



FROM BORING TO LIVING

REINVENTING LIFE SERIES book 1

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SQRINDLE EDITION

DEDICATED TO ALL THE LIFELONG LEARNERS
WHO LIVE BY THE MOTTO,
"IT'S NEVER TOO LATE"

INTRODUCTION

Boredom is like having a space in our heart, soul, life. You know what they say about empty space – we have this innate need to fill it. If it's a house, we fill it with furniture, TV's, noise, and busyness. But, in our real life, the life we live within our minds and souls, we tend to fill the empty space with things like negativity, "I'm not good enough, procrastination, blame, and a host of other crap."

Strange, isn't it that we find it so much easier to gravitate towards negative thoughts than positive ones? It seems to be human nature to some extent. We wallow in our weaknesses rather than live in our strengths. I wish I knew why that happens. In sports, or school, or work, we are always told to improve our weaknesses and I think this might have some sort of lasting effect. Whatever we concentrate on, we increase. So, if we concentrate on our weaknesses or negative challenges-guess what?

Notwithstanding this tendency toward negativity, there are ways we can take hold of ourselves and improve the conditions and circumstances of everyday living. We offer a few tips here to help. They are simple things that we can easily incorporate into our daily lives. You might find it helpful to write some of the individual ideas on a card and post them above your desk or on your bathroom mirror to remind you.



"The two enemies of human happiness are pain and boredom."

Arthur Schopenhauer

Hopefulness and excitement leave the room when you feel bored. Boredom forces the mind to slip into a state of complacency and weakness. Allowing boredom to interfere with your happiness is optional, so don't let it happen! Instead, try these 6 ways to fill your life with fun, exciting things to try.