

START LIVING A MEANINGFUL LIFE TODAY!

THE WINNING SECRETS



Discover the hidden secrets of the
rich!

BY ASIIMWE JULIUS

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Rich!**

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DISCLAIMER

This book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his or her health and particularly concerning any symptoms that may require diagnosis or medical attention.

INTRODUCTION

This book is designed to help you go through life confidently in the direction of your dreams and also to help you know that you have what it takes. So believe in yourself because you are capable of more than you know.

CHAPTER 1

WHAT IS THE SECRET OF A HAPPY LIFE?

Never regret anything in life. You can't change the past, but you can certainly do something about the future.

Force yourself to smile, even if there's nothing to smile about. Blood will start flowing into the brain again.

Do something crazy, without breaking the law, of course. You will not forget that in a long while, and you will smile each time you remember it.

Help someone in need. Get out and find a beggar or a hungry child, and buy

her/him a loaf of bread. Don't give them money.

Watch Mr. Bean, Daliso Chaponda or any comedy on YouTube. It will help change the perspective of things, and put you on a laughter trajectory.

Remember an important event that happened in your life sometime in the past and dwell there for a while. It will help trigger your serotonin and get you back on a happy mood once again.

Do not let the past overtake you, however negative it may seem. You can do better than that. More importantly, the future is always brighter than the past.

Do not stick your neck for the mistakes of others. It's not your fault. Let them pay the price so that they can also have the opportunity to learn.

Don't worry about anything. Worrying will only expand the problem. Instead, get off your butt and do something that will

help you or others today. Chat with a friend on facebook, or do your laundry, or take a walk, but don't just sit there and brood about nothing.

Don't let circumstances control you. Instead, control circumstances by remaining positive about situations you can't control.

Avoid unhappy people. Just like happiness is infectious, unhappiness is also infectious. Most people will not take your help, anyway. Besides, they owe you nothing.

Take responsibility for your own happiness. Don't wait for someone else to make you happy. Look yourself in the mirror and shout: "You are the happiest person I've seen in the whole world."

Avoid silly arguments and contests. There are no winners in an argument. You can never be happy for long at the expense of another person's grief. In a contest, there

are only losers and victims. In any war, there are casualties on both sides.

Love yourself. This is not selfish. You owe the world nothing, and the world owes you nothing, so why stress yourself about pleasing others at the expense of your own happiness?

They say that money can't buy happiness, but it can make you awfully comfortable while you are being miserable.

WHAT ARE THE LESSONS PEOPLE MOST OFTEN LEARN TOO LATE IN LIFE?

Here are Steve Job's last words.

He died a billionaire at 56 years old from pancreatic cancer, and here are his last words on his sick bed:

"I reached the peak of success in the business world. My life is the epitome of success in the opinion of others.

But, I have nothing to be happy about except work. In the end, wealth is just a reality of life that I am used to.

It was then, lying on a sick bed reminiscing my whole life, I realized all the recognition and the wealth that I was very proud of, became pale and meaningless in the face of the impending death.

You can hire someone to drive for you and make money for you, but you can't make someone else take the illness from you. Lost substance can be found. But there is one thing that can never be found when lost -"life".

When a person enters the operating room, he will find that there is a book that has not yet been read - " The Healthy Living Book ". No matter what stage of life we are in right now, over time we will face the day when the curtain falls. Cherish the family that loves you, love

your spouse, love your friends... be kind to yourself.

As we age, we gradually realize that wearing a \$300 or \$30 watch - they tell the same time.

Whether we carry \$300 or \$30 purse / handbag - the money inside is the same.

Whether we drive a \$150k car or a \$30,000 car, the road and distance are the same and we reach the same destination.

Whether we drink a \$300 bottle or a \$10 bottle of wine - hangover is the same.

The house we live in 300 sq ft or 3000 sq ft - loneliness is the same.

You will realize that your true inner happiness does not come from the material things of this world.

Whether you take a plane on first or on economy class, if the plane collapses - you'll go with the flow.

Therefore, I hope you can recognize that when you have a partner, buddy, old friend, sibling, you talk, laugh, talk, sing, talk about North East Southwest or Heaven and Earth... that is true happiness!!”

Four undeniable facts of life:

1. Don't educate your children to be rich. Educate them to be happy. Therefore, when they grow up, they will know the value of things, not the price.
2. Words for the best reward in London....."Take your food as your medicine. Otherwise you have to take medication as your food."
3. The person who loves you will never leave you to someone else because even if there are 100 reasons to give up on him or her, they will find a reason to hold on. There are huge differences between people.

4. Only a few really understand it. You were loved when you were born. You will be loved when you die. In between, you have to manage!

Note:

1. If you want to go fast, go alone! But if you want to go far, go together!

2. Wisdom doesn't automatically come with old age. Nothing does, except wrinkles. It's true some wines improve with age. But only if the grapes were good in the first place

3. Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning is young. The greatest thing in life is to keep your mind young

4. Earth provides enough to satisfy every man's need, but not every man's greed – Nelson Mandela.

5. Poor are those who need too much, because those who need too much are never satisfied -Jose Mujica, Former President of Uruguay

6. If you really think the environment is less important than economy, try holding your breath while you count your money - Dr. Guy McPherson, an environmental, health and industry activist.

There are 4 types of wealth:

1. Financial wealth (money)
2. Social wealth (status)
3. Time wealth (freedom)
4. Physical wealth (health)

Be worried of a job that lure you in with 1 and 2 but robs you with 3 and 4.

Five top doctors in the world

1. Sunshine
2. Rest
3. Exercise
4. Healthy diet
5. Confidence

WHAT ARE THE SIGNS THAT A PERSON HAS AN EVASIVE PERSONALITY AND NONCOMMITTAL?

From my own personal experience; other people's experiences and also random writings I have read online regarding this subject:

They will tell you that they are not looking for anything serious. They keep things casual. When conversation starts getting too deep, they withdraw emotionally, or change the subject.

When they talk about the future, you are not included. Most conversations they start regarding their future include their job, education, career, business, achievements. Not a relationship.

They seem skeptic when it comes to commitment, and they don't really know what or how they feel about you, or being committed to you. They will use a lot the term "We shall see". This means that you are an option to them.

They have a lot of friends of the opposite gender. You will hear quite often that "he/she's just a friend". Those people are options, as well.

They don't make plans with you, and they have a hard time committing to any plans you might be setting up. When asked "Are you free on Friday, at 8 pm?", a few days or a week before Friday they will answer with "I don't know yet. I will let you know on Thursday", and they either don't get back to you, or cancel. They could also say

“Maybe. We shall see”. If this happens more than three times in a row, you are wasting your time with this person.

They are emotionally unavailable. Cold. Distant. Detached. You get it.

They don't invest time in you. They either want to hook up, or nothing. Getting emotional with them will make them become avoidant.

They seem unable to have a serious, adult conversation about your future together. There is no “us”, only you and them as separate individuals. At this point, you will start to feel alone even when you spend time with them.

They have a hard time opening up to you. There won't be any emotional intimacy. They won't be vulnerable with you and they will have their “guard” up.

They have trust issues. They don't trust you or other people. They rely excessively on themselves. They will never let you

“in”. There will be a huge metaphorical wall between you and them.

What you need to know and understand is that fear of commitment has its roots in childhood trauma. These people don't want to get hurt. They fear rejection and abandonment. Their primary caregivers were emotionally unavailable. They were not soothed, protected, nurtured or loved during their formative years. They were neglected and their feelings invalidated. They have deep feelings of being unlovable and they don't feel safe to express themselves.

They focus on work and their career as a coping and a defense mechanism against getting hurt. They will have many superficial friendships, interactions and flings, but they won't settle down. It's not your job to make them change or commit to you. They will never change or commit for anyone. They will do it only when they

realize that life is meaningless without at least one deep emotional connection.

WHAT ARE THE SIGNS OF A WEAK MINDED PERSON AND A STRONG MINDED PERSON?

The Merriam-Webster dictionary defines someone who is weak-minded as lacking in judgment or good sense, foolish or feeble-minded. These are all true, but what are the signs that you are a mentally weak person? How do you determine if you lack in good sense of judgment? How can you tell if you are foolish or feeble-minded?

I would like to share how to question yourself and assess if you are a mentally weak person. I have identified some signs that can show clearly if you are indeed someone who is mentally weak.

Aside from Merriam-Webster's definition, I strongly believe that low self-esteem and low self-confidence is at the heart of mental weakness.

When you know what you are worth and you are confident, you are more likely to make decisions that reflect that confidence. You don't really care what others think and you are even capable of setting aside your own feelings to do what must be done.

If you know that you are fairly confident and strong-willed, you are in a good place. But if you are not quite sure and would like to know what are the signs of a person who is mentally weak, read on. You might just discover a thing or two about yourself!

1. You can't make up your mind when there are choices.

One of the most obvious signs that you are mentally weak person is that you

struggle to make decisions. It's common for people to have a hard time at arriving at a decision when there are too many choices. But a mentally weak person struggles to decide even when there are only two choices. You hate having to choose and you take a long time to do so. If you can, you avoid making a decision altogether by delegating it to someone else. It's possible that you do this because you are not quite sure what's right in general or what's right for you. It's also possible that you just don't want to be held accountable for the choices you make.

2. You don't tolerate pain.

Nobody likes pain and certainly, no one goes looking for it. But if you go out of your way to avoid pain, you just might be someone who is mentally weak. If you don't go to the dentist and take care of that bad tooth out of fear, or avoid medical checkups due to extreme fear of

needs, you are basically underestimating the amount of pain you, as a human being, are designed to withstand. Another related sign is unbridled anger toward anyone who suggests you to take a certain action that might be good for you in the long run but painful in the immediate future.

3. You give in when you are tired.

Another obvious sign of a mentally weak person is that they give in easily when they are tired. Let's say you decide to exercise every day after work. You buy a new pair of sports shoes, sign up for a gym membership, and even get off work early. You actually turn up at the gym for the first few days or even weeks. But the moment you start feeling fatigued after a long day at work, you give in. You tell yourself you deserve a break. After all, you have been working out daily. Deep down though, you are not really tired. You

just wish you don't have to exercise and you want to pamper yourself.

4. You are afraid of doing things alone.

A mentally weak person rarely takes the initiative to do things alone. Whether going on a trip abroad, having dinner at a new restaurant or watching a favorite movie at the cinema, you would never do it alone. You will actively look for someone to tag along with, but if you can't find someone to go with you, you'd rather let go of your desires than going it alone. When you take a deep look at yourself, you realize that there are a lot of things on your wish list you haven't done because you are waiting for the company.

5. You find ways to avoid hearing the truth.

Another common symptom of a person who is mentally weak. They do their best not to hear the truth about themselves and facts that can shatter their beliefs. If

you always avoid hearing what others have got to say about your relationship, your personality or your drinking habits, it's possible that you are afraid that you might not be able to handle the truth. And the truth might mean having your heartbroken, stepping out of your comfort zone or making a hard decision.

6. Weak minded People can change your mind easily.

You might be very excited by a choice you have made in the beginning, but the moment someone begins to ask a few questions, you are not so sure anymore. When a person with or without an agenda presents alternative viewpoints you hadn't considered before, you begin to wonder if you made the right choice after all. You also become insecure very quickly when you realize a majority of others in your position had chosen a different option than yours. Often though, it just takes a few strong suggestions to change

your mind to follow someone else's wishes. Even if you had thought things through carefully before you made your decision the first time around.

7. People's opinion can ruin your day.

If you are a mentally weak person, the opinion of others can easily ruin your day. Any negative comment, from criticism on how your hair looks to a harsh questioning of your integrity, could make you sulk for a long time, sometimes even days. You don't possess an internal mechanism to remain objective and think positively. As a result, you become bitter or withdraw from others. Any attempt by others at cheering you up or putting things into perspective is met with sarcasm and negativity.

8. You forget old friends when you find new ones.

One of the signs of a mentally weak person is that they only have fleeting

affection for the people they love. And not only with friends, but also with a significant other and family. It is easy for someone more fun or with a better car to change their mind about who to spend the evening or weekend with. Often, they forget old friends in favor of someone or something that gives them more pleasure. They are incapable of holding on to good relationships since someone better always comes along, even if they are completely wrong. They only remember their old friends or an old relationship when they are disappointed by their new friends or love. But only for as long as someone else comes along.

9. You complain about everything.

Everyone complains. It's normal. But if you are always complaining about everything, it's possible that you are deeply unhappy and mentally weak. It takes a certain amount of willpower to accept things as they are and experience

contentment despite what you think or feel. Most people are capable of making the best of a bad situation without complaining too much. As a result, they are more positive and open to the fact that good things can come from a bad situation or experience.

10. They don't say no even when they want to.

One of the most obvious signs of a mentally weak person is their inability to say 'no' even when they want to. Sometimes it's because someone manages to persuade them into saying yes. But most of the time, it's because they tell themselves that they cannot hurt the other person's feelings or that it's the right thing to do or that's what's expected of them. As a result, they resent their decisions later. Even then, they do not step up and say what they really want to say. If you are always exhausted or doing

someone else's work, you have to find out what is the motivation behind it.

11. You don't bother pushing yourself for anything.

On the other hand, it's also a sign of mental weakness when you don't bother pushing yourself to achieve something. Its one thing to push yourself to please others, but quite another to push yourself for what you want. If you never force or inconvenience yourself to learn new things, sharpen your skills at something, or you stop being motivated after securing a job, you could be mentally weak. There is nothing more you want than to fall back into your comfort zone and do the bare minimum to survive.

12. You resist change vehemently.

There are many reasons for people to resist change. And in fact, a lot of people resist change and resist them vehemently. Change at work, change with our daily

routine, change in relationships, and change in environment can all make us uncomfortable. In some cases, even fill us with anxiety. But if the change is caused by an external force over which you have no power, there is very little you can do to resist that change. If you are incapable of looking at the other side of change and assess how it might benefit you, and how you can turn it into an opportunity, you don't really believe that you are capable of rising over tough situations. That, of course, makes you a mentally weak person.

13. You expect immediate result.

If you expect immediate results whenever you do something, it's possible that you are mentally weak. Another sign is that you might prefer to buy things ready-made instead of tailor-made because it will take longer to take possession of what you ordered. When you ask someone to change or learn something

new, you expect to see a change in them almost immediately. And if you don't, you decide that it's a waste of time or that they are stupid. Even in matters that involve you personally, such as your personal growth and change, you are impatient and incapable of waiting gracefully while the transformation is taking place. You complain and make the lives of everyone around you miserable because you can't keep your excitement or frustration in check.

14. You give up too soon.

Another sign of a mentally weak person is giving up too soon. If you constantly start something and then give up before whatever you are working on has had a chance to fully yield, you could be mentally weak. One great example is blogging. Studies show that most people give up within 3 to 6 months of starting a new blog when it takes between a year to three years before one can expect a

decent income from the blog. But it's not limited to blogging. People can give up exercising, writing, or saving when they don't see the desired results within the time they have set in mind. They don't try tweaking the strategy but instead give up.

15. You don't know how to move on.

If you are constantly struggling to move on, it could be because you are mentally weak. Moving on from a relationship that's long over, from a death in the family or from a mistake you have made is certainly difficult. But if you can't see the future or don't want to look to the future after a healthy amount of time has passed, you become stuck in a place you don't belong. If you find yourself missing your past, wanting someone you had in the past, or constantly sad that your life is not what you imagined it to be at this point in your life, it could be because you don't really know how to move on forward.

16. You get jealous.

Jealousy really is a sign of insecurity. If you are jealous of others, you are basically telling yourself that you and what you have are not enough. If you get jealous when someone gets close to your significant other, it's because you are not convinced that what you have with your significant other is stronger than the temptation to stray. When someone is better than you at something, you gossip about them because you don't believe that you can do it too. So, you denigrate them and downplay other people's achievements because it makes you feel better about yourself when in fact, you are just weak.

17. You can't accept what you can't change.

When you realize that you can't change something about yourself or your circumstances, you resort to dangerous, sometimes stupid solutions. For instance,

when those who can't accept a physical attribute of theirs such as the size of their breasts or the shape of their nose turn to plastic surgery. Or when those who can't get over the death of a loved one resort to drinking every night and day to numb the pain and forget what happened. If you find yourself doing senseless things to avoid the normal stuff in your life, you just might be mentally weak.

18. You avoid failure and every possibility of failure.

One of the most obvious signs of a mentally weak person (and a personal favorite of mine) is avoiding failures and all possibilities of a failure. I say it's my favorite because failure is one thing that I encourage more of in everyone's life through Brazen Living. If you go to great lengths to avoid trying new things and giving your dream a fighting chance because you are afraid of failing, you are definitely a mentally weak person. By

eliminating the possibility of all failures, you also eliminate the possibility of great success. If you only attempt things that give you a large measure of confidence that you will succeed, you are not bold enough to take risks and try the impossible. And that is a sign of mental weakness because you are capable of so much more.

19. You try to control others.

If you are constantly trying to control what others say, do, and believe, it could be because you are not strong enough to deal with things if and when they don't go according to your plan. It's the same thing as putting the blame on others for all your failures, suppressed dreams and unmet wants and needs. It might be because you put a lot more weight on other people's contributions to your success and happiness than your own. And you don't know how to carry on or make things work without the role of others in your

life. The more you have designed your life to give you happiness and contentment by your actions alone, the more you will actually find them, regardless what others in your life do.

20. You don't know how to oppose views without getting angry.

Only those who are mentally weak are unable to share their views with someone who disagrees with them without getting angry or taking things personally. Matters like religion, racial differences, lifestyle choices and political affiliations can undoubtedly spark heated conversations. But a person who is mentally strong will be able to articulate their thoughts and arguments without getting emotional. They can agree to disagree. And they don't feel the need to convince others to change their mind in order to remain at peace with their own beliefs and convictions. If you are constantly getting emotional in conversations and

disappointed over differing opinions, it could be that you have not accepted your own views.

21. You don't know what you want.

If you don't know what you want, what you like and what you think you should be doing most of the time, it's possible that you are mentally weak. If you are constantly asking for other people's opinions when making even the smallest decision such as where to eat or where to go on a holiday, you are likely more comfortable just following other people's ideas than developing your own. As a result, you end up giving others the right to dictate what you should do. If you look back and realize that you have always done what others in your life tell you to do, or what other people do, it could be because you don't really know what you like or want in this life.

22. You are afraid to voice your opinion.

We are all afraid of voicing our opinions in certain situations. But that doesn't mean we suppress it every single time at home, work, or out in the public. If you are really timid and avoid voicing your opinion when you really should, it could be a sign that you are a mentally weak person. For example, you learn that the management of your company is planning to introduce a policy that you know will affect the productivity of your department. But you choose to say nothing to them. You let them introduce the policy because you are too afraid to go against authority. There are usually other risks involved such as losing your job or popularity with the management, but the fact is that you let these fears from voicing your opinions in all situations.

23. You don't know how to adapt.

If you don't know how to adapt when in an unfamiliar or uncomfortable situation, it's likely because you haven't had enough

practice in adapting to new situations. So, when presented with this situation, you are at a loss for what to do. You are not strong enough to think on your feet and figure out ways to make yourself comfortable again. You can't find a way to adjust and fit in. As a result, you are awkward, incapable of having meaningful conversations or worst, you run away and hide where you are most comfortable. If you actively run away from social events attended by people who are unlike you for instance, it's a sign that you are mentally weak.

24. You worship superficial things.

One of the clearest signs of a mentally weak person is the way they respond to temptations. If things like beauty, money, social status and lavish lifestyle have a way of attracting you and turning you away from the person that you actually are, you are more than likely a mentally weak person. A mentally strong person is

able to resist superficial temptations for temporary thrill by being rooted to who they are. They don't change their lifestyle to fit in with the rich and famous and they don't say things just to be accepted by an influential group of people.

HOW DO I STOP A BAD HABIT PERMANENTLY....

A habit change requires a change in your mindset (the way you think) and a change in your relationship to yourself (especially the way you talk to yourself). The two are closely connected. I will explain.

The bad habit you're trying to stop may easily be going on for years of your life, and most likely you have tried to end it on several occasions. But every time that happened— maybe two days later, or two weeks later — you've concluded it's impossible.

You told yourself, "I can't stop doing this!"

Instead of the same negative self-talk over and over, you can choose a different path and say, “Why not TRY to stop it?”

Every time you ask this type of open-ended question, you are creating a small shift in the way you think (your mindset). Actually, you’re switching from fixed to a growth mindset way of thinking.

your mindset does not need to stay fixed over the course of your life. A fixed mindset makes you believe that your personality, skills, and strengths are “fixed” i.e. you have them from birth and there’s nothing you can do to change them, for better or worse. If you’re the type of person who smokes, there’s no use trying to stop. Or, if you believe you’re a quitter who leaves one job after another or goes from one relationship to the next, there’s no point in changing your ways. That’s a defeatist way to lead your life, don’t you think? Believe it or not, you can cultivate a growth mindset in a number of

ways: you can change your attitude and core beliefs about yourself, other people, even different angles for solving a problem.

**HERE'S A REAL-LIFE SITUATION
WHERE YOU CAN PRACTICE GETTING
RID OF YOUR BAD HABIT.**

Next time you hear that inner voice telling you I can't, I'm not capable of stopping; remind yourself that it's your fixed mindset talking. Give yourself permission to react differently by taking these steps:

Give yourself some time to think if there's something hiding behind your "I can't!" Maybe it's the fear of not being able to do something successfully, or not knowing how to stay away from things you know aren't good for you, or feeling OK to stay in your comfort zone, or not having enough self-discipline to get out of it.

Ask yourself why you are feeling so much resistance. Be honest. What are the thoughts and feelings you're experiencing right now? Is there fear of any kind, a need to distract yourself because you're avoiding something, or is there some other benefit you believe you're getting by keeping the bad habit? Find out what it is so you can do something about it.

Think how a habit change can benefit you. You can win over the fear that's been following you for a long time. You can lead a healthier life. You can reach a goal that matters to you by getting all obstacles out of the way. Not to mention how great you'll feel once you put the bad habit behind you!

Ask the question; Why not try to stop it? Then observe how your brain reacts to the question. What is the first thing that comes to mind? Do you immediately look for obstacles if you try something different, do the words give you courage

to act differently, do you feel you have more freedom to contemplate what a positive outcome will bring you?

Consider the future for a minute or two. What would your life be like if you decided not to let fear limit you? How would you deal with other obstacles if you kept an open mind about this one? By adopting a growth mindset, you can cultivate strengths and skills through continued effort over time. This mindset can give you the strength to say no to bad habits.

WHICH ARE THE MOST LIFE- CHANGING EVERYDAY HABITS THAT YOU HAVE ADOPTED?

Here are some useful habits that can help you a lot in daily life:

If you want to be happier :

1. Talk to a positive person.

Express gratitude by writing down some good things that have happened to you every day.

Laugh, even if you have to force it. The simple action of laughing releases endorphins.

Move your body (walk, exercise) for 20 minutes or more.

Invest 30 minutes a day in yourself doing a hobby you enjoy and find relaxing.

2. If you want to manage stress more effectively :

Breathe deeply for at least two minutes every day. Focus on your breathing.

Stretch different parts of your body for ten minutes.

Listen to something relaxing and distracting (eg Music) that is unrelated to what is stressing you out.

Detach yourself from the source of stress (step away from a meeting, take a break from a project, step away from a discussion) and take a five-minute break if possible.

3. If you want to be more confident :

List three things you really like about yourself. Read these three things aloud. Do it every day.

Stand up straight. Let your hands hang naturally at your sides.

Outline your thoughts.

4. If you want to have a more spiritual mindset :

Spend 15 minutes a day reading a spiritual text (Bible, spiritual book, spiritual exercise book).

Join a group of like-minded people you can learn from and be inspired by.

Write about how a person you met one day by chance may have enriched your life journey.

Make a thoughtful gesture of kindness for a stranger.

WHAT ARE THE SECRETS THAT EVERYONE HAS TO KNOW?

Everyone has at least four personalities: 1) the personality they want everyone else to know, 2) the personality they don't want anyone else to know, 3) the shameful personality they'd rather die than reveal, and 4) the personality they don't understand.

The difference between the rich and the poor is their way of thinking. One thinks they cannot be rich until they stumble upon some kind of luck. The other thinks that since they have no luck, they must go and create their own luck.

Everyone would be extremely rich, if only they could discover their real value. However, this is almost impossible because everyone has been taught how to sell their time for money.

Don't set out to save the world. Set out to get the world to understand you.

It is better to die trying to be rich than to be a spectator of people who are on their way to becoming filthy rich. Besides, the air is much cleaner at the top than below.

We live in a world where ideas control thoughts, people, and things, therefore those who have better ideas control more people and bigger territories. Unless you have ideas of your own, other people will force you to build their own ideas.

The most valuable power on earth is freedom. However, freedom comes at a price and is not easy to achieve. Real freedom is not the power to choose between right or wrong. It is the power to

spend the rest of your life working for no one.

Most people believe that getting a high-paying 9 to 5 job is the ultimate fulfillment of their dreams. However, getting a high-paying job is the fulfillment of another person's dreams.

These days, you can buy almost anything if you have money. However, there are some things you can't buy with money, and these include the ability to see things before they happen.

Knowledge in the hands of fools is dangerous. Put knowledge in the proper hands and they will change the world.

When you are overthinking, WRITE.
When you are under-thinking, READ.

Every morning you have two choices: continue to sleep with your dreams, OR, wake up and chase your dreams.

If you're not developing mentally, your brain is shrinking fast, and your body is probably wasting away faster than your brain is able to cope with.

The worst investment you can make for your children is to give them money. The best investment you can make is to show them how to spend quality time investing in themselves.

Stop needing your family and friends to agree with your goals before you pursue them.

Entrepreneurship is living a few years of your life like most people won't, so that you can spend the rest of your life like most people can't.

WHAT ARE THE MOST INTERESTING FACTS ABOUT HUMAN BEHAVIOR?

1. People who truly love can no longer be friends

2. Girls don't like being stared at unless they are already staring at you
3. Kissing releases oxytocin in the brain, a hormone that can strengthen the emotional bond between two people.
4. Happiness, anger, sadness, fear, disgust, and surprise are the six emotions commonly expressed by people.
5. Women are more likely to feel pain than men, and at the same time, women are more tolerant of pain than men.
6. Your brain will treat rejection as physical pain.
7. The person who gives the best advice is often the person who has the most problems.
8. Research shows that laziness is only a part of young people's life habits, and does not represent bad life habits.
9. When introverts are alone, they are often energetic. When they are alone, shy

people often want to contact others, but they cannot bear the anxiety brought about by social interaction.

10. Trust is only once, and if you miss it, there will be no more.

11. Psychological research shows that it is difficult to convince oneself not to care.

IF YOU WOULD ASK ME TO GIVE YOU
ONLY ONE SECRET TO IMPROVE
YOURSELF, THIS IS WHAT IT WOULD
BE!

This might not be the sexiest answer but I will give it a try.

The one secret to improve yourself. This is a secret that every successful person has adopted. No matter the background, educated, not educated, creative, not creative, this secret has been fruitful for many.

So what is this secret?

Taking action.

No matter how stupid an idea is, or how scared you are, or how many unknowns there are. Just take action.

You see, when you take action, you will learn a lot, you will grow, you will become a much more wholesome person.

There is countless benefits just taking action. If you look at all the successful people out there, they didn't have all the answers, but they took action. They had some big obstacles, but they took action. And from all that, they eventually were able to find success and improve themselves.

When you take action, it makes you realize that you need to be better, it shows you where your strengths and weaknesses are. It gives a lot more than you expect

So instead of thinking, go out and execute.

Life is simple, people complicate it.

What is the deepest truth you have discovered in life?

Self Respect: If you have to beg someone to treat you like a decent human being, leave.

True Colors: When someone shows who they are with actions, not words, believe them. Words mean nothing, action mean everything.

Love: Most won't find it, and if you do, show patience the person will show you different. The one you love the most can inflict the most damage.

Trust: Don't willingly give it away. Make a person gain your trust, be selective on who you give it to. Most aren't worthy of it.

Priority: If a partner shows you time and time again, you are a mere object, not a priority, believe them, and leave.

Health: Treat the body with love, or you will suffer the consequences.

100 years from now: You most likely won't be remembered by many, and a distant memory to some. Make a lasting impression.

Selfish: There are a lot of selfish people in the world. The more empathic and feelings you have, you will attract the worse of the worse. Beware.

Self Awareness: We aren't born with it. We develop it with life lessons. Pay careful attention. Without it, you will suffer immensely.

Childhood Trauma: If you don't deal with it, it has a way of dealing with itself. You will find the most abusive toxic assholes. You will meet the very person to relive all that unhealed trauma you knew nothing

about, in the same abusive way, maybe worse.

Self Love: Is rarely sought out, because it isn't easily found. Take care of yourself; don't look to others for yourself worth. Know you are enough, period. Don't settle.

HERE ARE SOME PSYCHOLOGICAL FACTS THAT WILL SHOCK YOU..

1. Humans can live longer without food than can without sleep.
2. Brains in some individuals produce more chemical compared to others.
3. if you fake smile it will make you feel a lot better
4. There is no sense of pain within the brain itself.
5. Red is an Aggressive color that causes people to appear more intimidating.

6 The smells of family members are similar.

7. When focusing hard on a task, the human brain will completely block out other things going on.

WHAT ARE SOME HABITS OF SUPER HEALTHY PEOPLE?

They understand the importance of spirituality and strive to know themselves as best as possible.

They do not take everything personally.

They are kind to themselves.

They take responsibility for their life instead of constantly shifting the blame on other people for their misfortunes.

They are critical of themselves when it is due.

They try not to hold themselves to unrealistically high standards.

They avoid putting themselves or other people on a pedestal.

They do not have expectations (or are working on it) to avoid potential disappointments.

They accept that mistakes are an inseparable part of life and therefore, one cannot help making them.

They keep in mind that one's mistakes do not have a final say in what kind of person they develop into.

They strive to get rid of inherent, harmful biases.

They are aware that their words can make or break the other person, which helps them to carefully choose the words they use on a daily basis.

They do not hold grudges (or try not to). Because they very well know that the one harboring the grudge suffers more than

the one towards whom the grudge is directed.

They try to stay positive during tough times regardless of how overwhelming it all may feel.

They are always there for themselves for the support and validation they need.

WHAT ARE 20 THINGS THAT ARE NOT WORTH IT?

Paying for cable. YouTube and Amazon's Prime Video is enough. (Plus Prime free shipping is great too!)

Shaving your legs constantly. No one is going to notice a day or two of stubble.

Wearing makeup to run errands or at home. Give your skin a break!

Burning the candle on both ends during the work week. If you are exhausted at 8 pm. Go to sleep, already.

Ignoring laundry and dishes. If you don't do them now, you will them anyway!

Maintaining a friendship that does not give you joy. Same goes of interacting with toxic people. Not worth your time or aggravation.

Social Media like Instagram or Pinterest. It's a time sucker on so many levels. Scroll, scroll, scroll.... Ugh. Enough is enough.

Watching too much news. Yes. Keep up on the important stories, but you don't need it on 24/7. Also, no news before bed.

Finishing a book even if you don't like it.

Chasing a love interest. If they are not pulling their weight, let them go.

Road rage. Take a pill, already. Don't honk, scream, fuss, or flip people off. It's not going to get you there any faster.

Buying shit at Target because it's there and on sale. If you still want it after a

week, go ahead. Target is a trap, my friends. Always make a list, and stick to it.

Junk food. A moment on the lips, forever on your hips.

Not drinking water. You need water. Just drink it already. Half your weight in ounces per day, people. Please and thank you. (Example you weigh 100 lbs, you drink 50 ounces.)

Feeling obligated to say yes all the time. It's ok to say no.

Feeling like you have to say that kid in front of you at the store is cute. Nope. If the kid isn't cute, you don't have to say anything.

Not speaking up. If something is really bothering you in your relationship, speak up. Communication is key. Don't stay silent just because you are too afraid to stir the pot.

Not saving money. Even if it's just \$20, every penny counts.

Going to bed mad. It doesn't help anyone.

Being ungrateful for what you have.

WHAT SCARES YOU MOST IN LIFE?

Time we spend dreaming about doing something meaningful in our life, but never taking action.

The big dream to go traveling, but never booking a ticket.

The dream to start a business, but never building up the courage to start.

The dream to have a great body, but never being motivated to go workout.

The dream to succeed in college, but not having the willpower to study.

The dream to be wealthy, but not having the discipline to build it.

The dream to get married, but never being brave enough to commit.

The dream to have a loving family, but never taking time off work.

The dream to help other people, but never letting go of your self-interest.

The dream to become a leader, but never having the self-belief to try.

Everything can always be done tomorrow, until it can't.

Life feels like we have no deadline, but in truth, it's the biggest of them all.

Start working towards your dreams, because your years are running out.

**THESE ARE THINGS YOU SHOULD
LEARN BEFORE IT IS TOO LATE..**

The people, conversations, and experiences you allow into your life

become a part of you. Choose them wisely.

Don't take everything someone says to you personal. What people say is often a reflection of them, not you.

You're not being selfish for wanting to be treated well. Remember that.

Don't be afraid to love again. Not everyone is like your ex.

He who works all day, has no time to make money.

Rich is measured in dollars. Wealth is measured in time. For example, most people think \$1M is rich but if expenses are \$100k a month, wealth is only 10 months. How long you can survive without working is how wealthy you are. Being wealthy is more important than being rich.

At least 90% of our perceived problems magically go away after a good night's

sleep, a healthy day of eating, and a nice walk outside.

Wishing you a night of restful sleep and blissful dreams.

CHAPTER 2

WHAT SHOULD ONE DO IN THEIR 20S TO AVOID REGRETS IN THEIR 30S AND 40S?

You don't have to be born smart to make it in life. Learn to differentiate between assets and liabilities and how to avoid accumulating liabilities. If you don't, you'll still be spending your money on worthless liabilities in your 30s, 40s, and 50s.

Take care of yourself when you're still in your 20s. A time will come when you can't stretch yourself without feeling pain. Make sure you eat well and eat healthy food to avoid getting an irreversibly

shapeless body when you're in your 30s, 40s, and 50s.

Don't waste your time trying to look like the celebrities. Most celebrities are struggling to be happy because they lost their own identity chasing money and fame. Find and maintain your own identity and you'll be happier and proud of yourself.

If you want to be on top of the world, learn a valuable skill that people are begging you for. Learning a valuable skill is an asset in itself. Leverage the Internet to accumulate as much relevant knowledge as possible to cushion yourself against inflation, obsolescence, and irrelevancy.

Whether you're studying or working in a 9-to-5 job, start a side hustle to generate your own income and move away from depending on your parents/guardians for cash. Nothing can be as fulfilling as buying your independence. This is a sign of

maturity, growth, and personal responsibility.

Don't succumb to cultural pressures and fall into an early marriage trap, by getting into a relationship with someone you don't love. Legally, nobody is supposed to force you to do anything against your will. Don't do something you will regret not only in your 30s and 40s, but also for the rest of your life.

Don't wait to fall in love until you're in your 30s or 40s, or until you're bored with life. Falling in love feels better when you're younger, and energetic, and the blood is still boiling. If you wait too long, falling in love will taste like food without salt.

Having fun may seem like a trivial issue, but scientists tell us that it reduces stress, enhances the growth hormone, and actually prolongs life. Surprisingly, the earlier you surrender to fun, the more you decrease your probability to live longer.

Don't put yourself at risk by overindulging in illicit sex, smoking, liquor and drug abuse, which may deplete your sex hormones slowly. That's sad news for teenagers who enjoy these vices in their twenties, only to realize that they can't have 'normal babies' in their 30s and 40s.

Relationships can be confusing in your 20s, 30s and 40s. Friendship circles also change when you leave school, join college, change jobs or careers, or get married. You don't have to pull along your childhood friends into your adult life, for most of them have already forgotten about you and moved on.

How you treat people, especially the elderly in your twenties reflects how you would like to be treated by the younger generation when you're in your 30s, 40s and even beyond your 50s.

It's not your fault that you were born ugly, beautiful or handsome. You're just

as ugly, beautiful or handsome as you think. More importantly, people see you just as you see yourself.

Your adult life starts in your mid-twenties. Choices you make at this age will not only have an impact in your teen years, but will also cascade into your 30s, 40s and even beyond your 50s.

The important thing is to take personal responsibility for your actions, mistakes, and the choices you make in your twenties. When you're in your 30s, 40s and even beyond your 50s, it will be extremely difficult to alter your habits.

If possible, have a small circle of about 5 trusted friends, for consultation, brainstorming, and laughing. Life is designed such that you can't effectively look at your back even with a mirror. You need a team to tell you exactly what's happening.

Your physical muscles tend to get tired, and even start receding as you grow older, when your body senses that you're no longer actively using them. Maintaining regular workouts and exercise can keep your muscles active into your 40s and 50s.

Watch whom you laugh with. A simple light joke can be taken way out of proportion. A simple word can be taken way out of context. A simple action can be taken way out of meaning. These are simple, hard lessons you learn as you grow older in your 40s and 50s.

Don't throw away your strength and virility on multiple partners. What you're looking for tastes the same irrespective of size, color of skin, or shape. Preserve your vitality so that you don't get bored in your 40s, 50s, and beyond, when companionship matters most.

WHAT THINGS CAN TELL A LOT ABOUT A PERSON?

Here are 20 things you can look for if you are trying to figure out someone's true personality:

What and how they talk about others when they are not around.

What do they mostly talk about? Is it gossip or deep meaningful conversations?

How they treat the restaurant staff.

How they behave when they are in a position of power or authority i.e CEO, President, or even just an older sibling. Do they show ego or humbleness?

How they handle a breakup. Are they bitter or do they forgive?

What they complain about and how often they complain.

How they treat animals.

How they respond to criticism.

How they respond to praise.

Their handshake. Is it weak or firm?

How often they use the letter “I”.

How they act when they’re drunk.

How they handle rejection.

Who they hang out with mostly.

How they handle “whose fault is this?”. Is it always finger pointing or do they take ownership?

How they act in a traffic jam. Here is where you can judge how easily irritated they get.

What kind of partner they choose.

What they laugh at.

How often they take selfies.

Lastly, and most importantly, how they handle failures.

WHICH HABITS DO SUCCESSFUL PEOPLE AVOID TO KEEP UP THEIR SELF-CONFIDENCE DAY AFTER DAY?

Not Engaging with Pessimistic, Gossipers and Negative People - its not valuable, nor productive, to talk to people like this. It often just leads to worst feelings.

Finding Similarities not Differences: To avoid comparing themselves in a negative way they look for similarities and figure out what makes them closer to the other person.

Talking about Problems Too Much: Of course they identify the problems, but everything after that is Solution-Talk.

Feeling Entitled - As best as they can they remember that what they have is not a given. They are lucky, blessed, and incredibly grateful for what they have.

Giving In: Successful People bind themselves to their goals not time. They

get things done, no matter what it takes, instead of setting a time limit by which they will go to bed. They do not give in.

Not Staying in their Comfort Zone - The greatest things in life come to you when you leave your comfort zone and give life a chance outside of it!

Under-delivering and Under-committing: Instead, overpromise and over deliver on that promise! It will build a confidence higher than any other!

Being Passive : The more passive you are the more you play into other people's games and walk a path that you never wanted to walk. Make your own choices. Choose your own life. Walk your own path.

WHAT ARE SOME OF THE BEST LIFE TIPS?

Don't give any person 100% of your trust. That goes even for some of your closest friends. This is especially true in business.

Don't tell everyone everything about yourself. This goes hand-in-hand with my point above. You never know who may use something you said against you or someone you love.

Don't rely upon anyone person too much. It allows them to take advantage of you or the situation.

Don't be so single-minded in success that you forget those around you that you love most. They will be there for you most when you need their help when all the others associated with your success may not.

Do to others that you expect them to do to you. Very basic and needs no further explanation.

Genius is 99% perspiration and 1% inspiration. Thomas Edison said it the

best. Success starts with inspiration, but hard work and perseverance are what ensures it comes to fruition.

Spend time with your kids! Show them your love, provide them all the attention they need, and most importantly show them the respect they deserve as they grow older. You are ensuring that they become good people and contributing citizens in the next generation.

Don't always rush into a situation head-first. Think before you react. Be ready to lose the battle but win the war.

Don't talk using so many colorful metaphors. It only looks like makes you look like a low-life and someone who is very shallow.

Don't let regret hold you down. Rise and always look forward. Every day brings something new.

HERE ARE SOME FEW BITTER TRUTHS OF LIFE..

Judgment: There will be people that judge you for your own personal choices. When it has nothing to do with them.

Marriage: Doesn't mean what it usually promises. Some of the loneliest people are married.

Comfort: You are probably sitting in a miserable comfort now. No change or goals in sight, just going through life's motion waiting for tomorrow.

Choice: We all have a choice. Most choices result in a life you don't love. Or keeps you in situations that aren't ideal.

Laziness: If something doesn't fall into your lap, you won't pursue it. Then many sit around and talk about how shitty their life is.

Value: If you don't respect and value yourself, you will surround yourself with those that treat you the same way.

Obsession: We obsess about things that keep us from focusing on ourself. Your new obsession becomes your new distraction from personal growth.

Relationships: If you don't respect, love and value yourself, you will continually chase a partner that treats you accordingly. And then blame the partner instead of looking in the mirror. Happiness is made through a relationship with yourself, not hopping from one to another.

Money: We all need it, we all want it, and if you get it, your problems and issues will still be there.

Loneliness: The world suffers from it. Take money, food, alcohol, drugs, relationships, drama, take it ALL out of

your life and sit with yourself. How does it feel? Hard to imagine, right?

Change: Not with someone else. What can we control? Yourself, Period. Change starts with one person at a time. Doesn't matter who the elected official is. Change is painful and downright devastating at times. But it's the only thing constant.

You: You're your own problem and worst abuser. Not your husband, not your wife, not your boss, not that toxic family member, YOU. The minute you realize you control more than you think, life changes.

WHY ARE SOME VERY SMART PEOPLE SO QUIET?

Here are some reasons why very smart people are so quite..

1. Society doesn't like smart people, they are seen as weird, freaks, proud, arrogant, mysterious, and

many people are jealous of a smart person who makes it known that they are smart. Notice, it's never the smart kid bullying the dumb kid, it's almost always the dumb kids bullying the smart kid. Also, smarter people are generally introverts. Some studies show a strong correlation between intelligence and introversion. That's not to say that smarter people are always introverts or that all introverts are smart but there is a correlation. Anyway, smarter people value privacy. They generally only show their true self to those they are close to. This can make it seem like they are hard to read or socially impaired but this is really not true.

2. Smarter people are often seen as stuck up, proud, or arrogant. But

really, most smart people are really humble and are very sensitive to the thoughts and feelings of those around them. You would think knowing that you are smarter than most people at work or in your class would be a reason for the smarter person to think of himself as better than everyone else. Intelligent people know what they don't know and they acknowledge that they don't know everything. The smarter you are, the more you do not know. They see their shortcomings and are humbled by them. Because they are generally humble, they try not to let slip that they may be "superior" to their classmates.

3. Many smart people don't talk just because they don't have an interest in talking. They have their own way of thinking that proved to be very good, and they usually are right in

their ideas and they are capable of very accurate conclusions and ideas, and for many times they are quite simply because they don't have to communicate all these things, and sometimes the people around don't deserve to hear all these ideas.

4. Smart people usually don't like wasting time in very useless conversations, especially with someone under their level. A conversation between a smart guy and a dumb one can be done at just a certain level, but if you go to a deeper level the smart man surely will feel that he waste his time speaking with a table. But also smart people do like speaking at the abstract levels, and they need people that can offer this level of understanding, so they will get proper feedback. They actually don't really like to be considered by

the others as very brilliant or very smart, because it also usually came with envy and hate.

5. They go very in-depth on topics. Whereas most people are interested in the people they talk to, intelligent people are more often interested in the topic being discussed. This means they would much rather go very deep in a conversation and will try to avoid small-talk, which often conflicts with the interests others have in a conversation.
6. They are generally too kind to disrupt others. In my experience, I have encountered that the intelligent people that do not talk are a lot kinder than the ones who talk a lot. They have an inner knowing that the conversation is important to others.

HERE ARE THE COMMON TRAITS OF HIGHLY INTELLIGENT PEOPLE..

Here are 10 common traits of highly intelligent people: Are you one?

1. You Are a Deep Thinker.

Some people may believe you suffer from loneliness or are so shy that you can't relate to many people, but you know they are mistaken.

You simply adore pushing your intellect to new heights.

You try to explain why A and B lead to C or why A didn't work out while you're alone.

Sometimes you glance up at the sky and wonder why some stars are aligned in a fascinating manner or why the clouds are shaped the way they are.

Your brain's nerves light up with ideas.

2. You Always Find Alternatives.

You enjoy posing important questions to oneself, such as what can I do if this is no longer available.

To you, life entails planning ahead and identifying options to reduce the likelihood of things catching you off guard.

Even in the smallest details of your life, you foresee possibilities and plan for change.

This is mostly because you dislike being left helpless by unexpected disappointments.

3. You Are Teachable.

You imagine yourself to be like a plant that need soil, water, and sunlight to thrive.

It's no surprise that you enjoy learning from the people and situations around you.

Even if you have a solution in mind, you put it aside and listen to what another person has to say, which could provide a strong foundation for your plan.

You don't push forward to show what you know; instead, you listen first and then add your opinions to any new information you've gained from others.

4. You Value People

You consider people to be a long-term investment.

When you find a group of people that share your ideals, you try to keep them together.

When you have a genuine disagreement with a friend, you take the time to express yourself with love.

Whether you know someone or not, you treat them with respect.

Your remarks can provide hope to those who are lost.

You have a remarkable ability to deal with stress and pressure without channeling aggression to others.

If you possess this quality, you will undoubtedly succeed in life. When I say "far," I don't mean without bounds.

5. You Don't Give Up Easily

Yes, you've accepted the fact that some failures result in success.

In dismal situations, you rapidly give yourself hope.

You realize that failure isn't the end of the world and that it's never too late to try again.

Because of your tireless and tenacious spirit, your life inspires a lot of people.

Most of the time, you don't see any reason not to do something, even if someone else has already tried and failed.

You have a strong sense of perseverance in difficult conditions.

6. You Manage Resources

This could be in your closet, kitchen, or other stuff around the house.

Wasting something makes you feel uncomfortable, especially if it could be used in another way.

Your home can sometimes resemble a conversion and re-invention store.

Even if you can afford another, it takes time to give up something you genuinely enjoy.

It's just you, which makes you happy. If this describes you, you have tremendous potential.

7. You Are Foresighted

This quality is nice and sweet. You have a tendency to notice what leads to what.

When you're about to make a big decision, your imagination will sometimes warn you.

Attributes like these keep you in check, preventing you from succumbing to temptations and taking acts that you may come to regret.

Before making a final decision, you consider both the positive and negative aspects of a scenario.

8. You Avoid Disputes

You strive to stay away from pointless debates as much as possible.

Why quarrel about something that won't improve or contribute to your life?

Unnecessary disagreements irritate and disturb you.

Sometimes you get the impression that people should know how to manage circumstances better in order to achieve better results.

You have a hunch that a time bomb of a disagreement is about to explode, so you try to avoid it.

If you have this quality, you already have a lot of serenity and happiness in your life.

9. You Admit Your Faults

You are the type of person that welcomes criticism from others; in fact, you want it to help you grow as a person.

As a result, you are quick to recognize your mistakes and accept responsibility for your actions.

It's no surprise that you strive to stay as far away from situations that make you feel bad as possible. It's just your personality.

10. You Love A Peaceful Life

You know yourself and try to avoid living a crowded life as much as possible.

Disputes and pointless disputes are your turn-offs, which is why you try to spend your time with people who love you and tell you how great of a person you are.

You most likely enjoy music and find fulfillment in rhythms and lyrics that reflect your values and life experiences.

Even in crowded places, you can be absent while still being present.

In conclusion, the interesting thing about personalities and traits is that even if they are not in you naturally, they can be practiced and imbibed to make you a better individual.

Whether you are a daughter, son, student, employee, businessman, father, mother, wife, husband, employer, neighbor, friend, family member or any other person, you deserve to be a unique individual with a good aura of intelligence.

HOW CAN I IDENTIFY THE SMARTEST PERSON IN THE ROOM?

The cheetah does not need to run because it knows it will win.

He doesn't need to prove anything.

Now if you want to find the smartest person in the class, ask what $20 + 20$ is.

People with average intelligence know it goes 40 and scream at it with all their lungs.

The smart ones stay silent and know they don't need to prove they know the answer to such a basic question.

They respond, instead of reacting.

HOW ARE SOME PEOPLE ABLE TO HANDLE REJECTION A LOT BETTER THAN OTHERS?

People who handle rejection well are aware of their own power and generally happy.

They know that getting rejected once or twice does not diminish them and that nobody can really approve or disapprove of anyone.

They are open to feedback, to assess their flaws, to improve them, and understand that not everyone is going to like them regardless of who they are.

Those who do not handle it well, who get angry and become violent when rejected do so because they feel powerless and let others dictate and determine their self-worth.

**HOW CAN YOU IMPROVE BOTH YOUR
ATTITUDE AND YOUR MINDSET TO
LIVE A HIGHER QUALITY OF LIFE?**

Leave Things Simple - The bottom line is always simple. Remember that when life

gets too complex and stop overcomplicating everything. Divide the problem into its simplest form and it won't be nearly that scary.

Let Stuff Go - What does not make you happier afterwards than before is something you should not keep in your life. Be willing to give things up for that makes room for better things. Keep a list you update regularly and cross out things regularly.

Be Courageous - It is courage that creates experiences, and those experiences then create a much stronger mindset. Do at least one thing every month that requires you to be bold and brave.

Hold Yourself Accountable - At the end of the day what matters is what you get done, not how you feel about it. You have to have a level of accountability to get to where you want to go. Start the week off by writing this "Must-Do" List and keep it very easy.

Have Fun Along The Way - Keep a sense of baseline accountability. Know what things you need to get done and do not do less. However, outside of that, you want to have as much as possible with everything, including those things you hold yourself accountable to.

Remember This Was Your Idea - No one is keeping tabs on you. You do not have to prove yourself to anyone. It is your life and you alone decide your path. So, if you do not like it, then scrap it! Do something else! Have more fun and find a way.

Find The Way, Not the Excuse - Both always exist. It's up to you to choose which one you want to pick.

It's All about Happiness - No matter what you do or how you do it, in the end you hope that this brings you happiness in life. Remind yourself of the goal so you do not get lost along the way.

Just Do It - In over 99% of cases it is your mind that stops you from doing what you need to do. Do not think of a reason to do it or not to and just do it.

Change Your Thoughts - At the end your attitude about life boils down to practice, experience and, most importantly, the thoughts you have. Make sure to write down your thoughts, to look at them and to change them to things you would rather think about if necessary. Over time this will create a brand new attitude.

Find Proof - In your past you have already encountered some situations that fostered certain beliefs. Remind yourself of the ones you wish to adopt more regularly and you will, over time, believe them more.

Accept It - As soon as you accept a situation you allow yourself to deal with it. The only time you go to the doctors is when you accept you are sick enough to go. It is the same with life, the problems

and the things you did and did not do. Accept every situation as soon as you can and then take the responsibility to either deal with it or make it better. This also means you stop expecting certain things eventually, for those have no point if you accept everything anyway.

Worrying Serves No Purpose - Things are not as bad as they seem. If you can change it that means it will not last, so why worry? And if you cannot change it then worrying won't do anything either. So smile, do what you need to, and let go otherwise.

WHAT ARE SOME SIGNS OF AN
EMOTIONALLY MATURE PERSON?
AND DO YOU THINK YOU ARE ONE OF
THOSE PEOPLE, WHY OR WHY NOT?

They are humble - Emotionally mature people display humility and never assume that they are better than others.

They are considerate of others - Emotionally mature people naturally consider the impact their choices, actions, and words have on others before making decisions.

They can listen without an agenda - Many people are already constructing their response to a person before they are even done speaking. Emotionally mature people have the ability to truly hear a person out.

They identify with values versus groups - Emotionally mature people are more likely to make decisions based on their values rather than the expectations of the culture or group.

They are authentic people - They stay true to themselves and are not

comfortable pretending to be something they are not.

They are patient - Emotionally mature people have the ability to see things long term and are able to make disciplined choices in the interest of a long term goal.

They NEVER interrupt others - Interrupting others is the trademark of the emotionally immature person.

They are respectful - They treat everyone with dignity and respect.

They are open Minded - They are able to see many different possibilities without any prejudice.

They are kind people - They treat people with kindness and compassion.

They are able to set boundaries - Emotionally mature people are able to say “no” to others when they need to and they are able to take proper measures to keep

toxic people and situations out of their life.

They don't tease or bully - You will never, ever find an emotionally mature person partaking in any kind of bullying. Bullying is for the weak minded and immature.

They are Independent people - They live their lives in accordance with their own values. They are not dependent on others to care for them or determine their values.

They do not care-take others - They do not try to fix or control other people.

They are ever curious people - They are always looking to learn something from others.

They are able to validate themselves - They do not rely on outside validation and always defer to their own values.

They have no need to control others - Emotionally mature people do not attempt to control others and they also do not allow themselves to be controlled by others.

They NEVER gossip - Gossiping is another trademark of the emotionally immature.

Not passive aggressive - Emotionally mature people handle conflict head on. They do not need to resort to a passive aggressive approach.

They Celebrates other peoples' successes - They are not threatened by the good fortune of others. They are inspired by others rather than jealous.

They Don't project their insecurities onto others - They own their own issues and work through them instead of projecting them onto others.

They are not willing to carry other peoples' projections - They know how to

set emotional boundaries and are unwilling to accept projections from others.

They allow their actions to speak for them - Emotionally immature people are constantly boasting. Emotionally mature people let their actions speak for themselves.

They Can handle rejection - Emotionally mature people don't flip out and feel like they are dying if they get rejected. They chalk it up to experience and move on.

They Care about learning vs. winning - Emotionally mature people communicate in order to exchange ideas and potentially learn more about a topic. The emotionally immature see conversations as games to be won.

They never one up people - You will not hear an emotionally mature person trying to top someone else's story by giving you

their own “even better” (or “even worse”) version.

They have self security - They do not need to kick other people down in order to feel good. They also do not need to be in a one-down position in order to feel comfortable.

They embrace conflict when necessary - They will generally avoid conflict if possible but when the need arises, emotionally mature people will fight for their values and for the people they love.

They take responsibility for their actions - Mature people own up to their mistakes. They NEVER scapegoat others.

They accept things they can't change - They have the serenity to accept the things they cannot change. (Creds to serenity prayer;)

They make changes when needed - They have the courage to move out of their comfort zone and make the

necessary changes in their life in order to grow as a person.

They know when to walk away - They are able to determine when a situation or person is toxic and are also able to walk away from it.

They know how and when to let go - They do not hang onto things that are no longer meant for them. This includes people, habits, feelings, etc.

They admit wrongdoing - Emotionally mature people are able to admit when they have made a mistake without making excuses or blaming others.

They learn from their mistakes - They are able to turn all things into a learning experience.

They don't guilt trip - They don't try to persuade others by means of guilt.

They don't like pity - Emotionally mature people hate the thought of being

pitied. They do not manipulate people into sympathizing for them.

They don't hold resentments - They do not let things stew over time to eventually boil over. Instead, they either work through the issue, or walk away.

They are courageous people - Emotionally mature people are willing to do hard things not because they are not afraid but because they have courage. "Courage is being scared to death but saddling up anyway." John Wayne

They don't manipulate others - Emotionally mature people have the integrity to engage in relationships with others without constantly needing to manipulate the outcome to their favor. Manipulators usually see themselves as strong and clever but manipulation is actually for the weak and dull minded. Mature people are interested in the unknown future instead of trying to mold people into their story.

To answer the second part of the question, I think that I am generally a fairly emotionally mature person but that does not come without constant, conscious effort.

Emotional maturity is a choice. Unfortunately, it is a choice that is not always rewarded in our cultures. Most of the cultures in the world today are basically geared for adolescent level maturity. Rising above that norm doesn't necessarily get you brownie points. But the self respect that it earns you is priceless.

WHAT KIND OF PEOPLE CANNOT BE MANIPULATED?

The only people that cannot be manipulated are people who understand the fundamentals and basics of human psychology and can use it to their advantage.

Other groups of people immune to manipulation are manipulators themselves.

Most of the time its people who don't give their trust easily, the key in manipulation is gaining trust. If you can't gain the trust of an individual then you can't get them to work for you. Though you should never manipulate anyone for personal gain as it is often damaging to the victim.

AS YOU TURNED 40, WHAT DID YOU WISH YOU HAD KNOWN WHEN YOU WERE 30?

Marriage: That marriage you are trying to save? Yea, that one isn't worth it. Go your separate ways and find happiness outside of relationships.

Fast food: The processed food you are putting in your body, will catch up to you.

Nourish your soul, life is longer than you think.

Health: Make time for exercise. I know you feel like you are indestructible, but you aren't. Time has a way of catching up to you. And if you don't use your time wisely, you will know.

Relationships: If you weren't married by 30, then you've probably experienced some brutal asshole that's taken advantage of your kindness (unless you're that asshole). Learn from that asshole, accept the lesson and grow. Stop ruminating.

Clock: Father Time doesn't stop. We keep aging. The Botox, hair dye, plastic surgery, or whatever you "invest" in to stop the clock, won't work. Happiness doesn't come from looks, it comes from what's inside.

Self Awareness: As you age, you gain life experience. And with life experience,

come lessons, if you pay attention. Pay attention to the lessons, don't try and escape them.

Alcohol: It won't make you prettier, more confident, more likable, or more accepted. But it will result in bad judgment and choices.

Choices: The choices you make in your 30's will greatly affect your life in your 40's. And when you're in your 40's looking back, you will see stupid choices. Choose wisely.

Tomorrow: Quit saying you will make a change tomorrow. Today is your tomorrow. Please believe that.

Friends: They will come and go, pay attention. Know the difference between friends and acquaintances.

Life Happens: Yep, it does. And it sure as shit isn't always fair. Roll with the punches and make your 50's a time you don't have to ask about your 40's.

WHY IS IT IMPORTANT FOR SOMEONE TO LEARN A SKILL?

If you really want to learn the value of something, start with the WHY.

Because when you do, several things happen. You gain the ability to do something well because you practice it many, many times. You also achieve a level of expertise in a particular field of knowledge you have identified as important to you. And, you have the ability to use that knowledge effectively in whatever you choose to do.

Sounds empowering, doesn't it? Besides, who wouldn't want to get better at something?

Most people do, but not everybody knows how to actually master a specific skill. The good news is this — there are others, many others, who have already figured out the how. All you have to do is recall the names of people throughout history,

or people in the news, or people who are extraordinary achievers and thought leaders in your own community. You'll notice specific patterns in how they achieved what they did. Athletes like Michael Jordan and Babe Ruth, artists like Picasso and Rembrandt, scientists like Einstein and Nikola Tesla, tech giants like Bill Gates and Steve Jobs, writers like Dostoyevsky and Hemingway — they all have figured out the HOW part of this equation.

Specifically, here's what makes them skill masters.

1. They are extremely goal-oriented.

Having a specific goal, or several of them, is one of the most critical factors that can drive you towards success in building a skill. When you have a goal you are working towards, everything you do in your daily life has a greater sense of purpose. Every action then adds up to something much bigger.

How do you achieve this?

Make sure your goal is specific. For example, don't just say that you want to get a job, be fit, have a large salary, or drive a fast car. That's far too vague. Instead, focus on the details. For example, if you are starting a job search, write down that you want to get a job offer for the position of ____ that pays an annual salary of ____ so that you can develop ____ skills that will advance your career.

Make every day count towards achieving that goal. How can you be motivated to do anything if you don't believe it matters in the long run? Start our day with this question: what is the ONE THING I am committed to completing today? Asking the question forces you to prioritize, helps your brain focus better, and streamlines the work you need to do so you don't feel overwhelmed, and can focus better on what is most important to you.

2. They' have figured out a strategy for building skills.
3. Of course, goals are important if you want to achieve excellence, but so is developing your strategy. This just means that, as you are focusing on what you want to do right now, you are always keeping your eye on at least two steps ahead.

How do you achieve this?

Consider different options. Maybe it's not just having a plan, maybe it's also having a plan B. And a plan C. Cover all the bases and look at your goal from different angles so you can assess its size, complexity, and entry points.

Don't focus on achieving short-term success today. It may feel great right now, but how will you feel about it tomorrow and the day after, and after five years? Increase your awareness of the consequences of your actions, and

consider the benefits of your actions in the long run.

Don't think only of who you are right now. Whether you are 25, 55, or 85, as long as you are on this planet you are still growing and changing and becoming. To focus on that future version of you, try adopting a different mindset by thinking about who you want to be tomorrow, next year, and beyond. By being strategic you will empower yourself to work on achieving long-term results so your future self can benefit from them.

4. They have identified their core skill set.

You can't achieve excellence in anything without a required skill set in your field of work, regardless of whether it's studying for a PhD in artificial intelligence, training to be a martial arts instructor, or mastering Python. That's why your first step should be knowing what skills you need and how you need to develop them.

How do you achieve this?

Identify which skills are necessary to succeed in your current job or the job you want. Brainstorm and then write down a list of all the skills you need. Don't only think about building hard skills, but soft skills too.

Work on the skills you have identified. Start with skills you think will be most valuable to you, then create a plan to devote a certain amount of time each day, even if that means only 15 minutes in the beginning.

Practice each skill consistently. It's not only about the numbers and how many hours you put in; it's also about what you do during that time. For example, are you doing deep work? Deep work is focusing without interruptions on something that takes a lot of analytical thinking, and it is essential to mastering the skills you are working on.

5. They have been busy creating an original solution to a problem.

As we remember experts like Picasso and Einstein, it's important to know that being the best doesn't necessarily mean imitating what other people say or do, even if they're successful. It's your unique contribution that will make a difference. That's why it's important to consider what can set you apart from others.

How do you achieve this?

Think about what makes your work stand out. For example, how is it unique and in what way is it different from the work of other people in your field or line of work? And if it isn't, think of ways in which you can make it more unique.

Consider if there's a problem you've solved that other people might benefit from. If you can't answer this question, it's time to think about ways in which you can help others to get something done or

overcome a particular challenge. That's where your individual contribution can matter the most.

Identify areas that may need improvement. It could mean moving from beginner to an intermediate level of training, or changing your learning approach as you tackle a difficult mental task. Create a specific plan to make progress in that area and find a way to measure your success.

6. They possess a strong belief in themselves and what is possible to do.

You may think (as most people do) that it's critical for other people to believe in you so you can achieve success. But it's actually the opposite: what's important is you believing in yourself. While it may seem obvious, it's often a challenge to believe in yourself. Why? Perhaps

because we know ourselves best, or because we are our biggest critic. It doesn't have to be that way. You can actively work on shifting your mindset a little bit each day.

How do you achieve this?

1. Develop a growth mindset. Stop telling yourself, and don't allow others to tell you, what you "should" excel at and what you "should" give up. It's likely that you have been conditioned to think this way from an early age. Expand the way you see yourself and grow your mindset.
2. Strengthen your critical-thinking muscle. This means not taking everything you see and hear for granted, but learning how to think on your own. Take action so that you can develop your critical thinking skills every day.

3. Turn obstacles into opportunities. Instead of getting emotional when you experience a setback, work through the challenge so you can get stronger mentally. You can practice Stoic habits to strengthen your belief in yourself.

DEVELOPING MENTAL STRENGTH

Developing mental strength is about improving your ability to regulate your emotions, manage your thoughts, and behave in a positive way despite the circumstances.

It's often easy to feel mentally strong when life is going well, but at times problems arise. A job loss, a natural disaster, an illness in the family, or a death of your loved one is sometimes inevitable. When you are mentally strong, you will be more prepared to deal with life's challenges.

Benefits of increasing your mental strength include:

- Increased resilience to stress; Mental strength is helpful in everyday life, not just in the midst of a crisis. You will become better equipped to handle problems more efficiently and effectively, and it can help you deal with stress.
- Improved life satisfaction; as your mental strength increases, your confidence will also increase. You will behave according to your values, which will give you peace of mind, and you will recognize what's really important in your life.
- Enhanced performance; whether your goal is to be a better parent, to increase your productivity at the work, or to perform better on the athletic field, increasing your mental strength will help you reach your full potential.

How to develop mental strength

You will never become an expert at anything by simply reading a book. Athletes don't become great competitors after reading about their sport nor do top

musicians increase their musical abilities by simply watching other performers play. They have to practice.

If you want to lift heavy objects, you need more physical strength. Large biceps and a strong back will go a long way toward helping you do the heavy lifting.

Well, the same can be said for your mental muscles. If you want to be able to tackle bigger challenges and overcome more obstacles, you need more mental strength.

Like physical muscles, your mental muscles require a good workout. And these exercises can help you start developing the mental strength you need to crush your goals.

Re-frame negative thoughts

If you are having negative thoughts like “This will never work,” then replace them with something positive, like If I work hard, I’ll improve my chances of success It’s true that everyone has bad days that lead to negative thoughts. But by searching for positive and realistic

expectations, you can eliminate these damaging pessimistic thoughts and better equip yourself to manage the bad days. You can also use positive affirmations

HOW TO GET I CANT DI IT OUT OF YOUR VOCABULARY

When someone says, “I can’t do it” . . . I say to myself, “What do you mean you can’t do it?” Maybe you don’t want to do it, but saying you “can’t” do it is a completely different story.

With the right mindset, positive attitude, and a clear vision of what you want to accomplish, the only thing that is holding you back is yourself.

Can’t is a terrible word and it has to be taken out of your vocabulary.

By saying you can’t do something, you’re already doubting yourself, submitting to defeat, and you’re making that barrier around your life tighter.

So today, right now, we are going to remove this word for good.

From now on there is nothing we can't do.

Attitude is the key

Your attitude is everything; it's your reason, your why and how, your facial expression, emotions, body language, and potentially the end result. How you approach an opportunity, and the result of it, is solely based on you not your boss or your co-worker or friend.

If you enter a business meeting with a sour attitude, that negative energy can spread like wildfire. People can also feel it. Maybe even taste it. This is not an impression you want to leave.

Now imagine you enter a business meeting with a positive attitude, that whatever happens in here is going to be your result, in your control, not someone

else's. Of course, we can't always win, but even if the outcome is negative, your attitude and perception can turn it into a positive. The question is: can you do it?

Of course you can, because there is nothing in this world you can't do.

It's much better to be known for your positive attitude — your poise, your energy, the reason why things go so well because you are able to maintain such character. A negative attitude is easy. It's easy to complain, it's easy to be mad, and it's even easier to do nothing to change it.

When I say your "attitude is tattoo", it sounds permanent. Tattoos can be removed, but that's not the point. Your attitude is like a tattoo because you wear it. People can see it and sometimes, they will judge you on it. If you maintain a negative attitude, then it is permanent until you change it.

Change your attitude and I guarantee the results change as well.

Believe You Can Do It

Do you know why most people say “can’t” and doubt themselves before trying anything?

It’s our lack of self-confidence and fear on many different levels. The one thing we have to purge from ourselves is fear. Fear of bad results, fear of change, fear of denial, fear of loss, the fear that makes us worry and lose sleep. Worrying is the same as going outside with an umbrella, waiting for rain to hit it. Stop worrying and move on.

Confidence is fragile: It builds up slowly, but can shatter like glass. Project your confidence and energy into believing in yourself. This is a very important and groundbreaking step — one that is usually the hardest to take. Start telling

yourself you can do something, anything, and you will do it the best to your ability. Remove doubt, remove fear, and stick with positive energy.

Embrace Failure

Do not fear failure. Do not run away from it. Face it, learn from it, grow, and take action. Just remember: You will never know success if you have never failed.

Your confidence will bolster after embracing these facts. You will be immune to demoralizing results, and instead you will find ways to fix it, improve upon it, and make it better than before. You will learn to never say “can’t,” and will realize how many more opportunities you can create by removing that one word.

Don’t let one simple and ugly word plague your confidence. You’re better and stronger than that.

Start making positive Changes

But to actually start the process of change is very challenging.

Why is that? Don't know how or where to start?

It's hard because what we're doing is unlearning what we know. We are used to doing things a certain way, and chances are we've been doing them for years.

So here are some ways that I avoid using the word "can't", and actually take the steps to put forth the change that I wish to see. I hope you can incorporate these methods into your life.

Write down What You Want to Change

Write it on a post board, note cards, or whatever makes you comfortable. Something you will always see. I usually write mine on a post-board and put them all over the wall behind my monitor so I always see them.

Talk About it with your friends

Discussing your goals, what you want to change, is very effective when you say it out loud and tell another person other than yourself. It's almost like saying, hey, I bet I can do it. Watch me!

When you fulfill that goal and tell your friend, it feels rewarding and will motivate you to do it again in a different aspect. Who knows? Maybe your friend adopts the same mindset as you.

Stop Yourself from Saying the Forbidden Word

Sometimes, I can't control myself in public when I'm with friends, so I have to be careful with the words I use so I don't embarrass or insult anyone.

Treat the word "can't" as the worst word you can possibly use. Stop yourself from saying it, mid-sentence if you must, and turn your whole perspective around —

you can do it, you will do it, and nothing is impossible!

Repetition and affirmation

You think this change will be overnight? No way. This is a practice. Something you're going to be doing for the rest of your life from now until forever.

By repetition, you are unlearning what you know. You know how easy it is to say you can't do something, so by unlearning this easy practice, you're self-disciplining yourself to live without boundaries.

Practice this every day, a little at a time, and before you know it, the word can't will not be part of your language.

Do Anything That Can Relieve Your Uncertainty

When I catch myself saying I can't do something or I don't know something, looking up information on that action or

subject, doing research, educating yourself, relieves that uncertainty.

Sometimes, we think we can't do something because the whole idea of it seems too large. We skip the small steps in our head and only focus on the end.

Before you say you can't do something, rewind and slow down a little bit. Focus on what the first step is, then the next. Take it a step at a time, and before you know it you will have done something you previously thought you couldn't do.

You know what to do. The first step is right now. Once you begin this habit, and really start noticing some change, you'll realize the door to opportunity is everywhere.

The funny thing is: Those doors have always been there. The evil word that we no longer use put a veil over our eyes because that's how powerful that words are.

CHAPTER 3

HERE ARE THE MOST LIFE- CHANGING EVERYDAY HABITS THAT YOU CAN ADOPT

Here are some useful habits that can help you a lot in daily life:

1. If you want to be happier :

Talk to a positive person.

Express gratitude by writing down some good things that have happened to you every day.

Laugh, even if you have to force it. The simple action of laughing releases endorphins.

Move your body (walk, exercise) for 20 minutes or more.

Invest 30 minutes a day in yourself doing a hobby you enjoy and find relaxing.

2. If you want to manage stress more effectively :

Breathe deeply for at least two minutes every day. Focus on your breathing.

Stretch different parts of your body for ten minutes or stretch.

Listen to something relaxing and distracting (eg Music) that is unrelated to what is stressing you out.

Detach yourself from the source of stress (step away from a meeting, take a break from a project, step away from a discussion) and take a five-minute break if possible.

3. If you want to be more confident :

List three things you really like about yourself. Read these three things aloud. Do it every day.

Stand up straight. Let your hands hang naturally at your sides.

Outline your thoughts.

4. If you want to have a more spiritual mindset :

Spend 15 minutes a day reading a spiritual text (Bible, spiritual book, spiritual exercise book).

Join a group of like-minded people you can learn from and be inspired by.

Write about how a person you met one day by chance may have enriched your life journey.

Make a thoughtful gesture of kindness for a stranger.

HOW DO I GET RID OF NEGATIVE THOUGHTS AND FREE MY MIND?

Stop over thinking. Half of the negative thoughts are because of the over thinking we do. Just do your work, don't think way too much on a specific thing, listen music and write your feelings on paper. Make videos of yourself talking about your own problems. Just see that video again, you will learn a lot from that. Stop thinking about small things which annoys you. Sleep if you can't control your emotions. Things will get better. If not, I'll surely come up with new ways to tackle with this problem. Have faith and be strong.

To overcome negative thoughts start with very basic thing like by changing your routine

Bring some pattern in life like start your day by early morning exercise may be yoga or go to gym or start with mediation.

Remove and cut off all those things that bring negativity in your life or through

which you get disturbed, even if any person you feel is causing you problem or maybe you feel you are stuck on him/her it's time to block them from your life permanently .

Start evolving, start socializing even if you feel you cannot do it, trust me you can meet new people, surround yourself with those with whom you feel happy.

Spend time with family.

Focus on your work, your career start working more hard towards it because always remember hard work always pay off.

Try to stay in present, forget the past and don't worry too much about future

Change your eating and sleeping habits it will also help, eating good healthy food and taking the right amount of sleep will change your mindset and you will feel way more fresh and active.

Start with these small things one by one and see the changes.. You will start feeling

better and always remember 'This Shall Too Pass'..

A free mind is not one that is free "from" negative thoughts, but one where all thoughts are accepted and acknowledged, without getting attached to any of them.

Allow the negative thoughts to circulate, give it attention without reacting to them. You free the mind by letting go of the need to control it.

It's impossible to have always positive things and feelings. They affect us, but we can decide how much they affect us. And if we decide to stay positive, we will have more positive feelings and thoughts than negative ones. Emotions and feelings produce thoughts and the other way around. Thoughts in any form, voices, images, etc. are natural processes, I guess.

Well a positive thing about realizing that you have predominately negative thoughts, is you know, this is not making you feel good. When you know what you don't want you know clearly what you do

want. Negative thoughts about any topic are helping you clearly know what you don't want.

Now how do you use these negative thoughts for a positive outcome?

When life hands you lemons make lemonade.

Write (yes actually physically write) those negative thoughts down. Empty your head of them. Then for each negative thought, write down the positive thing you would like instead. This will help you shift your focus onto positive things.

Here's an analogy that will help me answer this question for you.

Our mind is similar to an empty glass. An empty glass is filled with air. How do you remove air from an empty glass? You fill it with water and the air leaves.

Similarly to empty your mind of negative thoughts you fill your mind with positive thoughts, that's how you control/change the way you predominantly focus.

Here are some more tips and tools to get you started:-

1. Most people spend their entire lives waiting to be happy when they can choose to be happy right now,
2. Start with simple stuff. Get yourself a really good pair of dark denim jeans that fit well. Pick up some inexpensive, plain t-shirts. Work up from there,
3. The answers to most of our problems are in the places we don't want to look. Ask yourself every morning: What's good in your life, & what's there still to be done? ,
4. You fear change, so you stay the same. Positive people fear staying the same, so they're propelled to take action. Your fear defines your outcome,

5. The attitude & mindset you bring to your life is as important as your style of functioning. The way you talk, the way you move, what you think of yourself & what you think of the world , it all works together,
6. Stop lying to yourself. Change your perspective. If no one wants to date you, just focus on your growth. If no one wants to hire you, you can start your own business,
7. Learn to write thank you notes for what you've. It takes a minute or two but it's going to help you in more ways than you can imagine,
8. We live in a world where convenience & speed are the goals but life's biggest accomplishments are not discovered that way. Finding your passion take

- years of trial & error.
Building wealth take years
of discipline,
9. Thoughts have energy.
Make sure your thoughts
are positive & powerful.
 10. It's okay to lose people
but never lose yourself,
 11. Just Chill.
 12. Make an appreciation list
daily, pick a different topic
daily and write down all the
things that you appreciate.
 13. Meditate daily for 15-
20mins.
 14. As you go thru your day
look for things to love and
appreciate.
 15. As I mentioned above
write your negative
thoughts and then write a
positive one for each one to
replace.
 16. Look for the positive in
every situation.
 17. Read or listen to positive
material. I personally listen
or read books on positive

thinking, positive affirmations. My favorite authors are Louise Hay, Esther Hicks. There are countless out there, pick a few and find what resonates with you.

18. Just like any other skill you want to learn, practice daily. Practice makes perfect.
19. As you get better at this, the time you spend negatively thinking will shorten.
20. When there is negative thought just change that negative thought into positive thought. For example negative thought like i am sad comes. Suddenly u can change your thought like this i am happy....leads to happiness.
21. We have to train our mind to have positive thoughts. Early morning when we wake up. By that

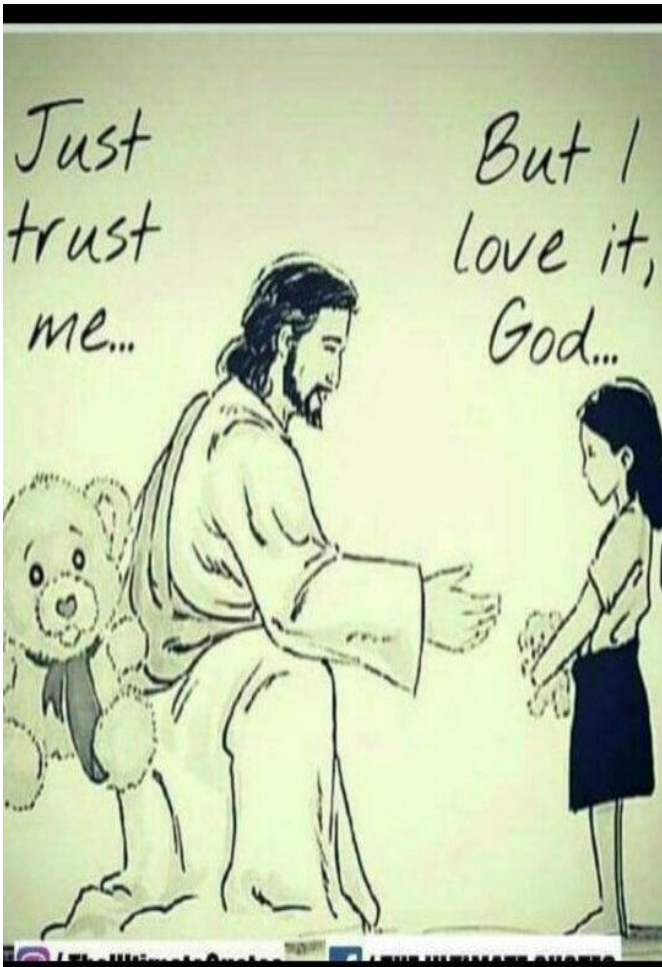
moment for about 5 minutes we have to give positive affirmations like... I am happy.. I am strong.. I am healthy.. I am confident...whatever positive affirmation u want to give and also when you are going to sleep. Before we get to sleep we have to say positive affirmations. Affirmations are stored in our subconscious mind and exhibit themselves during certain situations.

We feel depressed at times if we see people who don't deserve getting the place we wish to be and eventually we end up losing confidence.

I have faced same too instead I feel that every human being on this Earth have this feeling at certain point of time ,we all get negative feelings sometimes ,we feel like we had faced enough and nothing positive is coming our way. Rejected, lonely, depressed we lose our confidence

Whether we are rejected for a job or by love of our life. We generate negative feelings time to time, one thing I learnt in life is

- Be optimistic whatever the situation is: - I am not asking you to preach God but yes can you please believe that there is a force that is planning things for you in a positive manner may be it is by taking that small thing from you. Always be positive and don't lose hope, whatever the situation is. I know we feel rejected at times, but may be God is planning something good for us.



May be by not making you clear this entrance, god is planning to give you some other good job which has high incentives but if you will lose confidence and won't prepare well for the coming

interviews you can't get it ! SO prepare for it instead of developing these feeling

You can say to yourself "I already lost my one chance, and I promise to myself that I will face the new interview with a new zeal which is to clear it"

- If you think people are making fun of you ,you can take that as a way which can break you or strengthen you :- Currently you are developing negative feelings thinking people are making fun of you, let's change it to :-

Well, you guys are making fun of me, I will show to you who I am, what I can do in the next opportunity.

Negative Thoughts arise when you let them, so instead of sitting and thinking or over thinking, be busy always.

- Listen to music

- Feeling low? Talk to your mom, friends, or anybody the one who motivates you.
- Be with positive people, don't respond to people who say you can't do it, be with someone who says only you can do it!
- Lastly whatever negative you are feeling, it's necessary to tell someone word to word what you are going through. You actually should make those feeling come out of you else you won't be able to live happily; you will be stuck in this web of thoughts.

Lastly, you have a good PMA, so never say you are bad, that means you are awesome that just means you need somebody to remind you this!

I am not there with you, or else I would have done it but now what you have to do is Look in the mirror, smile and say “**I am awesome**”.

Remind yourself everyday that you are the best.

Keep away your negative feelings, take out your book and start studying for your interviews.

You are about to crack the next interview and even if you don't, who cares, there are many opportunities.

Like the companies have several students to give job to, same way students have various companies to apply to.

So smile and let the negative thoughts and those people who give you negative vibes brush out of your life.

Most of us spend a lot of time worrying about the future, revisiting events in the past which brings about a variety of negative emotions and this leaves us on a spiral which seems difficult to break away from. Some ways to manage negative thoughts are:

- Identify your thought distortions: we often encounter thoughts which reinforce our negative thinking. These are ways of convincing us of something which isn't true. Seeing everything as one way or another can be labeled as *black and white* thinking which forbids one from recognizing other possibilities. *Catastrophic thinking* is another faulty thinking pattern where one is preoccupied with assuming the worst possible outcomes. *Magnification* involves exaggerating the importance of shortcomings while minimizing the favorable situations and qualities. There are various other distortions which influence our thinking patterns. Identifying these

distortions can help us in appraising the situation in a better way and act accordingly.

- Break away from the pattern: By putting in a conscious effort, we can break the negative thought patterns. Each time you encounter a negative thought; ask yourself whether there is any evidence which supports that thought. Make it a habit to do so in order to break away from the pattern. The second step involves replacing those thoughts with more realistic and positive thoughts to bring about a change in how you feel.
- Challenge negative thoughts: Whenever a distorted thought comes up, take a pause and evaluate its accuracy. Ask yourself how you would respond to

the same thought if it was shared by a closed one.

- Releasing judgment: Let go of judgment which pertains to your thoughts. Constantly calling out yourself for thinking a certain way might not help. Instead, observe your thoughts non-judgmentally and let them pass.
- Seek support in your endeavors: If you are unable to manage your thoughts and find yourself getting preoccupied to the extent that it hampers your everyday functioning, reach out for professional support which can help you manage distress associated with these thoughts.

Negative thoughts leads to sadness. We are always trying to have positive thoughts. Ups and downs are common in

life. Suppose problem same for two people. But how they are solving problem is very important. One may get hurt by the problem and suffering a lot. Another one may find the solution and can solve the problem and will be happy. Second one thought positively and got success. First one is still struggling by blaming the problem. So when there is negative situation, definitely negative thought comes but having confidence and thinking positively leads to creation of positive thoughts like; "I can do it and I can win!" these kind of thoughts leads to success and happiness.

CHAPTER 4

HERE'S HOW TO GET RID OF NEGATIVE ENERGY AND BECOME MORE POSITIVE: BE GRATEFUL FOR EVERYTHING YOU HAVE

When life is all about us, it's easy to believe that we deserve what we have. An attitude of entitlement puts us at the center of the universe and sets up the unrealistic expectation that others should cater to us, our needs, and our wants.

This vain state of existence is a surefire way to set you up for an unfulfilled life of negative thoughts and feelings. If you really want to learn how to get rid of negative energy, you have to start here.

People living in this sort of entitlement are energy suckers. They are always searching for what they can get out of a situation. People that don't appreciate the nuances of their lives live in a constant state of lack. And it's really difficult to live a positive life this way.

When we spend time being grateful and appreciate everything in our lives, from the small struggles that make us better, to the car that gets us from home to work every day, we shift our attitude from one of lack and frustration to one of appreciation. These appreciations get noticed by others, and a positive harmony begins to form in our relationships.

We begin to receive more of that which we are grateful for because we've opened ourselves up to the idea of receiving instead of taking. This will make your life more fulfilling and more positive.

Laugh More, Especially at Yourself

Life gets busy, our schedules fill up, we get into relationships, and work can feel task-oriented and routine-driven at times. Being human can feel more like being a robot. But having this work-driven, serious attitude often results in negative energy and performance-oriented thinking.

Becoming positive means taking life less seriously and letting yourself off the hook. This is the only life that you get to live, so why not lighten up your mood?

Laughter helps us become positive by lightening our mood and reminding us not to take life so seriously. Are you sensitive to light sarcasm? Do you have trouble laughing at jokes? Usually, people who are stressed out and overly serious get most offended by sarcasm because their life is all work and no play.

A 2016 study pointed out that, “Decreasing stress-making hormones found in the blood, laughter can mitigate

the effects of stress”. By decreasing levels of certain hormones in the body, laughter can help to reverse the stress response, mitigating short-term or long-term depression.

If we can learn to laugh at ourselves and our mistakes, life will become more of an experiment in finding out what makes us happy, and finding happiness makes finding positivity a lot easier.

Help Others

Negativity goes hand in hand with selfishness. People that live only for themselves have no higher purpose in life. If the whole point of this world is only to take care of yourself and no one else, the road to long-term fulfillment and purpose is going to be a long one. To learn how to get rid of negative energy, look outside yourself and begin to help others.

Positivity accompanies purpose. The most basic way to create purpose and positivity in your life is to begin doing things for others. Open the door for the person in front of you at office or restaurant, ask someone how their day was before telling them about yours or even giving a complement on how they look today.

Helping others will give you an intangible sense of value that will translate into positivity, and people might just appreciate you in the process.

Direct Your Thinking Away From Negative thoughts

We can either be our best coach or our best enemy. Change starts from within. If you want to become more positive, change the wording of your thoughts. We are the hardest on ourselves, and a stream of negative self-talk is corrosive to a positive life.

The next time you have a negative thought, write it down and rephrase it with a positive one. For example, change a thought like, “I can’t believe I did so horribly on the test. I suck” to “I didn’t do as well as I hoped to on this test, but I know I’m capable, and I’ll do better next time.”

Changing our self-talk is so powerful. If this is particularly difficult for you, try out some meditation each day to absorb negative energy. Meditation offers your mind the space to identify negative thoughts and let it be with you in order to be analyzed and accepted. You will learn to identify negative thoughts and neutralize them with words of truth.

Surround Yourself with Positive People

We become most like the people that we surround ourselves with. If our friend group is full of negative energy-suckers and drama queens, we will emulate that

behavior and become like them. It is very difficult to become more positive when the people around us don't support or demonstrate positive behavior.

As you become more positive, you'll find that your existing friends will either appreciate the new you, or they will become resistant to your positive changes. This is a natural response.

Change is scary, but cutting out the negative people in your life is a huge step to becoming more positive. Positive people reflect and bounce their perspectives on to one another. Positivity is a step-by-step process when you do it solo, but a positive group of friends can be an escalator.

If you're not sure how to create a friend group of positive people, check out this article.

Channel the Negative Energy into Positive Action

Negative energy and thoughts can be overwhelming and challenging to navigate. Negativity is usually accompanied by a freak-out response, especially when tied to relationships, people, and to worrying about the future. This is debilitating to becoming positive and usually snowballs into more worry, more stress, and more freak-outs. If you're learning how to get rid of negative energy, you need to turn this into positive action.

The next time you're in one of these situations and feel bad, walk away and take a break. With your eyes closed, take a few deep breaths. Once you're calm, approach the situation or problem with a pen and piece of paper. Write out four or five actions or solutions to begin solving the problem.

Taking yourself out of the emotionally-charged negative by moving into the

action-oriented positive will help you solve more problems rationally and live in positivity.

If you're facing a problem that likely can't be solved with only a few free moments, taking a break still helps. Get out and take a walk or do a short workout in your home. You'll find that it helps to clear your head so that you can think more clearly to solve the problem you're facing.

You are responsible for your thoughts.

People that consistently believe that things happen to them handicap themselves with a victim mentality. This is a subtle and deceptive negative thought pattern. Phrases like "I have to work" or "I can't believe he did that to me" are indicators of a victim mentality. Blaming circumstances and blaming others only handicaps our decision to change negative energy into something positive.

Taking full responsibility for your life, your thoughts, and your actions is one of the biggest steps in creating a more positive life. We have unlimited potential within to create our own reality, change our life, and change our thoughts. When we begin to really internalize this, we discover that no one can make us feel or do anything. We choose our emotional and behavioral response to people and circumstances.

Make positive choices for yourself.

“Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habit. Watch your habits; they become character. Watch your character; it becomes your destiny” Lao Tzu

Negative energy can be difficult to let go. Society tells us we need more and more and rarely offers time to simply take a

step back and enjoy what's in front of us. However, once you learn to do this, you make space for positivity to enter your life.

Try out the techniques above and find which one works best for you. If it helps alleviate negative energy, even for only a few moments, make it a habit you should hold on to.

HERE'S HOW TO GET RID OF NEGATIVE ENERGY AND BECOME MORE POSITIVE:

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receiving instead of taking. This will make your life more fulfilling and more positive.

Did you know that your emotional intelligence is much more universally influential than your analytical intelligence? Perhaps you know that in some way. The heart's magnetic field is 5000 times stronger than that of your brain. How is that important? It is very important to realize this since when you want to transform any aspect of your life, you have to do it using the energy that will it into your life.

The truth is that your thoughts do manifest things in your life the emotions give the turbo-boost to your manifestations. And you do not have to actually know every detail of what it is you want to make it come out right. Keep the details to the Universe. After all, the endless Universe has the broad perspective from which to align all the details of your creation. You are enhancing the emotional aspect as a turbo-boost so you don't need to wait an entire lifetime to manifest that which you want.

You can get help today from any Law of Attraction Coach to get clear on your intentions and clean out outdated patterns of thinking.

Practice with trying on the energy of the emotion of what your existence will be like when you attain what you desire. Wear the energy. You will see that it feels very blissful, comforting, joyfully easy and even exhilarating. That is what you were meant to be. A new intention, the next desire, a new possibility, a new goal that creates life energy within you and then the wonderful inspiring actions that carry that want into your reality. It is fun. Speed up your results even more by receiving help from any Law of Attraction Life Coach team and start creating your life faster than you ever thought possible!

Scientists have discovered in the laboratory that a person's energy field carries the power to change the nature of atoms. We are actively spawning electrical and magnetic footprints in the form of waves

and energy working together and creating impressions on the physical realm.

We can literally shape energy with our thoughts. Thoughts, emotion and feeling are key in this process of conscious creation. Feel the emotions of how it is like to already have acquired what you are creating in your consciousness. This process carries it much faster – because there's no resistance. You can learn more Secrets of the law of attraction right now and live the life you have always wanted.

The next time you do a plan or have a goal-setting practice, attempt to activate your feeling of the goal achieved and let the energy that creates worlds be your special guide.

CHAPTER 5

CHANGING YOUR MINDSET CAN COMPLETELY CHANGE YOUR LIFE..

I want to tell you a short but important story about how making focused changes in your life can positively impact your entire life.

In January, I thought of an idea so ambitious that those around me considered it ridiculous: to move to another city without knowing anyone or having a concrete plan. While this may have seemed like a haphazard decision to others, I looked at it as a logical step in my evolution of growth.

The haters, doubters, and non-believers were telling me to go the other way – to stay where things are comfortable and predictable. And they had a point. At the

time, I was working successfully as an insurance sales manager, making amazing money, driving a nice car, and enjoying my weekends at the beach. While it seems like paradise, I wasn't fulfilled, so I started planning my next step.

I knew I had to take a chance, so I packed up and left my city.

Fast-forward to June, when I made the leap by travelling to Nairobi. I was on my way to secure a job in a new town that I knew nothing about, relying mostly on a little research and stories I read in magazines.

I woke up at around 8:30 AM, put on clothes, and ran out the door, into the thronging City. Having nowhere to go and no one to guide me, I wandered down the road to the closest park to gather my thoughts about what I had just gotten myself into. I remember walking up a

mound surrounded by kids playing, people jogging, and a dogs barking. As I slowly ascended the hill, the Nairobi Skyline was revealed, and when something hit me: I was finally doing something for myself and following my heart, instead of only serving the needs of others. It was at that moment that I knew I belonged in Kenya. So I secured a job to steady myself financially and moved permanently to Nairobi in August.

Changing my mindset completely changed my life

While it's difficult to fully express, the lessons I have learned since beginning this journey have been life experiences I cannot trade-in for nice, shiny objects. From the outset, I have been amazed at what maintaining a positive, growth mindset and challenging myself has done for me.

Given my experiences, I want to share with you the value I have found in

challenging myself in different ways and why it is crucial to not allow those around you to inhibit your pursuit of what satisfies you.

The non-believer, haters, discriminators, and doubters will spit in your face!

I have had my dreams and journey judged. People have called my plans crazy. As they saw it, it made no sense for me to move to a completely unfamiliar place where I didn't know anyone. But these were the people who I saw as drowning their lives away at the bar. Why would I let their beer-soaked opinions and comments drown me? If you have people in your life that are drowning your ideas or holding you back, I suggest you get rid of them as soon as possible. As I've learned, if you put the best version of yourself out there, you will attract like-minded, supportive, and reliable friends.

The Universe will help you get you to where you want to be.

I recently finished *The Alchemist* by Paulo Coelho. One of my main takeaways from the book is in this quote “And when you want something, the entire universe conspires in helping you to achieve it.” From this quote, I’ve taken the idea that you have to take action and go for it. If you are not actively pursuing what you are after, you can’t say you tried; you are merely sitting around waiting for something to happen. You absolutely must be active in your journeying by sticking to your agendas, striving for your goals, and focusing on self-improvements.

You have to trust yourself and take the leap to venture forth and realize your calling. The universe will help you achieve what it is you are looking to achieve. It helped me, and it will help you too.

Get rid of the fear of failure

Let's be honest, no one wants to fail. We want to be successful in whatever we do. But failure is just part of the game of life. Personally, I look at failure as the best thing that can happen. By failing, you learn from your mistake and grow. I looked at my situation like this: if moving to Nairobi did not work out for me, I would know my worst-case scenario was moving back home to pick up where I left my old life. This "comfortable scenario" will always be there. I encourage you to think about what your worst-case scenario is. Failing can teach you a lot, as it has done for me. Failing has allowed me to become much more versatile and flexible in the face of challenges.

Take action

It sounds simple but you have to realize that the people you want to be like are in

the position they are because they took action. They were not satisfied with staying in one position. “But, how do I take action? Well, first establish what it is you want. Then, tell yourself you can do it. Sounds simple, right? Now how are you going to get to that point? Establish a game plan just like a soccer team or basketball team. Then what you have written down is what you need to do to accomplish, whatever it is you’re after. Find out what you want, create a game plan, and execute it. You need to follow through. It sounds simple, but taking action is one of the keys to success.

There will never be a perfect moment

There is a lot of beauty in not having the perfect moment. Nothing is ever going to be perfect. Before I go any further, get this terrible idea out of your head: we are always waiting, not taking action, for the chance to pounce. You must pounce and

make that moment yours. When I made my journey to Nairobi, my mother was not in the best medical condition but he was on the road to recovery. In addition to that situation, I also left behind most of the other members of my family. The moment I chose to leave them was not a fairy-tale sendoff. You need to make the moment yours. Don't wait to act.

Man cannot discover new oceans unless he has the courage to lose sight of the shores

For me, this is the most important point to convey, and it is one I am still learning: without losing sight of what you know, you cannot discover new adventures. In journeying to where I am now, I have lost sight of my original shore. While I have begun to establish myself here, I realize that I need to continue to lose sight of the shore to further grow. The next adventure may not be as crazy as the one I have

already described but I am onto a new adventure nonetheless, slowly losing sight of what I currently know, because that is the essence of a growth-mindset.

You should always find ways to enjoy your life

Never forget to enjoy yourself. This process does not have an end goal. Once you achieve what it is you are after, you are onto the next adventure. Slowly losing sight of shore to the next adventure is what gets me excited because what I leave behind will always be there, and I can revisit it when I need to. What is so thrilling and fulfilling is the journey itself because by taking small steps to the top, we become the stronger, better versions of ourselves.

HOW TO GET RID OF NEGATIVE PEOPLE IN YOUR LIFE

Negative people can be harmful to your state of mind and your sense of self. You can avoid getting sucked down by negative people in your life by first identifying them and then by taking steps to create distance and space from them.

Taking Time and Space Away From Negative People

Cut off your communication with negative people. Start by restricting your contact to the negative people in your life. Though you may not want to cut them out of your life altogether, you should make a conscious effort to spend less time with them and reduce your contact with them. This could mean waiting a day or two to respond to their text messages or emails, or not texting them back right away. Inserting some breathing room could let the person know that you are not

available at all times and that you need space.

If the person starts to notice you are not devoting as much time and energy to them as you used to, and gets upset, you may need to briefly let them know why this is occurring. You may send them a text or email that explains you are trying to spend more time on your needs and wants, and that you need some space from them.

You may also have an in-person conversation where you briefly outline why you feel the person is a negative influence and why this bothers you. Try to keep the discussion short and honest, but avoid blaming the person for your decision. Use “I” statements, such as “I feel we need some space and time apart. I feel like you bring negative energy to my life and I am trying to be more positive.”

Create time for you, away from negative people. Sometimes, you end up in a

situation where you are forced to work closely or interact on a daily basis with a negative person, such as a family member or a coworker. To counteract their negativity, you should try to carve out some time for you, this could be setting aside a portion of the day where you limit or shut off your communication with the person by turning off your phone or not checking your email. You may also inform the person that you are limiting your contact with them to give yourself some alone time, where you can focus on your priorities and goals.

You may also create your time by taking an afterhours class where you are able to pursue an activity or hobby that helps you come out of stress. This could be a yoga class, a painting class, or even a book club.

Another option is to carve out your time by taking one hour a day to be alone, doing a calming, quiet activity like reading, taking a walk, or having a bath.

This could give you the space you need to focus on positivity and not get overwhelmed by the negative person.

Taking Time and Space Away From Negative People

Confront negative people with positivity. You may also encounter negative people on a day to day basis, from someone who yells something rude at the grocery store to an acquaintance who gets upset for a small, seemingly insignificant reason. Respond to these individuals with positivity, rather than negativity. This will get you into the habit of focusing on the positive in a situation and working actively against negative influences.

For example, maybe someone starts to argue with you about cutting in line at the coffee shop. You may then take a deep breath and say, “You know what, I am not in a rush. You can go ahead of me. I would rather avoid an argument with you and stay positive.”

You may also have a negative friend who is always complaining about her job. You may tell her, “I think you may want to consider looking for a new job. You do not seem happy there and you are so negative about it. I think you need to make a change to stay positive.”

Seek out more positive friends and acquaintances. You may want to actively look for friends and acquaintances that seem to embrace positivity and shun negativity. Being around people who are positive will only help you to maintain a positive attitude and get rid of any negativity in your life. You may look for more positive friends at work or at school. You may also focus on building relationships with family members who have always been positive and open around you, rather than family who are closed off and negative

Identifying Negative People in Your Life

Think about people who soak up all your time and energy. Many negative people have a tendency to be time and energy sucks, where they feel their needs and wants are more important than yours. While it is important that you share and listen to everyone's experiences, relationships are about give and take. You should feel that you have enough space in the relationship for your own time and your own needs. Otherwise, it is likely a negative relationship that needs to be addressed.

You may have family members who only contact you when they want to discuss their issues and problems, or friends who spend all their time with you complaining about their life. You may also have people in your life who use all of your shared time to work on their projects and goals, without considering your goals or needs. These are telltale signs of negativity that you need to work to remove from your life.

If you have a friend or family member who only tends to contact you only when he or she wants to complain or get help with something, try saying something like, "I care about you and I am happy to help you when I can, but I feel like I don't get a chance to share my problems/goals when we talk." Or, you could also try changing the subject by saying something like, "That sucks! Something really frustrating happened to me today too. Do you want to know what happened?"

Identify individuals who are highly critical towards you. You may have negative people in your life who are always criticizing your appearance, your actions, and your goals. They may tell you that you are "always doing everything wrong" or that "you just don't get it." They may also insult you and pick on you, reminding you that you are "too dumb to do anything right" or make negative comments about your physique and your lifestyle.

Keep in mind constructive criticism that helps you grow as an individual can be useful. Constructive criticism should also begin with a focus on the positives of what you are doing and then an open, friendly discussion on where you can improve. You may get constructive criticism from a peer, your boss, or even a friend. This type of criticism can be healthy and helpful, unlike negative criticism, which is often done to shame or embarrass someone.

Try saying something like, "I appreciate your feedback when it is constructive, but I feel upset when you criticize me for things that I can't control. I would really like it if you tried not to do that so much."

Note people who get angry at you often. Negative people also tend to have a short temper and may get angry or upset at you often. You may find yourself always having to defend your actions and decisions to the person. You may also

have to often try to calm down the person or tell them not to take out their anger on you.

The negative person's anger may feel unreasonable or irrational. They may snap over the smallest issues and take their anger out on you. You may find yourself always on the defensive around them and struggling to calm them down on a consistent basis.

If there is someone in your life who frequently gets angry at you, try saying something like, "You are entitled to your emotions, but I feel upset when you take your anger out on me. I would appreciate it if you could find a different way to deal with your anger." If you are in a situation where someone is threatening you or you feel threatened, then get away from the person.

Consider any individuals who always have a negative perspective on things. Many negative people have a difficult time

focusing on the positive and will often only entertain worst-case scenarios. They may always only view things in a negative light and see the world as gray and miserable. It can be a challenge to maintain a positive attitude when you are surrounded by people who only view things negatively and doomed to fail.

Their negative perspective may also cloud their judgment so they are not able to see the potential in a situation. Possibly positive things, like a job offer or a big prize, do nothing to brighten their mood and they often view positive things suspiciously, as they are afraid they may not work out and end up being disappointed.

If you often encounter a negative perspective from someone, try saying something like, "I know that there are different ways to look at things, but I feel frustrated when you point out the

negative side of things. What are the positives of this situation?"

Think about people who lie to you and are dishonest. Dishonesty can be another source of negativity in your life, and negative people may lie often or manipulate others. You may have family who are always making up stories and lying about their past or friends who try to manipulate a situation for their own benefit or gain. These sources of negativity can make it hard for you to maintain a positive attitude.

If there is someone in your life who frequently lies to you, try saying something like, "Honesty is important to me. Please tell me the truth."

Note individuals who bother you or tease you often. Negative people can also come in the form of people who tease you, bother you, or hit on you inappropriately on a consistent basis. You may notice these "pick up artists" are starting to

infect your life with negativity, discomfort, and maybe even anger or frustration. Though some people do not mean to be negative or annoying when they tease or bother you, you may start to feel like you are being taunted or talked to in inappropriate and negative ways.

If there is someone in your life who teases you, try saying something like, "You may not mean anything by it, but it really bothers me when you say things like that. I would appreciate it if you stopped." Another option is to simply walk away from someone who is teasing you or being inappropriate.

Identify individuals who blame others for their issues. Accountability and responsibility are two elements that many negative people tend to try to avoid or ignore. These individuals may blame their own mistakes on others or avoid taking responsibility for their actions.

They may also justify bad life choices or decisions based on the negative actions of others or on their inability to control their actions. This type of negativity can be difficult to be around and may make it hard for you to also be accountable and responsible for your day to day actions.

For people who blame you or others for their problems, try saying something like, "I am sorry you feel that way. Do you think there is anything that you could have done to change the situation?"

Do self care. Taking care of yourself and your needs can help you cultivate a sense of positivity in your life. Make sure you set time aside every week to focus on yourself. You could use this time to do something you enjoy, like playing guitar or drawing. Or you could use this time to pamper yourself by taking a bath, getting a massage, or giving yourself a manicure.

Self-care can also come in the form of reading a book or watching your favorite

movie. Actions that allow you to enjoy yourself on your own can contribute to your sense of wellbeing.

Focus on a hobby or activity you enjoy. You can also focus on a favorite hobby or activity and set aside time in your week to devote yourself to it. This could be woodworking, knitting, or painting. You may also use exercise as a positive activity in your life, like running, yoga, or playing a sport.

Having a hobby or activity you can do on a weekly basis can also be useful for fighting off negativity and feelings of anger, hurt, depression, or sadness. Channel these emotions into your favorite hobby or activity and use them to create something powerful or uplifting.

Maintain a balanced lifestyle. Another way you can foster positivity in your life is by taking actions towards balance and health. This means maintaining a healthy diet, exercising, and getting enough sleep.

You should make sure you are eating right every day, with balanced meals and lots of water. You should also do at least 25 minutes of exercise a day, from a brisk walk to an exercise class.

Going to bed and waking up at the same time every day can also help you to cultivate a more positive attitude. Getting enough rest will allow you to function at your best and tackle every challenge with motivation and enthusiasm.

Use positive affirmations. If you struggle to maintain a positive attitude day to day, you may want to start your day by saying at least five to ten positive affirmations out loud to yourself. Positive affirmations are all about focusing on "you are what you think" and allow you to vocalize positive thoughts and manifest them throughout your day. They are known to be effective methods of self-improvement as they raise your level of feel-good

hormones and encourage positive thinking.

Always phrase your affirmations with "I can", "I will", or "I am." For example: "Today, I am full of energy and excited for my day." " I slay; I am indestructible." "I can smile and be happy with my choices." "I will learn a new skill and achieve my goals."

Replace negative habits with positive habits. If you notice you are starting to slide back into your negative habits and your relationships with negative people, check yourself. Then, try to replace the negative with positive actions.

This could be not responding to a negative friend or declining an invitation to spend time with a negative relative or coworker. You may also put down junk food and unhealthy foods and try to replace them with healthier options.

If you have let your exercise plan slip or your sleep schedule falls apart, try to work to get them back to healthy levels. Shifting these habits will ensure you are focused on the positive and able to stay motivated throughout your day.

WAYS TO GET RID OF NEGATIVE ENERGY AND BECOME POSITIVE

Negativity limits your potential to become something great and live a fulfilling, purposeful life. It has a tangible effect on our health, too. Research has shown that people who cultivate negative energy experience more stress, more sickness, and less opportunity over the course of their lives than those who choose to live positively.

Learning how to get rid of negative energy can have a significant effect on your mental health.

When we make a decision to become positive and follow that decision up with

action, we will begin to encounter situations and people that are also positive. The negative energy gets edged out by all positive experiences. It's a snowball effect.

Although negative and positive energy will always exist, the key to becoming positive is to limit the amount of negativity that we experience by filling ourselves up with more positivity.

When you look around you now, you can get a picture of what you have been inviting into your life by the way of your thinking in the past. For whatever thoughts and ideas that you have given focused attention, imagination, repetition, intensity or other factors, the Universe recognizes them as invitations and requests that you attract to manifest in your life Whether you think you want them or not.

Fortunately or unfortunately, what manifests doesn't manifest instantaneously. We have some time in-between the point at which a powerful thought is projected and when it shows up in our life. That time difference in-between is part of what keeps us in the dark about how the Law of Attraction works. We don't see the cause directly followed by its effect, and when we do experience the effect, we don't know how to trace it to its cause.

If every time you thought a negative thought, a brick fell out of the sky and hit you on the head, money jumped out of your pocket, or something bad happened to you immediately, you'd clean up your thinking pretty fast. Sometimes we start out with positive thoughts and beliefs, only to succumb to the beliefs of those around us, planting negative thoughts in our minds. A child may hold a healthy sense of self-worth, for example, but if others around her repeatedly claim that

she is less than that, she will eventually adopt that perspective and unconsciously resonate with it. After a while, she'll begin to attract evidence of it in her world, since it will be reflected in her outer reality soon enough. Over time, she would not be able to distinguish the truth about her worthiness from what is false, for she will accumulate experiences in her life that act it out, and she'll want to believe what she is seeing.

Thinking negative thoughts and complaining about our experiences is very seductive but it focuses on what we don't want hence fueling it. In the meantime, we think that our negative perspectives are the innocent result of life and we end up saying things like; "The traffic is terrible today." "I can't do anything right." "My wife doesn't understand what I really need." "I'm not good enough." "This job is killing me." These sentiments sure do seem to be true. But negative thinking and complaining

focuses your mind and energy precisely on what you don't want and attract more of such. Many of us practice it religiously. If it gets to be a chronic activity, then the personality takes on a certain attitude and disposition that you identify with and that feels comfortable, but that continually emits negativity, attracting more negative circumstances to you.

It also holds you in a position of preempting positive experiences and any of the actual solutions that you're looking for.

The Universe will always agree with you. It is always saying yes to your vibrational frequency. It is always saying, "You are right." So you get to decide what you want to be right for you. After all, you are the one that keeps repeating these things over and over like a mantra. You are not a detached, objective witness of life; you are a participant in this process of creation. What you say about the world, if

it said with enough focus and energy, will come about in your field of experience.

Now is the time to choose what you want to be true to you, what you want to experience and what you want to create for yourself in your life. Negative thinking comes in other forms besides simply thinking negative thoughts. It can also do damage in the form of incessant problem-solving. Now, in the complex world we live in, there is of course a useful need and a place for solving everyday problems. But if your mind is filled all day with how to fix your health, your finances, your relationship, or something else, then you are actually getting in the way of the very solutions you seek.

When you start looking for solutions to your problem, you invest quite a bit of energy into focusing on it, feeling helpless in the face of it, into investigating it and into looking at the variables. You are committing yourself to the perception

that it is a problem in the first place. While the pain and suffering of the situation may be very real for all those involved, the negative attention does not help you create the solution and the improved outcome you want to see in your life. So try a different approach. Set aside 20 minutes a day and visualize the painful situation resolved and the problem healed. As you imagine it, fill yourself with a positive feeling like joy and gratitude, positive affirmations will help you to generate positive feelings. How great would you feel if you were living that reality? Bask in those good feelings as you envision your desired outcome: your body healed, your rent paid, a relationship harmonized, or whatever you desire. Avoid visualizing with the intention of correcting what is wrong or deficient, because if you do, your thoughts will be diluted with the negative side of the equation. Instead of fueling the problem, trying to figure out

how to fix it and imagine the best possible outcome you want for yourself. Then, the next time you find yourself complaining about the situation, flip into visualizing the healed experience you want to create.

Fill your mind with the feelings of exuberance, joy, and gratitude as you imagine yourself in the new reality. Keep activating your inner potentials, releasing the negative reactions and stepping into the positive experience of your visualization. It may seem challenging at first; you've likely got a very well-ingrained, habitual thinking pattern. But when you think about it, you realize that no one is making you feel what you're feeling. You have an infinite array of choices of how you can respond to the situation you are in.

Regardless of how intense the feeling feels or how true the thoughts sound, you have the power to change. Negative thinking can also do its damage through

other, less obvious ways we act, such as manipulation and control. When you try to make your circumstances better by trying to control or manipulate other people, you are actually banking on the negativity of the situation. Of course, there are certainly experiences in life that are frustrating and disempowering, and it is easy to come to the conclusion that the only way to get what you want or need is to manipulate others. But when you feel compelled to control or manipulate others, you are being driven by underlying, unconscious beliefs that claim that you are less than you are.

They'll tell you that you are not powerful enough, not important enough, or not good enough to simply ask for and get what you want. Or that you don't have what it takes to receive the kindness, attention or benefit that the person you're trying to control seems to withhold from you. These underlying thoughts and beliefs lie in your subconscious mind,

driving your experience, seeding your unhappiness, and motivating your controlling behavior. But like the Chinese finger puzzle, the more you push, pull or manipulate, the more you are trapped, and the further away you get from achieving what you want. In other words, when you try to get what you want through coercive behavior, you are empowering the very seed thoughts that put you in your experience in the first place, setting yourself up to live through more of it in your future. Your attention to them brings more like them into your experience. You simply cannot get to where you want to be by controlling or eliminating the unwanted. So what choice do you have? Your choice — in every moment — is to be a co-creator of your life, and not just a victim of your experiences, which are after all the manifestation of your very own thoughts, feelings and beliefs. You may not be able to change the past, but you can change

your future; what you think about and focus on now invites and attracts your future experiences. Right now — each now moment — is the most powerful moment you have, and in each moment you can make the most powerful choice a human being can make in life: to be a co-creator of your life, rather than just a victim of your circumstances.

You empower yourself by taking responsibility for your thoughts, feelings, energy and focus of attention. And you set the intention in each moment to raise your awareness, to be more conscious of what you think and feel, and to choose a positive vibe over a negative one. You have the choice to allow yourself to feel your feelings this time, instead of stuffing them, ignoring them or even trying to make them go away with food, alcohol, prescriptions, drugs, risky behavior, television, or any other unconscious behavior. Give the feeling the attention it is asking for and bring the light of your

awareness to it. Within every feeling is a seed thought; a feeling has a source and it is a thought. For example, you don't just feel sadness in isolation. You feel sad that something has occurred. You feel sad usually because you perceive loss in your life and you feel not whole because of that loss. Similarly, you don't feel anger in isolation. You feel anger because something happened. Anger is often a 'cover' feeling that obscures more intense feelings of helplessness or hurt.

Give yourself the compassion you need by spending a few moments being present to these kinds of feelings. You don't have to bask in the feelings or belabor them. You don't have to dramatize them or create a story around them. Those things don't help. You want to introduce yourself to the feeling and let it introduce itself to you. Oftentimes, with healthy attention, the feeling will subside and you can get back to your positive attitude. It's completely counterintuitive, of course:

facing the feelings that are at best uncomfortable, and at worst, excruciating. But like the proverbial monster in the closet, there really isn't anything solid behind the scary façade that your darker emotions project. Bringing the light of your awareness to these feelings weakens their power, and loosens you from their grip. Asking yourself any of the following questions can help: Where is the feeling located in my body? If I rated it 1-10 in intensity, what would it be right now? If it had a color, what would that be? What is the feeling trying to say to me? What experiences does it remind me of? For highly intense and chronic feelings, you may want to use one or more of the numerous release techniques that are designed to help you extract all the unconscious tendrils of your heavier emotions from your subconscious mind and heal them. Methods like the Emotional Freedom Technique, Thought Field Therapy, forgiveness practices and

others can be tremendously helpful. Or you may choose to see a professional therapist to help you dig deep and get out from under the weight of some of your emotional burdens. Whatever method you choose, it will help you reconnect with the peace and wellbeing within you. Let it be part of your greater commitment to bring awareness to all that you are.

So while you keep a positive attitude, you are catching your negative thinking as it happens, choosing to focus and bring energy to the positive things in your life and imagining the joyful, healed, positive experiences that you want to create. You are embracing what is in the present moment, as it happens to show up. And you are taking responsibility for your entire range of thoughts and feelings.

You aren't just trying to sow positive seeds in an already-dense garden of negativity. You're pulling up the weeds as you go, looking at what's there, deciding

what stays and what goes, so you can enjoy a field of positive vibes that flourish throughout your life.

CHAPTER 6

THE MOST EFFECTIVE SALES NEGOTIATION SKILLS TO BOOST CUSTOMER SATISFACTION

Sustaining customer satisfaction can be challenging in business. However, there are several ways to improve your sales and customer satisfaction at the same time. Improving your sales negotiation skills is an overlooked low hanging fruit route to making a positive impact on your customer relations.

Through sales negotiation trainings, you can learn how to identify your customers' needs better. Understanding your customers puts you in a position to offer better services. By improving your customer relations, you may be able to attract and retain more customers.

As an **ex life insurance sales** person, I would advise you that If you really want to boost your career, find a way to work in sales -- either with your current company or employer or by taking a part-time job that involves sales. Whether you work for someone else, own your own business, or even work in a role where you never interact with customers, sales skills are still incredibly useful.

Why? Many people hear the word "sales" and think of pressuring, manipulating, and maneuvering potential customers into making a purchase... all the stereotypes of used car or timeshare sales. Think of sales as clearly explaining the logic and benefits of an action or decision and it's clear every job requires solid sales skills: Convincing peers an idea or initiative makes sense, proving to a boss or customer that a project will generate a solid return, or helping employees who work for you understand the benefits of a new process and

embrace the changes required. The ability to listen and effectively communicate is critical in every field, and many people learn more about effective communication by working with sales than they do from working in any other role.

When you work in sales, you:

Develop self-discipline. When you work for a large corporation it is sometimes possible to put in less than maximum effort and still get a paycheck -- and sometimes even get promoted. (Look around at some of your coworkers and tell me I'm wrong.) If your pay is based solely or even partly on earning commissions, effort is rewarded... and a lack of effort is definitely penalized. Sales is one field where performance absolutely impacts results and rewards.

Develop negotiation skills. Succeeding in every job requires negotiating with coworkers, bosses, other departments or

divisions, customers, suppliers... everyone. Working in sales helps you develop the ability to really listen, to evaluate possibilities, identify key stakeholders, identify important drivers, deal with objections and conflicting opinions, and find ways to reach agreement without leaving scorched earth in your wake. Good negotiators operate short-term while thinking long-term.

Develop determination and perseverance. When you work in sales, you'll hear the word "no" almost as often as you hear the word "hello." With experience you'll see "no" as a challenge to overcome and as a feedback tool to use to improve your performance.

Develop the skills to work with a wide range of people. We can choose our friends, but we can rarely choose our customers. Working in sales will definitely broaden your diversity

horizons, in a really good way. And working in sales will help you overcome hesitation or shyness, and give you the skills to step into unfamiliar or even uncomfortable situations with confidence.

Develop the ability to close. Many people have a hard time asking for what they want. Reaching agreement with others... and getting others to act on those agreements -- is a basic business skill. Working in sales is a great way to learn how to close and is a useful skill in every profession.

Sales skills are especially important if you hope to become an entrepreneur. No matter how big the company, every business owner is involved in sales and the entrepreneur who lacks the basic skills faces some major challenges. Sales skills are needed to get financing, inspire and motivate employees, sign distribution deals or partnerships, land the first customers. Every key effort involves

sales, especially in the early stages of starting a company.

Does it sound a little scary to think of working in sales? That might be the best indication you really should work in a sales role, even if only for a short time. If you're hesitant it could be because you feel you lack the skills to succeed.

But don't worry: Even if you get off to a rough start you'll quickly gain confidence, and gain skills you can leverage forever.

Negotiation is a mode by which people resolve their differences. It is a method by which adjustment or compromise is reached while avoiding quarrel or conflict. Negotiation is a process of settlement of differences through a mutual give and take medium in both realms of business and personal life. Negotiation skills are not always inborn, they have to be developed through learning and can be very useful in resolving any differences between others

and you. Negotiation is simply a mode of settling disagreements by avoiding conflicts and reaching a common conclusion. Thus, in this article we will discuss about negotiation skills importance.

Negotiation Skills

Negotiation skills are skills that help an individual negotiate effectively or reach to an agreement in conflicting situations.

The various negotiation skills are –

Analyzing a problem – Effective negotiators must have the skill to analyze a problem taking into account the interest of each party. Identifying the problems of both sides can help finding a solution.

Getting ready – Before entering a situation that requires negotiating, a skilled negotiator plan for it beforehand. He studies about the relationship between the two parties, their past

negotiations so as to find areas of agreement as past outcomes can help in current negotiations.

Give attention – Negotiators have the skill to listen attentively to the other party during the discussion. This involves verbal communication and also reading body language. Active listening is very important to find areas of compromise.

Controlling emotions – It is extremely important for a negotiator to keep his emotions in control during a negotiation, otherwise it can lead to emotional outbursts and jeopardize relations.

Effective communication – Negotiators must have the ability to communicate clearly during the negotiation or else it can lead to misunderstandings. A skilled negotiator must be able to state his reasoning and the desired outcome.

Teamwork – Effective negotiators must have the skill to work together as a team

in collaboration with each other so as to reach an acceptable solution.

Social skills – Effective negotiators have strong social skills to maintain a good relationship with all those who are involved in the negotiation. This helps in maintaining a positive atmosphere during a negotiation.

Importance of negotiation skills

Negotiation skills importance is present in every sphere of life, but these skills play a more important role in business and organizational settings as compared to our daily lives. The ability to negotiate effectively is highly appreciated in today's competitive market. Business suffers a great loss due to poor negotiation skills while they can increase their profitability with better negotiation skills.

You negotiate with your teachers for grades, with your employers for salary etc. This is the reason **why effective**

negotiation skills are very important in our daily lives. Being a good negotiator helps to improve relationships because both the parties can strike a mutual deal without hurting each other's sentiments. Instead of spending hours arguing with your work force, monitoring their work, you can reach a common ground and remove differences with effective negotiation. Being a good negotiator helps you to achieve your goals and thus negotiation plays an important role in career advancement. Good negotiation skills help in every sphere of life be it personal or professional. Every individual should learn the skills of effective negotiation to lead a calm and peaceful life. Negotiation is very important for better bonding between individuals and leading a happy life.

The following are some reasons why negotiation skills are very important in the business world.

Beneficial to both leader and follower – The ability to negotiate is beneficial to everyone be it a leader or an employee. While the ability to negotiate is an important part of business meetings and accomplishing contracts, its benefits extend far beyond.

Win – win situations – A win – win negotiation is an agreement between parties after taking into account each other's interests. Finding a deal which makes everyone happy and satisfied is not easy but this is exactly what a good negotiator does.

Improves the final result. The main aim of a negotiation is to get the best deal possible for you and your organization.

Build respect – In order to get the utmost productivity out of your employees, it is very important that your employees and others whom you negotiate with respect you.

Strong negotiators follow a sensible and emphatic approach to their communication. Using an assertive communication style during a negotiation session will help in elaborating your chances of negotiating successful end results for your business. Assertive negotiators are both self assured and compassionate. They keep discussions going on so as to promote fruitful outcomes. Effective negotiators are truthful rather than sentimental. General negotiation skills can be learned and applied accordingly, and negotiation skills can be very beneficial in resolving differences that arise between you and others.

As it is evident, negotiation skills are not always born, they also need to be developed and enhanced. Acquiring good negotiation skills is not only useful in our professional lives but is also helpful in our daily life style. Negotiation skills teach us to be patient and understand the others

needs and opinions, while giving importance to our own and find out a solution that benefits all. Negotiation skills importance is a crucial aspect especially at workplace. Such skills are considered as highly essential for effective teamwork, decision making and managing conflicts. Thus, negotiation skills should be developed to improve the quality of our communication and decisions.

CHAPTER 7

HERE ARE 10 COMMON TRAITS OF HIGHLY INTELLIGENT PEOPLE: ARE YOU ONE?

What are the common traits of highly intelligent people?

1. You Are a Deep Thinker.

Some people may believe you suffer from loneliness or are so shy that you can't relate to many people, but you know they are mistaken.

You simply adore pushing your intellect to new heights.

You try to explain why A and B lead to C or why A didn't work out while you're alone.

Sometimes you glance up at the sky and wonder why some stars are aligned in a fascinating manner or why the clouds are shaped the way they are.

Your brain's nerves light up with ideas.

2. You Always Find Alternatives.

You enjoy posing important questions to oneself, such as what can I do if this is no longer available.

To you, life entails planning ahead and identifying options to reduce the likelihood of things catching you off guard.

Even in the smallest details of your life, you foresee possibilities and plan for change.

This is mostly because you dislike being left helpless by unexpected disappointments.

3. You Are Teachable.

You imagine yourself to be like a plant that need soil, water, and sunlight to thrive.

It's no surprise that you enjoy learning from the people and situations around you.

Even if you have a solution in mind, you put it aside and listen to what another person has to say, which could provide a strong foundation for your plan.

You don't push forward to show what you know; instead, you listen first and then add your opinions to any new information you've gained from others.

4. You Value People

You consider people to be a long-term investment.

When you find a group of people that share your ideals, you try to keep them together.

When you have a genuine disagreement with a friend, you take the time to express yourself with love.

Whether you know someone or not, you treat them with respect.

Your remarks can provide hope to those who are lost.

You have a remarkable ability to deal with stress and pressure without channeling aggression to others.

If you possess this quality, you will undoubtedly succeed in life. When I say "far," I don't mean without bounds.

5. You Don't Give Up Easily

Yes, you've accepted the fact that some failures result in success.

In dismal situations, you rapidly give yourself hope.

You realize that failure isn't the end of the world and that it's never too late to try again.

Because of your tireless and tenacious spirit, your life inspires a lot of people.

Most of the time, you don't see any reason not to do something, even if someone else has already tried and failed.

You have a strong sense of perseverance in difficult conditions.

6. You Manage Resources

This could be in your closet, kitchen, or other stuff around the house.

Wasting something makes you feel uncomfortable, especially if it could be used in another way.

Your home can sometimes resemble a conversion and re-invention store.

Even if you can afford another, it takes time to give up something you genuinely enjoy.

It's just you, which makes you happy. If this describes you, you have tremendous potential.

7. You Are Foresighted

This quality is nice and sweet. You have a tendency to notice what leads to what.

When you're about to make a big decision, your imagination will sometimes warn you.

Attributes like these keep you in check, preventing you from succumbing to temptations and taking acts that you may come to regret.

Before making a final decision, you consider both the positive and negative aspects of a scenario.

8. You Avoid Disputes

You strive to stay away from pointless debates as much as possible.

Why quarrel about something that won't improve or contribute to your life?

Unnecessary disagreements irritate and disturb you.

Sometimes you get the impression that people should know how to manage circumstances better in order to achieve better results.

You have a hunch that a time bomb of a disagreement is about to explode, so you try to avoid it.

If you have this quality, you already have a lot of serenity and happiness in your life.

9. You Admit Your Faults

You are the type of person that welcomes criticism from others; in fact, you want it to help you grow as a person.

As a result, you are quick to recognize your mistakes and accept responsibility for your actions.

It's no surprise that you strive to stay as far away from situations that make you feel bad as possible. It's just your personality.

10. You Love a Peaceful Life

You know yourself and try to avoid living a crowded life as much as possible.

Disputes and pointless disputes are your turn-offs, which is why you try to spend your time with people who love you and tell you how great of a person you are.

You most likely enjoy music and find fulfillment in rhythms and lyrics that reflect your values and life experiences.

Even in crowded places, you can be absent while still being present.

In conclusion, the interesting thing about personalities and traits is that even if they

are not in you naturally, they can be practiced and imbibed to make you a better individual.

Whether you are a daughter, son, student, employee, businessman, father, mother, wife, husband, employer, neighbor, friend, family member or any other person, you deserve to be a unique individual with a good aura of intelligence.

THESE POWERFUL LESSONS I LEARNED THEM FROM TONY ROBBINS.

Due to a weird hormone imbalance Tony is unusually large. His hands are bigger than my head. The guy wears Air Jordans that are three times the size of my sneakers because no respectable, formal shoe company makes a product for a human giant. There's just not a big enough market.

If you've encountered Tony's work, your entire life will transform. I want to share with you some of the best lessons I've learned from him. These are not the cliché lessons you can Google. In fact, they're great lessons you're getting for free.

The rarest human being on the planet is someone who wakes up every day and is happy. If that's not you already then that's what you want to model until you are. Forget about fame and riches that lead most people to desperation.

My trick is this: To be happy, make other people happy.

Energy makes you beautiful even if you are ugly

Fake hair for ladies and fake male pectorals don't make a human beautiful. A plastic surgeon can't surgically implant happiness in your brain.

Beautiful people have a good energy about them. They're high on energy. They

make you feel great even when you're down. That's my goal in life, although I still suck at it somehow.

You might be wondering how you can attract more energy into life. Tony says energy comes from your psychology and mindset. Work on those two skills.

Don't let rotten apples into your day. The people you surround yourself with determine your energy. That's why playing office politics is so bad because it drains your energy.

Ditch the oxygen thieves.

Hang around high-energy people who build others up. Move your body with high levels of energy the way a strong person does. Show the world your power move. Keep your head held high.

The truth doesn't sound elegant

Sometimes I get complaints about my occasional use of the f-word.

People misunderstand. I don't use the f-word to be mean. I use the f-word because the truth isn't elegant and spoken by a person in a dinner suit at a cocktail ball full of uptight wankers. The truth rips your face off. It makes you want to kill yourself. But that's where change happens.

That's when unstoppable human beings are reborn. Learn to love harsh language so brutal messages infect your brain and change your life.

Freedom happens when we take back control.

Tony teaches us to take back control of our lives. Ditch the debt that shackles your sexy feet to the floor.

Exit people from your life that do illegal drugs or violently harm people. Take out the trash. But leave the door open in case they work on themselves and come back

into your life as a new person (rare, but possible).

Control happens when you make tough decisions.

What are your standards? Cool. Now raise them. Keep raising your standards until you get closer to a life you call phenomenal.

That's why I quit my job. My new standard says I will run a business to feed my family. No more bosses. No more bro culture. No more office shenanigans. Just me and myself doing what i love: teaching. The same can happen to you when you decide enough is enough of bullsh*t.

People don't buy products, they buy identities...

It took me over a decade to learn this. I recently launched a new e-book.

This time I changed the description of the book to focus on the identity potential readers were looking for.

That identity translated into high-energy people who want to transform their lives. The e-book has been a huge success. Tony's advice worked.

Sell a future identity, not a product or service. You're not reading this post because of my pretty face. You unconsciously desire to read these words because you want to change your life somehow.

Notice when you want to change how you feel. Analyze the feeling. Why is that? It's probably because you're not where you want to be. That's okay. The fun part is, the journey to get where you want to go. Learning to notice how you feel is a massive step to transformation.

Absolute certainty has unbelievable power.

There's one thing I'm sure of: I will be one of the most popular writers on the internet in the next few years. There's no doubt in my mind. I don't believe this because I'm some cocky idiot.

I have absolute conviction because Tony taught me the power of certainty. Every day I remind myself of my own potential power. So far I have reached half a billion people with my writing. This is my destiny. I wrote that premonition into fruition.

Why can't you?

What's holding you back? Own your power. Make a declaration as to what you'll do before you enter your coffin, and make it freaking happen. Complexity is the enemy of execution. The best question on Earth: What would this look like if it were easy?

Life is already hard enough. Make things easier on yourself by chunking down complex tasks.

Say no to tasks of your time if the request is too complex or you don't feel it. Complexity will suck the energy from your life. Simplicity does the opposite. It builds up your energy reserves so they can be deployed towards meaningful things in life.

You absolutely must write things down or you'll flush the best advice out of your mind.

I didn't take notes before 2018. The lessons, thoughts, and ideas of my years as an entrepreneur before year 2018 are dead.

Tony says we must write things down as it gives us a 50-60% increase in retention. There's a second level of writing things down. "Information without emotion isn't retained," says Tony.

At Tony's events he deliberately puts you into emotional states. You go from waterfalls of tears to euphoria all in a few hours. That's how Tony is able to cement change.

The day the World Trade Center was destroyed is a day everybody remembers. We all know where we were. That's what powerful emotion does.

Emotion is the permanent marker that writes the ideas you need to change your life in your memory bank forever.

The way to use emotion to your advantage is to notice how you feel when you write stuff down. If something makes you pissed off, then write it down. Really feel it. If something inspires you then let the energy leak into your words.

Roam Research helps you capture your daily thoughts, which can provide the context to every note you create and

remind you of the emotion, so you don't forget it.

**Pain drives you or it can destroy you.
Killing pain kills drive.**

Many people want to kill their pain. They want to be wrapped in a sleeping bag of comfort. They want the walls to be made of pillows.

Pain is what tells me what to do next. If you feel pain and use tv, alcohol, or you adopt the life of an online troll to numb it, you're killing your advantage.

Pain will destroy you if you let it.

Tony says the greatest human beings that have ever lived had the toughest lives. Look at Nelson Mandela. The pain is what gave them the drive to achieve the impossible.

Don't avoid pain. Lean into pain for motivation.

The key to any romantic relationship

At the start of a romantic relationship you will do anything. One day things change.

That may bring you to the end of a relationship. All you need to reverse the damage is to do what you did in the beginning. What's the difference?

At the beginning of a relationship you aren't evaluating what you are getting.

Keeping score kills up your life! Stop it.

Start to develop a curiosity about your negative thoughts. That will change your life.

I used to be a ridiculous pessimist. After listening to Tony's audio, I began to analyze my negative thoughts. One idea from Tony interrupted my thought pattern:

What's wrong is always available, but so is, what is right.

You choose negative thoughts; therefore, you can choose positive thoughts. A

question that helps me when negative thinking takes over is this: What would I have to believe to make this thought positive?

Questions change your life. Your psychology programs your future. That's the biggest lesson you can learn.

HERE IS THE BEST FINANCIAL ADVICE FOR YOUNG PEOPLE..

Pay yourself first. Have what you can deducted from your paycheck and auto invested in a brokerage account.

If you make a lot of money, shut the fuck up about it. Don't tell your friends and family. They won't be impressed. They will more likely dislike you or judge you for not lending them money and being overly "generous" at holiday time.

Jump off the hedonic treadmill. Our brains acclimate to new acquisitions and our “happiness levels” go back to their natural set points after a few months. So don’t use consumer goods to buy happiness. It is chasing the wind.

Don’t be too conservative if you are young. Inflation is not your friend if you look to save for retirement. Inflation is good if you have mortgage and student loan debt. You need to invest in at least 15% aggressive growth stocks to keep up. As you get older and closer to retirement, you will need to shift your investments to increase liquidity and look to preserve your assets. You don’t need a market dip or recession fucking up your retirement.

If you have brass tacks, invest in crypto. Bitcoin is highly volatile but very lucrative. So is Ethereum. But do a stop limit order on your account so if shit turns sour, you are automatically out.

Use your money to buy income producing assets, not consumer items like fancy cars and Mansions. The market for Mansions is going to be shit once the Boomers start retiring. Cars depreciate, unless you own a proven collectible like a 1969 Dodge Charger Hemi.

If you are young, buy long term skilled nursing care insurance. If you need to go into a nursing home in old age, there goes your estate. Expenses are currently over \$6k per month.

Buy life insurance while young and healthy if you have children.

Most people could lose weight if they ate chicken and vegetables every single day at most meals. But few are willing to do it because it is boring. If you make enough to cover your expenses and have a bit of investible income, you can also make money by using dollar cost averaging, having money taken from your paycheck and automatically invested.

Your health is your greatest asset. If you feel like shit and you are rich, you are actually poor. Put your health above all else. It is like putting an oxygen mask on yourself when the airplane is going down. Do that first so you can help others. Routinely take your medications and control your blood pressure and cholesterol. Eat healthy, exercise, and avoid the midday sun. Don't smoke. Drink moderately.

THINGS NOT TO DO WHEN STARTING A SMALL BUSINESS

As the Great Resignation ramps up, millions of people are quitting their jobs to find better work or strike out on their own. According to Harvard Business Review, over 4 million people quit their jobs in July of 2021 alone.

Many people who leave traditional work are likely planning to start their own

business, whether that's a tech startup, a consulting business in the same field where they previously worked, or something totally different.

That's fantastic, but also a little scary. I've been an entrepreneur for over five years now, and I feel completely and unequivocally that it's a much better alternative to traditional work. But I also know that it comes with challenges and that many people who have worked for an employer for years or decades probably aren't aware of them.

If you've recently joined the Great Resignation or you're planning to ditch the office soon, here are three things not to do when starting your own small business.

1. Ignore the Books

Sure, when most people think about entrepreneurship, the concept that leaps to mind isn't "I'll be my own accounting

department!”, and most would-be small business owners don’t fantasize about spending hours slaving over QuickBooks trying to generate a P&L statement for the IRS.

In reality, though, understanding your business’ books is a vitally important part of being an entrepreneur. You need to know where you stand financially at all times, so you’ll know whether you’re about to run out of money and have to shut down, or whether you have excess funds available that you can reinvest into establishing a new business line or growing an existing one.

Over 50% of new businesses fail within their first year, and 70% fail within their first five years, according to data from the Bureau of Labor Statistics. Of those that fail, almost 30% do so because of problems with cash flow. That’s why if you’re starting a new business, it’s essential to manage your cash, establish

good margins from the get-go, and have a solid handle on your burn rate.

If you have no idea what those terms mean, make sure to learn before you even think about starting your own venture. And do future-you a favor; get set up with accounting software like QuickBooks or Fresh-books from the first day you launch your business.

Accounting may not feel essential now, but take it from my experience if you get your books in order from day one, you'll save yourself a huge amount of hassle piecing them back together down the line, once your venture has scaled and your finances get more complex.

2. Seek Investment Too Early

If you found a promising venture and especially if you reach profitability relatively quickly you'll find that investors are constantly trying to throw money at you.

You'll meet people who tell you that they're happy to invest in your business, and all you have to do is give them a percentage of ownership for X amount of dollars. In the beginning, the percentage is probably going to be high, and the X will be shockingly low.

It's flattering especially when you consider how difficult it can be to convince a bank to loan money to a budding small business owner but accepting funds too early, or raising the wrong kind of capital, can come back to haunt you as your venture scales.

In many cases, if you accept an investor early in your launch, you'll be working with them for months or years. They might have different ideas about where your business should go than you do, or they might want you to scale too quickly so that they can cash out. Even if they're in it for the long haul, by giving up equity early you're parting with shares of your

company that could be extremely valuable down the line if your business takes off.

Instead of accepting equity investment early, look at other ways to fund your business. Start off as lean as you can if you can skip having a physical office (this is much easier during the pandemic), hire freelancers instead of employees, and use a cheap service like Square space instead of buying a professional website, you'll reduce the amount of capital you need to grow your business.

Likewise, if you can start your venture as a side-hustle while you work a traditional job, that's even better. When I launched my current business, I worked as a consultant for more than five years in order to get it off the ground. It was a lot to do two things at once, but now I maintain much more control over the business and have retained much more

equity than if I had gotten an angel investment early on.

Ideally, you want to grow your business as far as you can without taking dilutive equity investment. If you can bootstrap until you're able to get bank financing, that's often the best outcome. Of course, there are certain industries where this doesn't work — life sciences, for example, requires lots of capital upfront.

But for many small business owners, consultants, product creators, and the like, you can bootstrap for a long time before bringing on investors.

3. Network Too Much

This one might seem surprising establishing a network of colleagues and potential customers, after all, can be crucial to getting a new venture off the ground. Especially if you're in an exciting new field, though, it's very possible to spend too much time on networking, and

not enough on actually growing your customer base or refining your product.

When cities, universities or local groups decide they want to foster an entrepreneurial ecosystem, they often try to do this by holding lots of events pitch events, competitions, mixers, lectures about entrepreneurial topics, and the like. Attending these can be a great way to test new pitches for your business, or to meet other founders who can be a sounding board for new ideas, and a crucial source of social support.

But in most cases, your actual customers won't be at these events you'll probably be talking primarily to other entrepreneurs. Going to some of these events is fine, but if you're spending weeks preparing a deck to present to a room full of peers instead of seeking paying customers, you're ultimately shooting yourself in the foot.

Focus on building your initial customer base and refining your product in the early days of launching a business not pitching and networking. This will help you prioritize revenue above valuation, and in most cases, this is what it takes to build a real business that lasts.

When you do attend a networking event, make sure to do it with a specific, stated intention. Are you trying to meet fellow entrepreneurs, to learn from their experiences? Great! seek them out, make some contacts, and build on those before you attend another event. Trying to seek investment? Make sure to attend events where investors will actually be present and tailor your presentation or elevator pitch specifically to their questions. Looking for partners? Skip general or region-focused events and attend an event, conference or trade show tailored directly to your industry.

When you go to a networking event without any particular goals in mind, you probably won't get much out of it. You'd

be better off staying at the office and working on your product, or calling some potential customers and pitching your business directly.

Starting a new business isn't easy, but it can be incredibly rewarding. If you plan to join the Great Resignation, keep these tips in mind as you launch and grow your own small business.

CHAPTER 8

THOUGHT PROVOKING QUESTIONS TO ASK & ANSWER TODAY

The meaning of these questions is to get you think deeply about your answers, and the effects they're having on your life. Thought provoking questions help you to become more self-reflective, and therefore be able to improve your life in multiple areas.

It's probably best to write your answers down, so that you can look back on them at a later time and analyze whether the question has helped you to think differently.

Here are thought provoking questions that you can ask and answer yourself:

1. Are you able to say no, even when it makes you unpopular?
2. Are you satisfied with your work?
3. Do you follow through on commitments?
4. How much time are you spending on social media?
5. If you could ask for one wish, what would it be?
6. If you could spend 10 minutes with anyone, living or dead, who would it be? Why?
7. If you had a year left to live, what would you achieve over the next 12 months?
8. If your entire life was a movie, what title would best fit?
9. What are you looking forward to?
10. What gives you meaning?
11. What have you done today to make someone's life better?
12. What is the source of your procrastination?
13. What small habit can you change today?
14. When it's all said and done, will you have said more than you have done?

15. When you think of your home, what immediately comes to mind?
16. Who are you becoming?
17. Would you break the law to save a loved one?
18. Are you content? If not, what is the source of your lack of contentment?
19. Are your goals and dreams written down?
20. Do you choose happiness or leave it to chance?
21. Do you have a personal mission statement?
22. How do you challenge your assumptions?
23. How do you spend the majority of your free time? Why?
24. How often do you keep in touch with family and friends?
25. If you could eliminate one thing from your life today, what would it be?
26. If you could start over, what would you do differently?
27. If you had to teach someone one thing, what would you teach?

28. What are you spending your money on?
29. What do you really love to do? Do you do it often? If you answer no, why not?
30. What gives you peace?
31. What is your favorite quote?
32. What step can you take today in order to fulfill your deepest desire?
33. What would you change about your life if you knew you would never die?
34. When someone sees your name on caller ID, what thoughts and feelings do you want them to have?
35. Where would you like to live? Why haven't you moved?
36. Who are you really? Describe yourself without using your name, or any attributes given to you by society and really think. Deep down, who are you?
37. Are you feeding your fears or your hopes and dreams?
38. Did you pause to celebrate the last time you accomplished a goal, big or small?

39. Do you consider yourself the hero or the villain in your story?
40. Do you meditate daily for at least 5 minutes?
41. How do you deal with failure?
42. How many people do you truly love? What are you doing for them?
43. How would you describe yourself in 3 words?
44. If you could go back in time, once, and change a single thing – what would it be?
45. If you could watch everything that happened in your life until now, would you enjoy it?
46. If you had unlimited resources, how would you live your life?
47. Standing at the gates of heaven, and God asks you “Why should I let you in?” What do you reply?
48. What can you do today that you couldn’t do a year ago? What will you be able to do at this time next year?
49. What do you want most out of life?
50. What habits are holding you back from success?

51. What is the biggest frustration you're facing now?
52. What is your greatest strength?
53. What story are you telling yourself about your life?
54. What would you do differently if you knew that no one was judging you?
55. When was the last time you had an exciting idea that kept you awake most of the night? Are you pursuing that idea today?
56. Which bad habits do you want to break?
57. Who are your professors in the school of life?
58. Are you holding onto something that you need to let go of? What's stopping you?
59. Did you say "I love you" to the most important person in your life today?
60. Do you consider yourself worthy of love and admiration?
61. Do you trust your own instincts?
62. How do you express your gratitude for good things and people you have in your life?

- 63.If karma was coming back to you, would it help or hurt you?
- 64.If you dropped everything to pursue your dreams, what would you be risking?
- 65.If you received enough money to never need to work again, what would you spend your time doing?
66. What are the chances you've passed up on that you regret?
67. What did failure to reach your goal teach you about yourself?
68. What do you want your life to look like in 5 years? Do you have a plan to get there?
69. What have you done that you're most proud to have achieved?
- 70.What is the difference between living and existing?
- 71.What is your greatest weakness?
- 72.What terrifies you the most?
73. When did you last push the boundaries of your comfort zone?
- 74.When was the last time you travelled somewhere new?
- 75.Which books have influenced you the most?

76. Whose life have you had the greatest impact on?
77. Are you open to experiencing something outside your comfort zone every day?
78. Do you ask enough questions, or are you happily settling for what you know already?
79. Do you fear rejection? What are you doing to overcome this fear?
80. Have you ever invested in yourself financially? Why or why not?
81. How do you keep a sense of perspective when life gets difficult?
82. How much control do you really have over yourself?
83. If today was the last day of your life, what would you want to do?
84. If you could send a message to the entire world, what would you say in 30 seconds?
85. If you had a friend that you spoke to the same way you speak to yourself, how long do you think that person would allow you to be your friend?
86. If you were asked to describe yourself in one word, what would it be?

87. What are the things that stand between you and complete happiness?
88. What did you want to be when you were a kid?
89. What gets you excited and driven to achieve?
90. What have you done to pursue your dreams lately? How about today?
91. What is the last thing that you've done that's really worth remembering?
92. What makes you smile?
93. What were you doing when you last lost track of the time?
94. When did you not speak up, when you know you really should have?
95. When was the last time you tried something new?
96. Who are the people you surround yourself with?
97. Would you be a martyr and risk your reputation by standing up for what is right in front of your peers? Or is it better to be pragmatic and do nothing?

The questions featured in this article are some of the best thought provoking questions of all time. Forcing you to question you career, your personality, your relationships, your happiness and your true purpose.

Hopefully, they will help you to think differently about things, and use them to improve your life!

WHAT ARE THE SECRETS THAT EVERYONE HAS TO KNOW?

Everyone has at least four personalities:

- 1) The personality they want everyone else to know,
- 2) The personality they don't want anyone else to know,
- 3) The shameful personality they'd rather die than reveal, and
- 4) The personality they don't understand.

The difference between the rich and the poor is their way of thinking. One thinks they cannot be rich until they stumble upon some kind of luck. The other thinks that since they have no luck, they must go and create their own luck.

Everyone would be extremely rich, if only they could discover their real value. However, this is almost impossible because everyone has been taught how to sell their time for money.

Don't set out to save the world. Set out to get the world to understand you.

It is better to die trying to be rich than to be a spectator of people who are on their way to becoming filthy rich. Besides, the air is much cleaner at the top than below.

We live in a world where ideas control thoughts, people, and things, therefore those who have better ideas control more people and bigger territories. Unless you

have ideas of your own, other people will force you to build their own ideas.

The most valuable power on earth is freedom. However, freedom comes at a price and is not easy to achieve. Real freedom is not the power to choose between right or wrong. It is the power to spend the rest of your life working for no one.

Most people believe that getting a high-paying 9 to 5 job is the ultimate fulfillment of their dreams. However, getting a high-paying job is the fulfillment of another person's dreams.

These days, you can buy almost anything if you have money. However, there are some things you can't buy with money, and these include the ability to see things before they happen.

Knowledge in the hands of fools is dangerous. Put knowledge in the proper hands and they will change the world.

When you're over-thinking, WRITE. When you're under-thinking, READ.

Every morning you have two choices: continue to sleep with your dreams, OR, wake up and chase your dreams.

If you're not developing mentally, your brain is shrinking fast, and your body is probably wasting away faster than your brain is able to cope with.

The worst investment you can make for your children is to give them money. The best investment you can make is to show them how to spend quality time investing in themselves.

Stop needing your family and friends to agree with your goals before you pursue them.

Entrepreneurship is living a few years of your life like most people won't, so that you can spend the rest of your life like most people can't.

Sorry to guys who wanted to hear something about love, but I prefer to remain silent about it today. However, I'll tell you this: You haven't found it because you haven't looked for it in the right places, or you haven't looked for it hard enough.

CHAPTER 9

A LIGHT BULB THE SIZE OF THE SUN WILL APPEAR OVER YOUR HEAD.

I get more surprised by how many people are living with Fear. It is not a recognized disorder, no medication is prescribed, yet fear can certainly immobilize people and prevent them from living their best and enjoying a very bright life! Did you know that this year there will be new friends not made, songs not sung, dances not danced, dreams not realized and goals not achieved? There will be laughs not laughed, questions not asked, speeches not made, plans not laid, parties not attended, rooms not entered into, there will be opinions not stated and status updates not written! There will be sales not achieved, jobs not applied for, hairstyles never tried, poems never

penned sex not had, love not experienced, places not travelled, adventures not had, mistakes not made and failures not learned from. Why do we let fear have that kind of control over us and our life? And at the end of life I am fairly certain that we will not say, 'I am so glad that I never got on the dance floor that night' or 'I'm so glad I never travelled to Egypt like I always wanted too' or 'I'm so glad I never lived my purpose, followed my dream or fulfilled my vision'. What are we scared of? What? For many it seems it is the fear of failure or making a mistake and the only reason we would fear this is because we place more importance on the opinion of the people around us than our own opinions. When we look at a baby, we see a miracle with unlimited possibilities. We see perfection and beauty and it is easy to dream a big dream for this baby. Well you were that baby and people looked at you and saw the same thing. We just grew up that's all!

When you first tried to walk, you fell over a number of times before you got it right. Perhaps you hit your head hard on the ground, hurt yourself more than once and yet you persisted until you got it right. Not once did you think of giving up or labeling it a 'failure', you just knew you had to keep correcting, getting stronger until you got it right. You just walked right through the fear without giving it a thought!

Prigogine was awarded the Nobel Prize in Chemistry In 1977 for his work in the field of Thermodynamics. The second law of thermodynamics states that when things are left alone in this universe, they will eventually go to disorder and chaos. For example, when a tree falls down in the forest, it will eventually rot and decay. Over time it will go into more disorder, then chaos. Studies show, however, that nature eventually creates order from this chaos. Prigogine found that as we increase the energy or pressure beyond

the object's ability to hold that pressure (threshold), the object begins to vibrate to the point it can't take it anymore. Then something amazing happens. It evolves into a more complex structure than its original form.

To explain further, the tree that fell in the forest will be covered by soil and decays. From the pressure of earth, over time, the tree turns to coal. If pressure is continually added, the coal turns to other metals like diamond, structures that are many times stronger than the tree or the coal and able to withstand an increased amount of pressure. This process is irreversible, totally unpredictable and a result unrecognizable from the original form. Humans are subjected to stress and problems, this is part of life. Often people go to great lengths to avoid, deny or distract themselves from the pressure. However, allowing you to embrace challenges and hardships means there is growth and liberation beyond the

disorder and chaos. In nature when pressure is added and the organism starts to evolve, it releases energy, usually in the form of heat.

When pressure is placed on humans, the energy released in form of emotions. These are known as fear, anger, frustration, joy etc. If we do not allow the emotion to release, growth stops and the process of natural evolution is halted.

If you want yourself or your team to evolve, you must add pressure within a supportive environment. As business owners, entrepreneurs and managers, we must acknowledge the emotions coming up, as a sign of disorder and chaos occurring while holding the pressure firmly with kindness and understanding for a transformation to occur. Think about some of the break-thru moments in your life. They are most often when you were in the depths of despair, frustration or anger and when you were at what you

thought was rock bottom, you pushed on and made a decision that moved you forward and made you stronger. Have you ever noticed the closer you get to a deadline, the more productive you start to be? A colleague once promised \$10,000 of his own money to each team member if he did not achieve his goal. The pressure of losing was so great, so he achieved his target quickly. Many times from within the emotional states will explode challenging or preventing the lesson to be learned. Twentieth century philosopher, Buckminster Fuller, is quoted as saying, "You will never be given a task that you cannot handle" and also, "Your reward in life for learning the lesson is a bigger lesson." Embrace challenges in your life and business. Be strong enough to hold the boundaries for others and allow the emotion to help transform learning for all.

Business and social success needs assertive behaviors. Can you 'speak up' and share your ideas clearly, calmly and

honestly and in turn respectfully listen to others who may have different ideas, opinions and points of view? The best negotiators, teachers, managers, leaders, parents, Drs ... have learnt these skills and demonstrate them daily. Assertiveness: Empathy & Advocacy under an umbrella of Respect When things are going smoothly and the pressure is off it is easier to listen empathetically and 'hear' the other person, reflect what you see, hear and feel and calmly express your ideas. However when pressure builds, deadlines loom, expectations are not met ... your internal fears may begin to rise and you aggressively shout, demand or blame others. Or maybe you behave passively in response to the stress of disagreements, conflicting demands and confrontation. Do you avoid, shut down or 'run away'? Are you unable to stand up, express your opinions and say No if it's what you have to say? Or maybe your response is passive-aggressive? Perhaps

you drag your feet when you don't want to do something rather than say an assertive 'No'. If you feel someone has taken advantage of you do you find a way to even the score? Or maybe you use sarcasm, sulk or talk about others behind their backs? This Aggressive, Passive behaviors are unhelpful and stressful and can make life more difficult for you in your business and social relationships.

Assertiveness is a fourth style of behavior. You respond rather than react. You have mastered the self-confidence, authenticity and empathy of assertiveness, aided by your 'tool kit' of assertive skills to stay cool, calm and collected even when the world around you is falling apart.

You can express your opinions in an open, honest and appropriate manner. You can ask others for help and say No to others requests and negotiate a compromise, or better still find a mutual win-win solution. Do you recognize yourself, your

colleagues, family and friends in any of these behavior types? We all have a repertoire of behaviors that we first learned as children. And as we grow we add more behaviors from our family, peers, colleagues, the TV and the movies as we seek to find role models, some good and others are horrible. Do your behaviors serve you well? Learning assertive conversation skills are key to achieving success however you measure this. Using appropriate assertive skills for the situation gives you freedom to be more effective in all areas of your life. How do you behave assertively? Remember your ABCs. A = Attitude - check your mind is open and positive. B = Breathe to release stress, anxiety and get oxygen to your brain. C = Centre yourself and become calm. Add the 3Rs: Resourceful, Respectful and Respond (rather than react) and you are well on your way to handling situations without being forceful or defensive. You can

respectfully ask for what you want, say no to what you don't want and help others get what they want too.

Biology says that after sexual intercourse, about 200 to 300 million sperms are deposited by the man, they all begin to swim upwards within the track to meet with the ovum, out of the 200 million that are deposited only 300 to 500 actually reach the site (others get tired on the way because it is not an easy race) and of the 300 that manage to reach the ovum (egg), only one fertilized the egg and in this case the winning one is YOU.

Have you ever thought about this? You ran a race without your eyes and your legs you WON, you ran a race without your education and you WON, you ran without certificate and you WON, you ran without help and you WON, what makes you think you will Lose now?

Now that you have both eyes and legs, now that you have the knowledge of God's word, now that you have plans, visions and dreams, beloved you didn't give up

on day one, so you can't give up now, giving up now is an insult to your creator. It doesn't matter what you see now, take it as a challenge and always remember that you WON from womb.

So, let's remember what we already know! Next time fear stops by, let's go to the mirror and look at it and say to ourselves; "Fear, I see you, I feel you but I am moving through you, because what I think of myself is far more important than what other people think. I have one life to live and I am not getting out of here alive, so get the hell out of my way because I've got some living to do!"

At school you were taught that if you were good, did what you were told and worked hard, your education would get you a job. Then at work, if you did what the boss wanted you to do and put in the hours, you may be promoted and a few would make it all the way to the top. For the last 150 years that worked well, but the rules have changed. Now, successful organizations need people who know which rules to break to create value.

There's a need for more focus on thinking differently, being creative and leading. The trouble is school didn't teach you how to do that well. In fact, you were taught the opposite; do what you're told and give the right answer - if you had different ideas, it was best to keep them to yourself. The school system was created in 1870 to support the increasing demand for factory workers. For what seemed like forever, organizations needed compliant workers to deliver their plans and the schools delivered them. But the businesses of today need different skills. If your job can be broken down into a series of steps (and it probably can) then you can be replaced. There is already someone willing to do your job for less money. You were also told you needed to be good at everything and to fix your weaknesses. Now we know that great leaders aren't good at everything, but instead are outstanding in a few key areas.

Would you put Usain Bolt in the Olympic marathon to give him a development

opportunity, or tell Ronaldo to be the goalkeeper for the World Cup Final? Managers in sport create a team based on playing to the strengths of the individuals within it. So why do managers in organizations insist on developing weaknesses that their staffs have, in skills that doesn't matter? It kills passion and takes people away from what they're best at. During times of economic challenge, when there is more to do, with less resources, we need people playing to their strengths not wasting time trying to be good at skills that they'll never need to use. As a result of the Industrial Revolution's needs, math languages and science were the only things that mattered and school reflected that. Now more than ever, we also need creativity, diversity, curiosity and humanity. The safe world is ending, where being good and working hard is enough to pay the mortgage. There are no safe jobs any more. There is, however, a new world emerging that is far more exciting and enjoyable. A world where you get to use the skills you are best at and perform to your full potential in areas that matter

most to you. Your industry is experiencing massive change, your job and organization is not safe, so you need to play to your strengths to stay ahead.

CHAPTER 10

WHAT IS YOUR BIGGEST LIFE ADVICE TO OTHERS?

So much of our happiness depends on how we choose to look at the world.

Your mind is a Magnet. If you think of blessings, you attract Blessings. If you think of problems, you attract Problems

It takes half of your life to discover that life is a do-it-yourself project.

No matter how great you think you are, you are not too great to look down on anyone.

Don't study because you have to. Study because knowledge is power.

Train yourself to let go of everything you fear to lose.

When you start loving yourself, you start appreciating God's goodness.

When something is important enough, you do it even if the odds are not in your favor.

Don't ever attach yourself to a person, a place, a company, an organization, or a project. Attach yourself to a mission, a calling, a purpose only.

Somebody is lying in a hospital bed right now begging God for the opportunity of life you have now. Appreciate and use it prudently.

WHAT ARE SOME TIPS/LIFE LESSONS I SHOULD KNOW BEFORE I'M 30?

The biggest comeback is making yourself happy again.

You can be the total package but be at the wrong address.

Never expose your next step, just step.

Distance yourself from people that bring out the person you are not trying to be anymore.

Schooling is a trap. Real education is not taught in the 17 years of schooling from the primary.

It costs nothing to ask wise advice from a good friend.

There's so much power in just letting things be.

If a good seed that is full of potential isn't planted in good soil, it's not going to become what it was created to be. In the same way, you are a seed full of gifts, talents, and potential, and you need healthy soil to bloom into everything God has created you to be.

Disrespect is all the closure you need.

Accepting that nobody cares is better than caring about how many people care.

Stop whining and start grinding.

You can't learn anything if you know everything.

Stop sacrificing your mental health for other people.

You lose value when you are too accessible.

Sometimes people don't let you down, you just had them up too high.

Never apologize for being yourself. Provided yourself isn't some BS.

Make peace with your past so it won't disturb your future.

Look at things from another point of view.

**WHAT SHOULD YOU NEVER DO IN
LIFE REGARDLESS OF AGE?**

Don't do drugs. I know people who have had drug addictions and it ruined their lives. I even lost my uncle to drugs.

Don't send nudes. I did it once and I'm afraid they're out on the dark web somewhere.

Don't drive drunk.

Don't go into gangs. It'll ruin your life and reputation.

Don't cheat on your partner. It will mess up their mental state.

Don't act superior to those younger than you. Trust me. Karma will slap you in the face hard if you do.

Never never never Never say any racial slur in public. Trust me, I did once while joking around with my friend and it really did not work out well.

Don't spread rumors about someone.

Don't assault anyone in anyway, especially children.

Don't expose anyone's personal issues or bring them into an argument that is beyond hurtful.

Don't tell anyone's secrets. They trust you for a reason, you know.

Don't poop on your neighbor's house because you are pissed at them, The Boomers will come at you :'(

14. Don't take your parents' car for a joyride with your friends.

15. Don't judge anyone for race, sexual orientation, or religion.

16. Don't blame your mistakes on others. Own up to your actions.

17. Don't poison anyone with pills.

18. If you see someone in a happy, stable relationship don't judge them and leave them alone.

19. Never give up on your dreams.
20. Don't eat your dog to see if he tastes like chicken.
21. Don't eat another human.
22. If you laugh while drinking something, it'll come out of your nose.
23. Say you're not what I just said on.
24. Don't fake mental illness for attention.
25. Be yourself and stay positive...

CHAPTER 11

WHAT ARE SOME GOOD HABITS TO FOLLOW?

1. Get up early with a glass of warm water

After a night of sleep, the human body consumes a lot of water in the process of breathing and urination. When you get up in the morning, your body is in a physiologically dehydrated state. At this time, drinking a glass of water can not only replenish water, but also wash the stomach.

2. Must have breakfast

-If you don't eat breakfast, you get old quickly. If you don't eat breakfast, the human body will use the glycogen and

protein stored in the body. Over time, it will cause dry skin, wrinkles and anemia, and accelerate the aging of the human body.

-After a night's sleep, the body's nutrition is exhausted, blood sugar concentration is low, and if you don't eat or eat breakfast, you can't fully replenish blood sugar concentration in time, and symptoms such as dizziness, palpitation, weakness, and lack of energy will appear in the morning, Prone to hypoglycemic shock.

3. Maintain the habit of reading every day

When the habit of reading accumulates, people will live more transparently. As your knowledge increases, you will become humble, polite, and more general.

4. Sports and fitness

Exercise can relax the whole body, and whole-body exercise can continuously improve and enhance the function of various organs of the human body. When

the body's function is improved, the resistance will be strengthened, and the whole person will be full of energy and refreshed.

5. Positive psychological cues

The application of psychological cues is everywhere, it affects you subconsciously, destroying you can also make you.

6. Organize, summarize, record, and collect

Develop a good tidying habit, which can increase efficiency by 10 times. Clutter is the natural enemy of the brain's memory, especially irregular or unordered numbers or some specific and chaotic things. Records are the best friend of the brain. Even if you forget, you can remember it again.

7. Overcoming procrastination

Every time I procrastinated, I told myself that I only do it for 5 minutes. It's over

after 5 minutes. The pro-test is effective. After 5 minutes, there is a high probability that you will not stop.

8. Cultivate a sense of conservation

For example, saving water, saving electricity and saving money. Saving is also a manifestation of self-cultivation.

9. Maintain personal hygiene

It can not only keep the appearance clean and tidy, but also reduce the breeding of viruses and bacteria.

It is said that the cultivation of a good habit takes 29 days, and a good habit needs to be persisted every day!

It comforts us to imagine we are unified within ourselves, that there is only one self, but in reality we are many. We have a self for each and every social situation, and they do not know each other which is a good thing lest they interfere with each others' smooth operations. We have many

selves but only one attention, which can be trained to observe the many selves as they come and go, like a parade, or the plastic horses on a merry-go-round because they come around again and again.

There are two navigators in most people, one to enable the body to navigate the physical terrain and one to navigate the social terrain. The social navigator is composed of a multiplicity of selves. Some people also have a cosmic navigator, which in the modern era is expressed in the science of cosmology, motivated by the curiosity some feel regarding the cosmos.

There can be no real self, they are all imaginary constructs. Perhaps you are talking about making the distinction between our animalistic impulses and our socialized restraining impulses. Some regard their animal impulses as more “genuine” or “authentic” than their

restraining impulses, more “honest”. Both are entirely automatic. The animal desires and the mental command to not act out our animal desires lest we suffer the consequences are both mechanical, not conscious.

The notion of an ideal self is entirely imaginary. We acquire an imaginary ideal, patched together from impressions we took into our imaginations, from the behavior of those who commanded our attention, and from stories we heard and read about. The ideal self usually doesn't survive growing up, but it can persist in an active form and have an impact on the conditions of one's life even when in old age. There's a certain aura of grandiosity regarding all the many selves, and the ideal self is concocted (automatically) by the penchant for grandiose fantasies regarding how we plan to act in this world of other human beings. It's why we have such a rich fantasy life, now that we live in the conditions of modern life with

its relative safety and many comforts and conveniences. We can afford the luxury of daydreaming and fantasizing, indulging in our delusions of grandeur, as each one of our many selves likes to do in their own way, you can observe all that when you have an active attention that is not entirely immersed in and engulfed by those romantic fantasies.

HOW TO DEAL WITH EMOTIONAL PAIN

You are not the only one going through emotional pain. Every 3rd or 4th person in your batch must be having similar emotions and problems. So you are not alone. These feeling are natural and they will vanish as soon as you get what you want. Time is the key. Leave no hole in your efforts.

You cannot decide what others deserve; so don't waste your time and energy on what others get and focus on what you want and how to get it.

Write down what you feel, think and write it daily. There might be some hidden reasons that you are upset and hurting. Sometimes we feel low, or distracted. Few days later, again read what you wrote and try to figure out is it temporarily or due to some reason. Your cool mind and reasoning might be helpful.

When you feeling negative, try to do some breathing exercise or take a shower with your favorite fragranced soaps so your moods get better and you feel relaxed within yourself.

Repeat this until the thought is gone:

I'm good.

I am happy.

I do good to others.

I am a super loving person.

I am thankful for all the love in my life.

I am grateful for the miraculous life energy in my body.

I see all the beauty and grace that is around me with loving gratitude.

I am grateful for my body, mind and spirit.

At the end of each day, I take a moment to reflect and be grateful.

I am grateful for all that the universe gives me.

Every step in my life deepens my gratitude for all things.

I am grateful for the lessons life teaches me.

I accept all gifts graciously and with deep gratitude.

I am grateful for the wonderful things coming my way.

This will subconsciously register in the mind which will do the magic of neglecting negative thoughts.

Always avoid those who speak negativism.

And be friendly with optimistic personality.

Read more Biography & Autobiographies of world leaders which will serve tons of

positivity & strength to overcome negative thoughts.

Always calm yourself while you get negative thoughts, take a deep breath don't do anything immediately just relax. This help to neglect negative thoughts. Try it

You must observe your thoughts. See that they are not "you" but rather separate from you.

Notice when they arise and respond to different things and if you force yourself to concentrate on a specific topic your thoughts will follow along that line.

If you are diligent in this exercise you will eventually see that you can concentrate and direct your thoughts.

A simple exercise which is very helpful is to imagine the canvas of your thoughts as a piece of paper. If you have a thought you don't like, scrunch it up and throw it over your shoulder.

THESE ARE ADDITIONAL TIPS TO
HELP YOU REPROGRAM YOUR MIND:

1. Most people spend their entire lives waiting to be happy when they can choose to be happy right now.
2. The answers to most of our problems are in the places we don't want to look. Ask yourself every morning: What's good in your life, & what's there still to be done?
3. You fear change, so you stay the same. Positive people fear staying the same, so they're propelled to take action. Your fear defines your outcome,
4. The attitude & mindset you bring to your life is as important as your style of functioning. The way you talk, the way you move, what you think of yourself & what you think of the

world , it all works together,

5. Stop lying to yourself. Change your perspective. If no one wants to date you, just focus on your growth. If no one wants to hire you, you can start your own business,
6. Learn to write thank you notes for what you've. It takes a minute or two but it's going to help you in more ways than you can imagine,
7. We live in a world where convenience & speed are the goals but life's biggest accomplishments are not discovered that way. Finding your passion take years of trial & error. Building wealth take years of discipline,
8. Thoughts have energy. Make sure your thoughts are positive & powerful.

9. It's okay to lose people but never lose yourself.
10. Stop over thinking. Half of the negative thoughts are because of the over thinking we do. Just do your work, don't think way too much on a specific thing, listen to music and write your feelings on paper. Make videos of yourself talking about your own problems. Just see that video again, you will learn a lot from that. Stop thinking about small things which annoys you. Sleep if you can't control your emotions. Things will get better. If not, I'll surely come up with new ways to tackle with this problem.

11. Know that It is temporary and will pass soon..Have faith and be strong.

12. To overcome negative thoughts start with very basic thing like by changing your routine
13. Bring some pattern in life like start your day by early morning exercise may be yoga or go to gym or start with mediation.
14. Remove and cut off all those things that bring negativity in your life or through which you get disturbed, even if any person you feel is causing you problem or maybe you feel you are stuck on him/her it's time to block them from your life permanently.
15. Start evolving, start socializing even if you feel you cannot do it, trust me you can meet new people, surround yourself with those with whom you feel happy.
16. Spend time with family.
17. Focus on your work, your career start working more hard towards it

because always remember hard work always pay off.

18. Try to stay in present, forget the past and don't worry too much about future

19. Change your eating and sleeping habits it will also help, eating good healthy food and taking the right amount of sleep will change your mindset and you will feel way more fresh and active.

20. Start with these small things one by one and see the changes.. You will start feeling better and always remember 'This Shall Too Pass'..

21. Don't put yourself in too much effort to be the best among your friends/colleagues always. You are what you are.

22. Stop comparing with others. Do only what is best for you for your situation. Everybody has their unique difficulties. One solution may not be applicable for others

although apparently it may seem so.

23. Get your priorities straight. This way, you will stop regarding things in future.
24. Life is about how happy u r, not how happy others are.
25. Loosen up, intensify you life with the activities you personally like.

Let the hurting emotions come, honor them, welcome them, respect them, be aware of them. Once you separate yourself from them by just mere observation and awareness, you will begin to realize their futility. Thoughts and feeling can't have any authority over you, your conscience should.

WHAT ARE 6 MISTAKES PEOPLE
MAKE IN THEIR 20S THAT
GUARANTEE THEY WILL HAVE A
HARD LIFE?

1. Going to University WITHOUT a Plan - If you're NOT studying law, medicine, or any other subject that will put you into a position of gaining a high-in-demand job, then don't waste your time, energy and money on University.
2. Getting hooked on the "Party Lifestyle" - Everybody who's been in their twenties knows that this phase of your life can be pretty...wild. And there's nothing wrong with having fun, drinking a lot, meeting cool and interesting people or even doing "various and extensive research" with different substances. But sadly, a large percentage of people who enter their thirties, have made a habit out of using drugs or drinking excessively in their thirties. This will wreck havoc on their physical and mental health.

3. Never mastering their Emotions - I'm glad that I was an impulsive, depressed, emotional wreck in my twenties, because it taught me how invaluable it is to control and learn from my emotions. If every wrong look or question throws you into a fit, or if you're consumed by depression, or crippled by the fear of rejection or failure, then learn to master your emotions. Your emotions are either your most powerful allies, or your most fearsome enemies.
4. Believing that Hedonism is Happiness - Being able to travel everywhere, drink expensive champagne, eat in expensive restaurants, flexing with jewelries and designer clothing etc. only looks good on Instagram. It's not a guarantee that you're really, truly happy. Many rich people are emotional and spiritually bankrupt,

while many of the poor lead fulfilling happy lives. Materialism and consumption is often the opposite of true happiness.

5. Not Getting Rich - How does that fit together? Didn't I just tell you, that money can't buy happiness? Of course money can't buy happiness. Happiness is not dependent on how much money you have, but on how you communicate with yourself. But...Having no money or having to break your back in job that you hate just to pay your bills, is also the fastest route to a very dark and painful place. Become financially independent ASAP, so that you don't have to spend 2/3 of your life working.
6. Not Getting Strong, Muscular and Healthy - In your twenties, you tend to take your body and its youthful strength and vitality for granted. That's one of the biggest mistake

that you could make. If you haven't made healthy eating and regular training a habit in your twenties just wait for your thirties. You will really start to notice the aches and pains and the excess body fat piling up. You'll feel less energy and vigor. You might even develop some diseases that you easily could've prevented.

CHAPTER 12

DAILY POSITIVE AFFIRMATIONS

I send you strength and courage. United with the forces of your inner Guide, I consciously direct our plenitude towards you, so that we can offer you assistance and stimulate the right conditions which will help your development. I love you and send you energy, faith and courage. May a clear vision awaken in you of the right path to follow. Everything good you wish to accomplish will succeed...

Say these positive affirmations with love, feeling and expectation and wait to observe the power they contain...

1, the universe is always there to help me...

2, Right now divine love is doing its perfect work for the benefit of all. From now on may divine love and light work through me. Divine love goes before me and prepares the way. From now on God will show me the way...

3, my time and energy are precious. I choose to surround myself with positive associates who are focused on possibilities, learning, improving and taking responsibility for results. I guard my mental life against negative influences...

4, every day I feel more and more sure of myself, and it's great. A beautiful, exciting life is awaiting me; it's wonderful to feel this sense of assurance growing in me, this confidence in myself that I feel getting stronger and stronger...

5, I feel good because I want to, and my feeling good has nothing to do with anyone. No one is unhappier than people who need the approval of other people.

But those who want to love others become happy themselves. I thank people who tell me things that can help me, even if what they say is difficult to accept. My feeling of gratitude replaces my need for approval. I stop looking to my spouse or to anyone else, for approval of what I say, by cutting out things like, "Isn't that true, dear?" or... "Don't you agree?" or... "Ask so and so, she'll tell you." I reprimand myself out loud every time I find myself seeking other people's approval. By doing so I become aware of this kind of behavior, so that I can stop it...

6, it is completely normal that people forget to express or even feel gratitude; therefore, if I expect other people to reward me through a show of gratitude, I am only exposing myself to a flood of bitter disappointments...

7, From now on, whenever I feel anxious I will breathe deeply, relax, and feel a surge of energy rising through me...

8, I express the anxieties I have about myself, and then let go of them...

19, I am completely calm... completely calm... A marvelous feeling of peace and harmony spreads through my body... I am happy... my circulation is regular and my digestion is perfect...

10, I feel a hot current flowing through my solar plexus...

11, in the past I would look anxiously outside, waiting nervously for something bad to happen. From now on I look inwards, full of confidence. I look to my Inner Guide...

12, I am learning to interpret my anxiety as a state of excitement instead of nervousness. I stop anxiously fighting all the little complications of life. I simplify my affairs. I have to work towards freeing myself of all forms of fear and anxiety. I feel less tense and anxious and I am in the

process of becoming a much more self confident person...

13, I see my life and everything that happens from the calm, clear perspective of my conscience, and profound understanding...

14, my tension can be an ally because if I feel any anxiety, I take it as a sign to call on the means at my disposal to deal with the situation. I take a deep breath and relax. Everything's all right. I am in control of the situation, and of myself. It's all over, I've succeeded. It wasn't as bad as I thought it would be...

15, it does no good to worry. It's much better thinking about what I can do rather than becoming anxious. I have plenty of time to take a deep breath and relax before dealing with the situation. I don't have to prove anything to anyone. If others accept me, all the better. If they don't, too bad. I'm not trying to make everyone love me. I concentrate on the

present moment. What do I have to do now? I think mostly about the things I have to do, and about the positive results these actions will bring. If I deal with the situation step by step, I won't have any trouble. I can't expect people to always think as I do, and do what I want them to...

16, In all situations where I used to be too impressionable, I am now protected by a suit of armor through which nothing can penetrate...

17, I develop my aplomb and my confidence; I feel an imperturbable calm in the face of anything that happens. I don't allow anyone to influence me...

18, I know that my appearance, my weight and my well being depend solely on me. I do everything necessary, every day and every instant; to create the "me" I really want to be. I am in control of myself. Only I decide what my physical

appearance is like, how much I weigh, and how I feel...

19, I am calm, courageous and free! My inner Guide fills me with confidence, self assurance, love and harmony. I feel free, joyous and strong. I am free, and secure under your wing. I am free!

20, Negative suggestions, phobias, apprehensions, dark or sad thoughts all gradually disappear of their own accord, without my having to fight them. Even dark thoughts and feelings which are based on reality are gradually receding...

21, I am perfectly relaxed when I practice archery. My reflexes are getting faster and more efficient. I can hit the target more and more easily, shot after shot. I am improving all aspects of my archery. My vision and reflexes are working marvelously well. Archery is easy for me...

22, my energy circulates more and more freely through my whole body, which is

becoming light and luminous. My pains completely disappear because the amazing power of my subconscious mind is healing me completely...

23, I'm getting stronger day by day. I assimilate information more and more rapidly and precisely, and my willpower is getting stronger...

24, I'm ready for action, I look more assured, more vibrant, more convincing. I speak with conviction and tread firmly...

25, I feel strong and calm no matter what happens. I always feel calm and self assured. I can be whoever I want to be with total support. I can go fast or slow - it's my choice. I am protected...

POSITIVE AFFIRMATIONS FOR DAILY USE..

1. I'm a healthy normal person. My body functions normally, under any conditions. I function perfectly

normally in the presence of animals. My body functions normally, whatever the surrounding odors are. I am free of past negative influences which have been causing my allergic reactions. Soon I will be able to eat any food I like. Each day that goes by strengthens my conviction that I am in the process of resolving all past problems. I perceive of myself as a person who is not allergic to anything...

2. I can now eat (name the food) easily and find it delicious. I am free of past negative influences. My body now reacts normally to all the foods I eat...
3. To me loving means listening unconditionally and without prejudices, to the needs of another person, and fully appreciating his or her worth. I have the right to be open with other people...

4. I stop thinking only about myself, and think more about others. Every day I try to do something kind, something that brings a smile to a suffering face...
5. I always take other people's feelings into consideration. I am aware of their feelings, sensitive to their attitudes and opinions. I know how to listen. I show a sincere interest in the convictions, thoughts and ideas of others. And since my interest is sincere, other people recognize that and start counting on me...
6. I maintain a victorious attitude towards life. I know there is no task a person cannot accomplish once he or she has made up his mind. I want to accomplish... (name the task). My ambition is completely legitimate. I want to make progress in my work, as well as in my intellectual and moral development. I will leave nothing to chance. Attaining the

success I aspire to depends solely on me...

7. I reconstruct myself with a brighter future. I am not content with being less than I can become. I'm as capable as any other human being who has ever lived. I am not afraid of my own greatness...
8. I am not content with being less than I can become. I'm as capable as any other human being who has ever lived. I am not afraid of my own greatness. I always remember that I can become anything I choose to be, and that greatness is there for the taking if I really want it...
9. I am no longer satisfied with what I can get, but only with what I want to get. I know I can obtain everything... gain access to the highest circles... I only have to want it... and have faith in my success, and I will succeed...

10. I am aware, conscious, and ready! I am overflowing with vitality and ambition. I exploit every opportunity with dynamism and enthusiasm. I am a CEO (or a lawyer, or any profession of your choice). Every day brings me closer to my goal. I know I am already there. It's fantastic. I accept my own amazing future. I am full of ambition, and there is nothing wrong with that. I want to succeed in my work, as well as in my personal development...

11. My blood is getting richer and richer, more and more red, more and more nourishing. It is getting to be more and more like healthy blood. My anaemia is gradually disappearing, carrying away with it the host of problems that accompany being anaemic. My blood is rich, and is replenished daily...

12. What other people think or say about me doesn't bother me. If my inner Guide is with me, if He or She approves of my thoughts and actions, then everything is all right. I am calm and strong!
13. It's normal to get angry from time to time. I take responsibility for my emotions. When I begin to get angry I acknowledge the fact that I own my emotions. I remove myself from any potentially hostile situations. When I talk about my anger or dissatisfaction I say: "I feel angry when I see that happening," instead of saying, "You make me angry when you do that." Only I can make myself angry...
14. I master my emotions. I never get angry for no reason, nor do I react violently to any situation whatsoever...
15. I am very careful not to get angry. I have a good character, I

demonstrate patience, and I always think before I act. I avoid complaining...

16. When I get angry about not achieving the results I want in a situation, I move quickly from “stewing to doing.” I ask, “What can I do to turn this situation around? Is there anything I can salvage from this situation? What can I learn from this situation? How can I prevent it from happening again?” ...
17. When I get angry I remind myself that everyone has the right to be what s/he chooses to be, and demanding that others be different will only result in prolonging my anger. I make sure to let other people make their own choices. After all, don't I claim that right for myself?...
18. When I feel myself getting angry I quickly give myself the suggestion that I can switch my thoughts to

something else. If need be I can always walk away from the person who is provoking the anger reaction, or expend my energy in doing something that will divert my mind - finding some other outlet for my pent-up emotions. I am going to remind myself that people can make me angry only if I allow them to do so, and that getting angry is actually flattering the other person...

19.The attack is passing and my heart is beating normally...

20.My Real Self knows all the answers I need...

21.From now on, whenever I feel anxious I will breathe deeply, relax, and feel a surge of energy rising through me...

22.I express the anxieties I have about myself, and then let go of them...

23.I am completely calm... completely calm... A marvelous feeling of peace

and harmony spreads through my body... I am happy... my circulation is regular and my digestion is perfect...

24. I feel a hot current flowing through my solar plexus...
25. In the past I would look anxiously outside, waiting nervously for something bad to happen. From now on I look inwards, full of confidence. I look to my Inner Guide...
26. I am learning to interpret my anxiety as a state of excitement instead of nervousness...
27. I stop anxiously fighting all the little complications of life. I simplify my affairs. I have to work towards freeing myself of all forms of fear and anxiety. I feel less tense and anxious...
28. I am in the process of becoming a much more self confident person...

29. I see my life and everything that happens from the calm, clear perspective of my conscience, and profound understanding...
30. Everything is fine. My tension can be an ally because if I feel any anxiety, I take it as a sign to call on the means at my disposal to deal with the situation. I take a deep breath and relax. Everything's all right. I am in control of the situation, and of myself. It's all over, I've succeeded. It wasn't as bad as I thought it would be...
31. It does no good to worry. It's much better thinking about what I can do rather than becoming anxious. I have plenty of time to take a deep breath and relax before dealing with the situation. I don't have to prove anything to anyone. If others accept me, all the better. If they don't, too bad. I'm not trying to make everyone love me. I

concentrate on the present moment. What do I have to do now? I think mostly about the things I have to do, and about the positive results these actions will bring. If I deal with the situation step by step, I won't have any trouble. I can't expect people to always think as I do, and do what I want them to...

32. In all situations where I used to be too impressionable, I am now protected by a suit of armor through which nothing can penetrate...

33. I develop my aplomb and my confidence. I feel an imperturbable calm in the face of anything that happens. I don't allow anyone to influence me...

34. I know that my appearance, my weight and my well being depend solely on me. I do everything necessary, every day and every instant, to create the "me" I really

want to be. I am in control of myself. Only I decide what my physical appearance is like, how much I weigh, and how I feel...

35. I'm hungry at mealtimes... I am attracted by natural, healthy foods...

36. I am calm, courageous and free! My inner Guide fills me with confidence, self assurance, love and harmony. I feel free, joyous and strong. I am free, and secure under Your wing. I am free!

37. Negative suggestions, phobias, apprehensions, dark or sad thoughts all gradually disappear of their own accord, without my having to fight them. Even dark thoughts and feelings which are based on reality are gradually receding...

38. I feel good because I want to, and my feeling good has nothing to do with you. No one is unhappier than

people who need (the approval of) other people. But those who want to love others become happy themselves. I thank people who tell me things that can help me, even if what they say is difficult to accept. My feeling of gratitude replaces my need for approval. I stop looking to my spouse, or to anyone else, for approval of what I say, by cutting out things like, "Isn't that true, dear?" or... "Don't you agree?" or... "Ask so and so, she'll tell you." I reprimand myself out loud every time I find myself seeking other people's approval. By doing so I become aware of this kind of behavior, so that I can stop it...

39. It is completely normal that people forget to express or even feel gratitude; therefore, if I expect other people to reward me through a show of gratitude, I am only

exposing myself to a flood of bitter disappointments...

40. I'm sure the sales manager will notice my effort and my results...

41. I am perfectly relaxed when I practice archery. My reflexes are getting faster and more efficient. I can hit the target more and more easily, shot after shot. I am improving all aspects of my archery. My vision and reflexes are working marvelously well. Archery is easy for me...

42. My energy circulates more and more freely through my whole body, which is becoming light and luminous. My pains completely disappear because the amazing power of my subconscious mind is healing me completely...

POSITIVE AFFIRMATIONS TO USE

DAILY

1. The spirit in me is my shield.
The spirit in me is my savior. I have nothing to fear - the power of the spirit protects me...
2. This great power, the power to choose, gives me the necessary hope and the necessary state of mind and the necessary courage to get everything I really want out of life.
3. I believe in abundance, I desire abundance, I receive abundance.
4. I allow this infinite abundance to pass freely through me and through all those who listen to me, just as I freely give up the money I possess, allowing it to flow through my hands, giving

where it can do the most good.

5. I am grateful, and I rejoice in a life full of abundance.
6. I lead a rich and abundant life, physically, spiritually, and mentally.
7. The universe is a horn of plenty which everyone can draw from. My very nature is abundance, and I accept it fully. Abundance is what I really am. And I accept it fully and joyfully. The universe is pure abundance..
8. By using my imagination I move towards accomplishment. I remove the debris caused by the wounds I have suffered, which deprive me of the inner security I deserve..
9. I was conceived to accomplish, built for success,

and gifted with the seeds of greatness..

10. I will do things that will make me live longer and better..
11. From now on I will savor every one of my actions and I will act immediately..
12. I act constructively. I do what my conscience dictates...
13. I flow with my energy - all the time and I act in a positive way...
14. I cease all actions which work against me. Then the right actions are revealed to me..
15. I don't want to remain passive in the face of life any longer, nor allow myself to be carried along by circumstances. I want to act. I want to attain my goals...

16. I now know that to overcome fear I have to act without hesitation and my doubts will disappear. I now know that action transforms fear into serenity. I will live this day as if it were my last. Action is the bread and the wine that nourishes my success. Action is the spark that gives life to my dreams, my plans, my goals, and transforms them into reality...
17. I am in the process of changing my life through my actions. This is a choice that belongs to me...
18. I simplify my life. I get rid of disorder and actions which are not fruitful. I continue asking myself questions, at least once a week...

19. What is it, above and beyond my daily routine, that constitutes the essence of my life, and what are the real activities to which I should be devoting my time...
20. I face up to things courageously. I stay calm...
21. I am happy to encounter a certain form of opposition. It offers me an opportunity to test my strength and my ideas...
22. Adversity always contains the seed of a new opportunity. I can do it, if I believe I can...
23. Once I start playing a game I always do my best to hit the ball back and defeat my opponent...
24. Although my stomach is swollen, I know the swelling will gradually disappear.

Little by little my stomach will regain the strength and elasticity it lost, and as it regains this strength and elasticity it will return to its normal size, and carry out the functions of digesting food and sending it to the intestines more and more easily, until my stomach and intestines are in perfect form...

25. God will tell me what I should do., My subconscious becomes a more and more important part of myself.. I can ask it questions... it answers... it advises me and guides me...

26. The positive emotions of love, affection and patience appear when I am in touch with my true self...

27. I have the right to be myself. Affirmation is a measure of my success. I affirm myself more and more, in all areas of my existence...
28. I avoid being inactive and doing nothing... I make sure not to let my movements slow down too much... I cultivate vivacity in order to keep myself alert...
29. I am sure I will stay forever young... my mind will remain lucid... and I will not suffer the pains of aging until very late in life... my life is rich and productive..., I may be aging, but I am also improving with age.
30. I adapt to the ups and downs of life by maintaining my sense of humor. I keep the child alive and awake within me...

31. At the least sign of becoming over-excited I react and remain impassive...
32. I try to reach explicit agreements in the form of contracts...
33. The spirit in me is my refuge and my fortress...
34. My immune system is back to full strength again...
35. Drinking is no longer important to me. Drinking is no longer a necessity for me. I forgive myself for past mistakes which led me to drink. I am becoming a more relaxed person. My self confidence is growing day by day. I like people, and I feel they like me. I think of myself as a positive person. I like to think of myself as a person who doesn't drink..., I like drinking water...

36. I free myself of the habit of alcohol. I love myself, and I love life more every day. I am proud of myself...
37. I don't have to have a drink whenever I am upset or frustrated. I can survive life's frustrations without alcohol. And because I have proven to myself over and over again that I have never been able to handle alcohol intelligently, I am going to abstain altogether...
38. I have no trouble controlling my drinking habit. I now drink alcohol in moderation. I can easily go several days without having a drink. The less I drink the healthier I get. I am mastering my habits and my general health is improving day by day. I like my body, and I

want to keep it healthy for as long as possible. So I take care of it. I drink very moderately. There are many days I don't drink at all, and I'm perfectly happy. I am giving up alcohol completely. I have no trouble not drinking at all, and I feel a lot better. My body and mind are completely free of the alcohol habit. I have more and more control over my emotions. I can stop drinking completely, starting right now. From now on I'll be sober and happy...

39. I couldn't care less about drinking, any place, any time, under any circumstances. Others can drink, but I'm really not interested...

40. I feel as if all my problems were fading away..

I've solved them all... nothing can change my mind... I feel absolutely no desire for alcohol any more... drinking doesn't interest me... it turns me off... more and more... even the thought of alcohol turns me off... just looking at alcohol makes it even more repulsive. From now on I won't drink any alcohol... nothing can make me change my mind... I'm happy to be improving my health, and I feel better every day... I'll never drink alcohol again. I find it more and more repulsive. Even the thought of alcohol disgusts me. If I drink a single glass, I will get sick. My stomach can't take any alcohol... even a glass will make me very sick... I will try not to succumb to temptation.

I will never drink alcohol again. Just the sight of alcohol makes my disgust grow... I'm so happy to be free of it... nothing can make me change my mind. I can't drink any alcohol... and I won't...

41. I am capable of resolving my problems, and thus of freeing myself from the burden of alcoholism...

42. I'm going to stop drinking not because others want me to, but because I really want to...

43. I'm a nice person when I don't drink. I look better when I don't drink. I work better when I don't drink. I lose weight when I don't drink. I'm healthier when I don't drink...

44. I'm a healthy normal person. My body functions

normally, under any conditions. I function perfectly normally in the presence of animals. My body functions normally, whatever the surrounding odors are. I am free of past negative influences which have been causing my allergic reactions. Soon I'll be able to eat any food I like. Each day that goes by strengthens my conviction that I am in the process of resolving all past problems. I perceive of myself as a person who is not allergic to anything, I have more and more fun with cats. Cats are gentle, affectionate animals. My body reacts completely normally when I'm with them...

GRATITUDE AFFIRMATIONS

1. I am grateful for everyone and everything that is part of my life.
2. I am grateful for all that is beneficial to me.
3. I am grateful for all the wonderful experiences in my life.
4. I am grateful for all the lessons I have learned.
5. I now appreciate everything and everyone I formerly took for granted.
6. I am deeply grateful for all the people, things and circumstances I desire to experience in my life as if they are already part of my life knowing that gratitude is a powerful magnet.
7. I am thankful for all the love in my life.
8. I am grateful for all the miraculous life energies in my life.

9. I see all the beauty and grace that is around me with loving gratitude.
10. I am grateful for my body, mind and spirit. At the end of each day I take a moment to reflect and be grateful.
11. I am grateful for all that the universe gives me.
12. Every step forward in my life deepens my gratitude for all things.
13. I am grateful for the lessons life teaches me.
14. I accept all gifts graciously and with deep gratitude.
15. Every morning I give thanks for all I am and for all that I have.
16. Feeling gratitude puts me in a safe, calm and openness.
17. I feel an abundance of gratitude for everything I have and receive every day.
18. My needs and desires are generously met. For this reason, I am grateful.

19. I am grateful for all the great health, love and goodness my life has revealed to me.
20. My life is singular, unique and wondrous. For this, I am profoundly grateful.
21. I see the beauty of life that flourishes around me.
22. I give gratitude for Gods endless treasures.
23. I am I am thankful for all the love in my life.
24. I breathe in gratitude and I breathe out love.
25. My life is abundant and amassing right now.
26. I am grateful for my health.
27. I see all the beauty and grace that is around me with a loving gratitude.
28. I am thankful for all the goods in my life.
29. I am releasing the past and appreciating the present.

30. I am grateful for what I am experiencing in my life time.
31. I am grateful for my blessings.
32. I focus on good things in my life where by giving them power to grow and multiply.
33. I start each day with gratitude attitude.
34. I give thanks and choose to be happy.
35. I see the greatness all around me.
36. I am a magnet for good. And for that good, I am grateful.
37. I am filled with gratitude and I am learning to appreciate all I have.
38. I am grateful and thankful for all the goodness God has given me.
39. I know gratitude is a daily choice and I choose to be grateful.
40. My thoughts are focused on positivity and thankfulness.

41. I am sincerely grateful and this attracts positivity to my life
42. I take time to be grateful for something simple as a blue sky or the sound of laughter.
43. I am grateful for my family.
44. I am grateful for all my material possessions.
45. I am grateful for simply being alive.

FOR ASTHMA

1. My breathing is slow and regular; with each breath the muscles in my bronchial tubes and lungs relax more and more deeply; air enters my rib cage more and more freely, and my breathing becomes easier and easier. After each session I see myself gradually improving. I breathe much more easily, the

wheezing in my chest is disappearing, I am becoming much calmer, much more relaxed, and much less nervous. As soon as I place my left hand on my chest, the muscles in my lungs and bronchial tubes relax; I feel them relaxing, I feel the air flowing more and more freely into my lungs, my breathing becomes easier and easier; with each breath my chest muscles relax more and more, and my breathing becomes calm, regular, calm, regular and easy...

2. I am convinced that I don't have to have these attacks. I'm becoming a relaxed person. I feel stronger and healthier every day. I see myself as a healthy, normal person. I always breathe easily and normally. I don't have to use an asthma attack to get other people's attention. I can now share my feelings with others more easily. I have strong willpower, and

I can easily control my physical reactions. My breathing is relaxed and effortless...

3. I am convinced that my asthma problem is getting better every day. I free myself of the causes of my asthma attacks. I am completely relaxed, breathing deeply and freely...
4. I send energy from my brain into my nostrils, which will remain open, sending air to my lungs, for as long as I want. My lungs are relaxing, air is entering, the attack is subsiding...
5. Every day I feel more and more free and relaxed. I react normally to all situations. I fill my lungs fully when I breathe. And I can easily overcome any tension or anxiety I feel. I am in perfect control of my body in all situations. My bronchial tubes and lungs are strong and relaxed. I breathe calmly and deeply in all

situations. I always stay calm, and control my body's reactions. I feel more and more confident and relaxed all the time...

6. It's stopping, I'm already breathing easier. I can feel myself breathing more easily. One more breath and it'll be over...

FOR BACKACHE

7. All the muscles in my back are relaxing. The tension in my dorsal region is dissolving completely. My whole back feels better and as this happens my confidence grows. My spine is relaxing. My back is getting stronger every day, and all tension is disappearing...

FOR BAD CHARACTER

8. I am acquiring a pleasant and joyous character. I believe that my

bad temper can be controlled, and I am not going to rationalize by thinking that I cannot help myself...

FOR BALANCE, PEACE, STRENGTH, WISDOM, HEALTH, HARMONY

9. In the past I used to suffer from fears that almost made me physically sick, but I am gaining strength as I become more and more balanced, and the strong and healthy person I know myself to be...
10. I eat and sleep well. I take care of my physical balance, since it plays such an important role in my ability to work well, and remain emotionally stable. I know that the best thing is to maintain a constant and balanced relationship with my body, instead of getting

preoccupied with it from time to time...

11. I am well structured and balanced. I am a balanced person. I am perfectly balanced. A sign of the presence of God in me is my feeling of peace and balance.
12. My body is balanced, in perfect harmony with the universe. I am always deeply relaxed and balanced.

FOR BEAUTY, HEALTH

13. Every day my beauty shows a little more clearly. Every day I move closer to this promise of beauty. I feel better and better...
14. I give thanks for ever increasing health, beauty and vitality...
15. My body is pure and beautiful. I love nature and count

my blessings. I see beauty in others,
and experience it in myself...

FOR GIVING BIRTH

16. I prepare for giving birth every day, and make sure to practice the techniques I'm learning in my prenatal classes to make the birthing easier. I am a woman who is in full control of myself and my reactions...
17. I feel very good, and I look forward to the birth impatiently... all this is engraved in my subconscious... As soon as I look at my right hand, I experience a state of deep relaxing sleepiness... pain does not exist... All I have to do is look at the palm of my hand and all the pain disappears... I feel completely fine...

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THE END