purpose in the everyday activities that make up your life. It's about infusing every moment with enthusiasm, energy, and passion, so you can truly experience the joy and fulfillment that life has to offer.

Here are ten principles that can help you ignite the zestful living within you:



Put Your Pants On and Get to Work - Ten Principles for Zestful Living

by Morton Manus (Kindle Edition)

★★★★★ 5 out of 5

Language : English

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Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Screen Reader : Supported

Print length : 134 pages



1. Embrace Gratitude

Gratitude is the key to finding joy in life. Take a moment every day to reflect on the things you are grateful for. It could be as simple as a warm cup of coffee in the morning or a beautiful sunset. By cultivating an attitude of gratitude, you'll be able to appreciate the small things and find joy in the present moment.

2. Pursue Your Passions

What brings you joy? What makes you feel alive? It could be painting, playing an instrument, or even gardening. Find activities that fill you with excitement and make time for them in your life. Pursuing your passions will not only bring you happiness but also give you a sense of purpose and fulfillment.

3. Step Out of Your Comfort Zone

Growth happens when you step outside of your comfort zone. Challenge yourself to try new things and face your fears. Whether it's taking a dance class, giving a presentation at work, or traveling to a new destination, the experiences you gain outside of your comfort zone will expand your horizons and make life more exhilarating.

4. Practice Mindfulness

Mindfulness is about being fully present in the moment. It's about paying attention to your thoughts, feelings, and sensations without judgment. By practicing mindfulness, you can become more aware of the beauty and wonder that surrounds you every day, leading to a greater sense of aliveness and zest for life.

5. Cultivate Meaningful Relationships

Human connection is essential for a zestful life. Make an effort to build and nurture meaningful relationships with family, friends, and loved ones. Share experiences, support each other, and create lasting memories together.

Surrounding yourself with people who uplift and inspire you will fill your life with happiness and vitality.

6. Take Care of Your Body

Your physical well-being plays a significant role in how zestful you feel. Engage in regular exercise, eat a balanced diet, and get enough restful sleep. Taking care of your body will not only improve your physical health but also boost your energy levels and overall sense of well-being.

7. Set Goals and Take Action

Having goals gives you a sense of direction and purpose. Set meaningful goals for different areas of your life such as career, relationships, health, and personal development. Break them down into actionable steps and celebrate your achievements along the way. Taking consistent actions towards your goals will give you a sense of progress and fulfillment.

8. Embrace Challenges as Opportunities

Life is full of challenges, but it's how you perceive and approach them that makes all the difference. Instead of seeing obstacles as roadblocks, view them as opportunities for growth and self-improvement. Embrace challenges and learn from them, knowing that they are part of the journey towards living a zestful life.

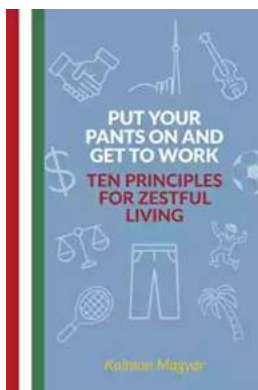
9. Live in Alignment with Your Values

Identify your core values and ensure that your actions align with them. When you live in alignment with your values, you feel a deep sense of fulfillment and authenticity. Make choices that reflect who you truly are and what you stand for, and you'll experience a greater zest for life.

10. Find Joy in the Journey

Lastly, remember that life is a journey, not just a destination. Don't obsess about achieving certain milestones or waiting for happiness to come at the end of a finish line. Find joy in the process, embrace the ups and downs, and appreciate the lessons along the way. The zestful living lies in the journey itself.

So, put your pants on and get to work on living a zestful life! Embrace gratitude, pursue your passions, step out of your comfort zone, practice mindfulness, cultivate meaningful relationships, take care of your body, set goals, embrace challenges, live in alignment with your values, and find joy in the journey. Incorporate these principles into your life, and you'll experience a newfound zest and enthusiasm for every moment.



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Living every day with zest hinges on following ten principles which apply equally to everyone. No matter how much money you have, your level of education, occupation, age, or where you live – the principles work if you stick with them. Their roots have been established over generations and stress-tested during

times of war, prosperity, triumph, and adversity. Begin living more zestfully. It's never too late to start.

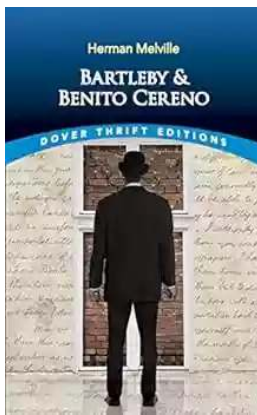
Author Kalman Magyar has a remarkably eccentric skill set and atypical background. He is an international business lawyer and professor with over two decades of wide-ranging experience in courtrooms, boardrooms and classrooms throughout the United States and Canada. He is also a renowned Hungarian folk musician who has appeared in the world's most prominent performing venues and obscurest ethnic community halls.

Kalman guides you through his unusual personal history while decoding his ten principles for a zestful life. The adventure begins with his family's ordeals in war-ravaged Hungary. It continues as a first-generation immigrant in New Jersey. Valuable lessons are drawn from Kalman's unconventional development in the legal and musical fields. The odyssey is far from smooth, with failures, challenges and missteps along the way. These experiences form the genesis of the principles that collectively provide a blueprint for living zestfully. All day, every day.

Married with three children, Kalman splits his time between Toronto, Ontario and Naples, Florida. Kalman also takes frequent trips to Budapest, Hungary, the land of his ancestors where his journey begins.

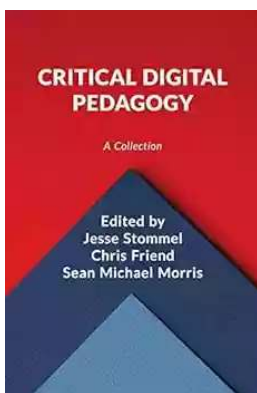
Features a foreword by Jeremiah Brown, winner of a silver medal in rowing for Canada at the 2012 Summer Olympic Games in London and author of bestselling sports memoir, *The 4 Year Olympian: From First Stroke to Olympic Medallist*.

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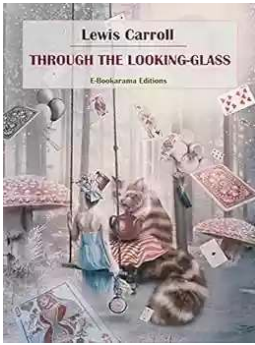
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