



10 Ways to Become More Interesting

Thanks for joining my email list!

Don't worry. I won't spam you or share your email with anyone. I actually don't email too often, but when I do it will be interesting and you now won't miss a single interesting thing.

As promised here are 10 things you should focus on to become more interesting. I'm in such a good mood there's also some bonus material at the end.

Enjoy.

10 WAYS TO BECOME MORE INTERESTING

1. Travel – Go somewhere new. I always recommend international travel to people as a great way to live an interesting life and experience new things. Maybe you can't go to the other side of the world, but there are many other options. In the United States it can cost less to take a trip to Central America than to New York, California or Las Vegas. Visit a new state, town or new nature preserve near where you live. The important thing is to get started. Travel builds momentum so just decide to go somewhere. Travel is one of the few things in life that is shown to be a way that money can be spent for happiness.
2. Exercise – It's hard to be interesting when you can't walk up a flight of steps. The better shape you are in, the more energy you will have and the more things you can do. Being out of shape can greatly diminish the amount and types of adventures you can have. Good luck hiking Machu Picchu if you can't hike your way around the block of your house.

Join a gym. Do calisthenics at home. Just doing push-ups, squats without added weight and sit-ups is a world of difference more than doing nothing. Go for a jog. Watch a free exercise video on YouTube. The opportunities for exercise are endless. If I'm traveling (see interesting tip #1 above) and there isn't a gym around I will do the calisthenics.

3. Martial Arts – Martial arts gives so much to a person's life. It helps someone to get in shape. It gives peace of mind knowing you can better handle yourself in a physical altercation. It teaches discipline, sharpens the mind and teaches you to go beyond your limits.

The best thing is to find a martial arts school or classes near you. Many local colleges also offer martial arts classes. It's good to find an art that teaches grappling, striking and self-defense. If they do a little meditation before and/or after class that's an added bonus. If there are no classes near you or you are absolutely broke find a knowledgeable friend, find drills on the internet and practice them. Owning a punching bag also helps you get used to throwing strikes.

4. Read – Most of the most interesting people in this world read regularly. Alexander the Great used to travel with his own library. Bill Gates and Warren Buffet both said that if they could have one superpower it would be able to read lightning fast.

Through reading you can learn and grow in any area of your choosing. Libraries, bookstores, and the internet offer an endless amount of materials to read on almost any subject. I get most of my books from my local library to keep my house from filling up with books. Many libraries these days have systems where you can get books loaned from other libraries in their network and delivered to your local library for free. If I can't find a book I want in this system I usually buy them used on Amazon or EBay.

Blogs like mostinterestinglife.com and many others are also great sources of information.

5. Spirituality – There's more to this life than what we see on the surface. For thousands of years humanity has sought to figure out what else there is. Interesting people think bigger than the average person. They ask bigger questions. Spirituality looks to answer the biggest questions of all. Even if you don't believe most of what you read it is an interesting exercise to spin the ideas around in your head. Whether you look at the world from a scientific perspective, a more spiritual perspective or a combination of the two, there will probably be something in your spiritual studies that resonates with you. Keep searching and never stop.

I read books on everything from Taoism, different branches of Buddhism, Christianity, Judaism, Kabbalah, Hinduism, Islam and any other practice that catches my attention. I've found that they pretty much all have stuff to offer and have added insights into how I view the world. There are also some good teachers on YouTube that you can watch and listen to.

6. Get Social – Have and do things with friends. If you don't have friends then learn to be social and put yourself in places where you can meet the types of friends that you want in your life. Find events that business people, fitness people, nerds or whatever types of people that you are looking for hang out at. Take initiative. Introduce yourself. Exchange contact information and plan fun and interesting things to do.

Sites like meetup.com or local Facebook groups are great places to get started if you don't already have a network of friends where you live.

7. Give back – When you help other people out it adds to your own life. It gives it more meaning. When you wake up in the morning and go to bed at night you can do so at least knowing that the world is a little bit better for having you in it. You can give money, time, or both. Any bit helps.

One story that I like is about a young boy walking down the beach throwing starfish back into the ocean. There was a storm that had washed countless numbers of them ashore and they were surely going to dry out and die. A man saw the boy doing this and said "Why

are you wasting your time? You can't help them all. It doesn't matter." The boy tossed another one back into the ocean and said "It matters to that one."

I like both automatic giving and sporadic giving. I currently give money regularly to two charities each month. It comes out of my account automatically. You can set this up easily by calling a charity's 1-800 number and talking to someone. I'm sure they'll be happy to hear from you. Also if I see a poor person on the street sometimes I will give to someone like that. I don't do it for everyone, but once in a while. If I did that to everyone I saw I wouldn't make it past two blocks in New York City or Mumbai, but like the starfish story above, any bit helps.

8. Be extreme – Do things that scare you. Go on a roller coaster. Go skydiving, bungee jumping, parasailing... whatever. Push your limits. Research and see that these things are for the most part pretty safe and sign up to do one. After you do it you'll most likely be glad that you did and a bigger, more interesting person for the experience.

Make a list of all different extreme activities that you would even slightly consider and start with the simpler ones. Maybe visit an amusement park, go to a rope-course or sign up for a Tuff-Mudder.

9. New experiences – Some of the above mentioned tips count as new experiences, but ask yourself what else can you do on top of that? Try different foods. Whenever I see something new on a menu I get excited. I love a chance to gain a new life experience under my belt. "What? Today's special is fried scorpions, in a sheep's brain sauce with blowfish dressing? I'll take it!"

Learn new skills. Learn to play piano, guitar or a new language. Learn how to fix or build something. Take a painting class.

There are so many directions you can take this one, but constantly ask yourself what new opportunities for new experience are around you. Learning and trying new things is great for the brain and actually keeps the mind young into old age.

10. Don't Judge – Life is too short to waste it focused on judging other people. If someone is successful be happy for them and find ways to be successful yourself. If someone takes a risk, but fails then you should cheer them for having the guts to take a risk. Just the act of putting yourself out there is a growth experience.

There are so many more things that YOU yourself should be focused on instead of judging those around you. The only person you should judge is yourself for not yet being as interesting and awesome as you know you can be.

BONUS: Posture and Voice Tone

Be aware of your posture at all times, especially when your posture is bad, and correct it. One easy way to feel better and look better is to have better posture. There's an idea called "transformational physiology" where the way you position your body affects the way you feel and act. Proud, more open posture projects confidence and makes you feel stronger and more self-assured. Keep your head high, back straight, shoulders back and relaxed. Relax your facial muscles and keep from frowning. Try not to cross your arms much and don't be scared to take up space. Interesting and important people feel like they have a right to be wherever they are and to take up space. Unconfident timid people seem to scrunch themselves up into little balls as if they aren't allowed to exist.

Speak your words slowly, confidently and with a strong voice. Don't be afraid to speak loudly. Just like when taking up space with your body, you have a right to fill a room with your voice. Timid people often speak very quietly as if they are afraid to offend people. Speak from your belly and not your throat. Speak more deeply (especially if you're a man). End your sentences on a confident note and not in a rising tonality as if everything you say is a question. Look people in the eyes when you speak, but not in a weird obsessive way. Don't be afraid to use pauses when speaking. Don't rush your words like you're being timed. Important people are able to take their time and say what they want to say. Your words are interesting and have value.

There you have it. Most of these are pretty easy. Some, such as the travel are a little more involved. All are doable and will make you a much better and interesting person in the long run.

Follow these things, find new ones yourself, and keep reading articles at mostinterestinglife.com to continue your journey.

Wishing you the best,

Derek

PS. Feel free to let me know what you think about this quick guide at derek@mostinterestinglife.com. Any and all comments/feedback/stories are welcome.