

THE PSYCHOLOGY OF MOTIVATION

PATH TO BECOMING MOTIVATED
EVERY DAY FOR A
SUCCESSFUL LIFE WITH
PRACTICAL TRAINING
AND EXERCISES



Richard Brown

The Psychology of Motivation to Living a Successful Life

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Introduction/Overview

You don't have to seek anybody's permission before you can achieve greatness. This is the reason why it is important to be motivated in life. Motivation is what pushes and aligns you towards your goal.

For you to achieve your goals, you need motivation to keep gravitating towards them, as goals are like the stepping stones to your dreams.

We are all not born motivated. Of course, some people lack it in considerable portion because they believe that "the time is not right" or that "they will get to it one day" or that because "they can't do that." Motivation is capable of turning a good idea into a booming business. It is motivation that turns a good thought into action, as it has the capacity to greatly impact the world around you.

You won't achieve or get anything done if you are not motivated. If you are not motivated, it means you don't have any purpose to strive for, or a goal post to aim for.

Being motivated is an important life skill. Motivation can't be downplayed because each and every one of us has a purpose to fulfill on this earth, and you have to be motivated to steward towards that purpose because it is that motivation that makes your dream become a reality. You are achieving your goals, not just for yourself, but also for the sake of others.

Motivation has inspired people to produce products, and services we never imagined would be useful. You may not have an iPhone, Macbook Air, or iPad if Steve Jobs wasn't motivated. If a designer wasn't motivated to transform his or her creativity into reality, you may not be wearing those clothes or using that designer bag.

With motivation, the sky will only be your starting point, which can have both direct and indirect impacts on the community you live in, your relationships, and your level of confidence. There are many reasons why motivation is important in life, and they will be discussed subsequently:

Motivation helps to clarify your goal. You will, of course, possess the desire to transform your life, when you are motivated. Having the desire to change will motivate you towards your goal. Your goal is clarified, for you to know what you are pushing towards.

It is also worthy of note that motivation helps to prioritize once you can figure out what your goal is. For instance, you compulsorily have to set aside some time every week if your goal is to write a book. Motivation demands your commitment, make you focused till your goal is accomplished.

Also, when you have any setback, you will be able to bounce back from it if you are motivated. A dream route to success is merely a fantasy. There is nothing as such because every success has its own setback. Setbacks discourage you from pursuing your goal, but it is the motivation that will enable you to push through it.

Further, another importance of motivation is its lesson on perseverance. Thomas Edison, who invented the light bulb noted that he never failed, but only learned 10,000 ways not to do it. He was also quoted saying, “Our biggest weakness lies in giving up.” Imagine if he had given up in the quest of inventing the bulb, his name would probably not be remembered today.

Moreso, motivation is what kicks fear in the face when you are about to take an action. Motivation will tell you that, you are still going to do it anyway, no matter what you are feeling. When you are motivated, you will be able to see beyond your fears, as you will be able to see the bigger picture.

In addition, if you are motivated, you will be able to attract your tribe, such that you would want to sync your energy and draw from your expertise. The vibe when a group of motivated people meets themselves is alluring. The energy helps to increase the motivation to succeed. A good leader understands that bringing together a group of motivated people on a team will deliver the results that are being aimed at.

Lastly, motivation is contagious. It can inspire others to make things happen in their life. You will instantly feel the aura and energy to be motivated if you have hung, or meet with motivated people because their can-do, and positivity can lift your spirit. This is why is it advisable to seek out motivated people.

Increasing Your Motivation

You are likely seeking a way to increase your motivation if you are feeling unfocused or stuck. There are many things you could do to elevate your level of motivation when your motivation is very low. A lot of people don't even get to start, as they usually get stuck in the “getting ready” process.

Now the question comes: is there a way to get ourselves motivated to increase our motivation in pushing us closer to our goal, and enable us to live a motivated and happy life? Self-motivation is therefore the best way to always spark yourself into action is self-motivation.

Ways to Increase Your Motivation

Before commencing any endeavor, and make progress, simply waiting for motivation as inspiration is not enough. Motivation is necessarily not something that must happen to you, you can go out of your way and make it happen. Every self-motivation, and progress you see today begins with taking action, then the actions start leading to one another. Action will then create new experiences and achievements for you.

You may have noticed that, sometimes, you feel less motivated to start a task, but as you begin to start taking action, you got fired up to accomplish the task. In most cases, all you need to get started is just a little push, then your motivation goes off the ceiling.

Be committed to achieving something every day if you would like to increase your self-motivation. It can be as small as doing something for just five minutes, then you get going.

Increase your motivation by reducing your to-do list. Your business and personal life can greatly be motivated if you focus on a smaller number of things to implement the change you want. Here are other ways to increase your motivation and energy when you feel stuck or overwhelmed:

Simplifying increases motivation: You will be able to simplify by creatively planning your life. Now, how can one creatively plan his life? You can achieve that when you eliminate or delegate activities that don't excite or motivate you. This allows you to focus, and maximize your energy on achieving your goals.

When your mind is cluttered and confused, it would be very difficult to stay motivated, with all the tasks, and projects you need to do. By doing less, you will be transforming complexity into simplicity. You will be able to carve away the unnecessary by simplifying. Your life will become more focused when that is achieved, and focusing more increases motivation. Now ask yourself: *"Is there an area in my life I could simplify?"*

Put Together Your Small Tasks

Combining your small tasks is one of the easiest ways you could simplify your tasks. This can be achieved by thinking about the two easy tasks you want to perform, and how they can be performed.

In the book, *Brain Building in Just 12 weeks*, the author, Marilyn Von Savant takes it a step further. She suggests in the book that we create a list of small tasks we have to do over a week or day, then do everything one after the other.

Basically, what you are doing is compressing a lot of smaller tasks into a single task, and doing them together. It then becomes a focused blitz when you complete a lot of things

together, instead of completing a task in a day, then another in another day. De-clutter your time, and increase your motivation.

Pay attention to your accomplishment: An important element that diminishes motivation and makes us procrastinate is by measuring our success by how far we are from our ideals and dreams, which is wrong. Our success should be measured by how far we are away from it.

We can boost our motivation if we are able to change our mindset, and pay attention to how the brain is working. When we use our brain to visualize, solve problems, and achieve and measure our goals, we are always the happiest.

There is an opportunity to feel more energized, and happier if you talk in specific rather than generalities.

You can start training your brain to measure specific, which can potentially increase your motivation, and ground your feeling.

Increase your motivation by celebrating little successes: Always think about the progress of what you have achieved from a starting point, rather than focusing on your ideal. You are presented with two choices if your goal is to 20lbs in 7 months, but you lost 5lb in the first 3 months. The choices are:

- Focusing on the fact that you have lost 5lbs since you started
- Or focus on the fact that you are still 15lbs away from your target.

If you focus on the first option, you will increase your motivation, allow you to celebrate success, and refocus your mind to losing more weight, while the second option will focus your mind on how far you are still from the goal.

Your brain should be allowed to set your goals, and have your experience.

Set measurable goals: Setting measurable goals, follows up from previous points. You will train your brain to focus on the important thing that is measurable and specific, and as well increase your motivation by goal setting. It will make you a lot happier when you are making real progress towards your goals.

The future is the future. The past is gone. We all have a sense of where we are in this present moment. Time can't be stopped. We can only make the best use of it. Right in this present moment, we feel like we are making progress, gradually moving in the right direction, or we are not.

You may start comparing yourself with others if you are not happy with the progress you are making, which can make you reduce your motivation, and also make you feel worse.

Boost your motivation with 90 days goals: Do you have a goal you would love to achieve in the next 90 days? If not, think about them. Note these goals, and ask yourself the purpose, and meaning of each of the goals.

Don't forget to write down these goals. Visualize what achieving the goal will mean to you personally, and remember to put specific measurements against each goal.

Readjust your motivation from getting to giving: Many people focus on what they can get from relationships, and life can offer them, and not on what they can give in return. Wayne Dyer said, *"When you change the way you look at things, the thing you look at change."* However, your mindset can switch from merely receiving to giving if you focus on helping and serving, and being more conscious of the world around you. Your brain starts generating ways to spread more abundance when this shift is created, which is inspired by giving. This can become a true focus and purpose for you, as it is far more satisfying to give.

Be more motivated by deepening relationships: Focusing on deepening relationships, rather than focusing on simple transactions will really make you happy. Surrounding yourself with people of a similar mindset, and focusing on gratitude will skyrocket your motivation level. Compared to an individual level, when givers come together, the outcome is usually bigger, as everything already available can be multiplied. Your brain will think of more and more creative ways to give if your motivation is to do so. Random ideas can, as a result, come to your mind, which will make you will find a creative way to make positive impacts in both personal and business life.

Develop and stay consistent with a new positive habit: Sometimes, the biggest result is created by the smallest shift. Whether it is improving your speaking or creating a new video, or going to the gym, the key is repetition and consistency.

Your brain wires new pathways by doing something new over and over again, as this helps you establish incremental improvements. The key is repetition if you are starting a new morning routine. Stay consistent with it if you want to start meditating. Running every day and building your strength and stamina is the key to gearing up to running a 5k.

You will think of yourself as someone who doesn't complete a task when you have such a vision for yourself. It is advisable to start small, and always do something that will bring you closer to your goal if you find yourself always procrastinating on big projects. Do something, even if it is for five minutes, then work on the project the following day.

Deciding what you want to improve on is the key, then working on it every day. A consistent drop of water makes an ocean. A little improvement every day can bring about big results.

Boost motivation and increase gratitude: There will be an immense change when you come from a place of appreciation to people around you, and what you have. You will be less fixated on what other people have when you express gratitude for what you have.

You will change how people feel about you, and how you are perceived when you express gratitude to the important people in your life. Expressing gratitude increases abundance feeling, and energy. Everything is appreciated with gratitude.

In addition to that, showing gratitude deepens your motivation, and also makes you a lot more creative. Calls, instantaneous notes, more expressive feelings, and handwritten notes become commonplace.

Something to also note about gratitude is that it needs active pursuit in every part of your professional and personal life. This is not about someone doing something for you. It is about what you are feeling about them, and how you value them.

Increasing your gratitude:

Perform this simple exercise:

Think about important people in your life. Then write down 6 things you appreciate about that person, and what you are grateful for. You can just keep these 6 things to yourself, or tell them about it, and feel how you are with these people the next time you meet them.

Also, another focus is yourself. Write down what you are grateful for today? Taking the time to appreciate and look inwardly at what you have achieved, and what motivates you can make you much happier.

Increase your motivation by increasing your energy: Energy is an awesome motivator. We are usually motivated if we are excited or fired up about something or someone. Can you recall how your energy was when checking something very important? Yes, that is how energy and motivation are intertwined.

You will want to return to improve your previous performance when your energy has skyrocket if, for instance, you won a big piece of business, or lost the weight you wanted, or beaten your best time on the track.

We invite a high level of energy when we are motivated, and excited about the things we are doing.

Do more things that will motivate you: What impact would it make to your life, if you spend time doing things that motivate, and excite you. A higher level of confidence leads to higher energy and produces a higher level of growth. Improving your sleep is one of the ways you can improve your energy.

Attempt this:

Select three things that you will normally have a high level of motivation, and excitement for. Be committed to spending adding at least one hour to that activities every month. Examine what is achievable between the space of 3 months, and if it produces the result you want, spend more time on the three things, and delete three things you don't want to spend time on.

To sum up everything, as you reflect on how to boost your motivation, you can reflect on these questions:

- Do I want to be more inspired or motivated?
- What things have I learned that I can potentially put into practice?
- Am I continually learning better, and new ways to live?
- Am I open to new experiences that would inspire me?
- What is currently motivating me?

It is hoped that these tips would give you insights to boosting your motivation, and can help you be definite with living your life with a clear intention to push you closer to achieving your goals.

What You Need to Know About Motivation

Motivation is a term used in different fields, but, what does a psychologist mean by motivation?

Motivation is simply a quiet part of us that pushes us into action. The push in motivation has been the concern of many people in different fields, and psychologists alike. Start by looking at how psychologists define the term if you want to dive a little deeper and explore your motivation

According to psychologists, motivation is defined as the process, by which actions begin, is sustained, till certain needs are satisfied. Needs are not the same for everyone, for example, needs can be "needing food", "needing validation", and so on. The point here is that what spurs you into action is motivation.

There are a lot of theories propounded by psychologists as to the force that pushes people to act. And the majority of these theories are based on needs, while others are as a result of arousal and instinct. It is almost impossible to narrow the driving force of motivation.

Types of Motivation

Basically, we have two types of motivation, which are intrinsic and extrinsic motivation. You will do something for personal gratification if you are intrinsically motivated. A good example of intrinsic motivation is finishing a puzzle because of the challenges it offers.

On the other hand, when you perform a task to avoid a punishment or get rewarded, then it is extrinsic motivation. In a case like this, your behavior is motivated by something outside you, which can be something like good grades or awards.

Motivation Components

There are three main components of motivation, which are intensity, persistence, and activation.

- Intensity is the energy and concentration that a person injects into accomplishing his or her goal.
- Persistence is all about a continual investment in achieving a goal in the face of different obstacles.
- The decision to start doing a certain behavior is activation.

The three theories that have been identified to explain if motivation is cognitive, social, emotional, and biological have been revealed. The theories are Arousal Theory, Theory of Drives and Needs, and Instinct Theory.

Arousal Theory

This theory reveals that individuals behaviors allow people to maintain their level of arousal at optimal. For instance, someone with high arousal is likely to perform a very risky behavior such as rock climbing, or skydiving. Some with low arousal may just be okay with listening to music.

Theory of Drives and Needs

Shelter, water, and food are the biological needs we all need. This theory states that our behaviors are spurred by the necessity to meet these needs. Hence, we find rest, drink, and food.

Instinct Theory

The Instinct Theory states that we are motivated to complete goals through our instincts. Instinct is a fixed, inborn pattern of behavior that acts as a drive. Therefore, Instinct theory postulates that behaviors occur so we can satisfy basic survival needs. An example of an instinctual drive is fear, which allows people to avoid dangerous situations.

This theory states that instinct is what motivates us to complete goals. Instinct is an inborn pattern, it is fixed, and it acts as a driver. This theory suggests that the reason why behavior occurs is for us to meet our survival needs. Fear is an instinctual drive which allows us to recognize and avoid danger in every situation.

Why You Procrastinate

Understanding the reason you procrastinate is the first step you need to know in tackling procrastination because going straight to how to deal with the procrastination might not be effective in helping you overcome the unwanted feeling.

You can take, for instance, a way you can avoid procrastination: you can decide to immediately initiate some steps to an unpleasant task off your table for you to focus on another aspect of the job you find more interesting if you avoid such task because you find it unpleasant and uninteresting.

When you are not well-organized it will definitely lead to procrastination. It is, therefore, you have the responsibility to start the steps to overcoming procrastination. It is, hence, no surprise that those who are well-organized are more successful with their tasks, and generally in life. They are successful because they are able to create effective schedules, using prioritization, and a to-do list. There are many things that would help you to organize your tasks by deadline, and priority.

Mind you, it is possible for you to be overwhelmed when you are organized. For example, you can start feeling like you are going to fail, or doubting your abilities to implement a task. This is because you are seeking comfort in what you can complete, thereby making you put it off.

Although, a lot of people think completing tasks will lead them to take up more tasks, and this makes them fear success as much as they fear failure. It is the same reason why perfectionist prefers not to do a task because they fear that they will fail at it. They usually feel that they don't have enough experience or skills to do it. This is one of the reasons perfectionists are procrastinators.

If you can't decide what to do, you will likely jettison taking action in case you do the wrong thing. Again, the fear of making poor decisions is another reason many people procrastinate.

Adopting of Anti-procrastination Strategies

You can try the recommended strategies below to give yourself more advantage of succeeding because the only way you can inculcate a habit is to be consistent with practicing it. And for you to break the habit of procrastination, you can't just decide one night and say you want to break into happiness.

According to some studies, it has been revealed that forgiving yourself can make you feel more positive about yourself, for you to reduce the likelihood of procrastinating in the future. This is why you need to forgive yourself if you have procrastinated in the past.

You can complete the task by putting down the tasks on paper. This will make you stay committed, and also help you accomplish your tasks. When you are proactive about your work, it will help you tackle procrastination.

It is also important that you experience the “good” feeling that comes with completing a task, and ensure that you reward yourself with a movie ticket, coffee, cake, or something you like whenever you complete a task as at when due. So, before you start a task, promise to reward yourself.

One of the advantages of having a self-help group is to help you do some follow-up and checking on you to push you to perform your task. You can use an online tool, such as Procraster to push you to do the tasks you have always been procrastinating on. As soon as they arise, ensure that you act, as against allowing them to build up into another day.

Also, another thing that will help you is to switch off your notifications from your email, and social media handle when you are working. Or better still, avoid switching on your Television while working.

“*Eat an elephant beetle*” is what your first aim should be. The trick is to get out the unpleasant tasks off your table first. That is, doing is hardest tasks first, as early as possible today. When you have dealt with the hardest task first thing in the morning, it will enable you to concentrate on other tasks that are simpler and find enjoyable.

When you adopt a phrase such as “*I choose to,*” you will feel more in control of your workload. This will make you own your project. On the other hand, it could disempower you, and seem like it is self-sabotage. But for example, when you rephrase it to something like: “*I have to*” “*I need to*” it will mean that you are not considering any other choice than to do it.

Identifying the long-term benefit of completing the task, is one of the effective ways of tackling procrastination. For example, you may look at how it would affect the bonuses you are supposed to receive at the end of the year when considering your overall annual performance. Studies have also revealed that people who are focused and impulsive or short-term benefits or goals have the tendency to procrastinate. If you procrastinate because of the unpleasant tasks, then switch to focusing on the “*long term gain*”

Another powerful way of making an unpleasant task enjoyable for you is to identify the consequences behind not completing the tasks or the consequences that come with outrightly not doing it. For instance, you can question yourself on what will happen if you fail to complete the work you are assigned.

On the other hand, you need to give a task a try sometimes, because it may not even be bad as you have thought. This is the reason it is crucial to acknowledge that some tasks that we think are unpleasant, can turn out to be good, and enjoyable. You can look at the relevance and meaning if you would like to look at it from another perspective. This makes a task worthwhile, and will also increase its value.

If you procrastinate a lot, these are some strategies that will help you become more organized:

You can use the principle of Eisenhower. That is, the Urgent/Important Principle to prioritize your to-do list. This will enable you to prioritize and identify the tasks that can wait, and the one that is urgent, and important.

If you have a to-do list, you won't forget some of your tasks.

Become a master of project planning and scheduling. An approach like this will help you when you need to plan your time effectively and reduce your stress if you don't know where to begin when you have a big project, or multiple projects at once.

Identify the time you are very effective, by paying attention to the time of the day you work better, perhaps in the morning, afternoon, or even evening, and ensure that you use that period to do the most difficult task. So the trick is to tackle your hardest task at your peak.

You can adopt setting time-bound goals. When you have a task, set a time in which you are going to complete it. This is what will help keep you on track and enable you to achieve your goals, at the end of the day.

Another easy way you could consider is downloading apps that will help you manage your time, and schedule effectively. There are many apps that are designed in that regard.

Rather than focusing on finishing your tasks, divert your energy to breaking your project into smaller units, and starting them. If you know you are always delaying your project because of how unpleasant and overwhelming it seems, break it down into a manageable chunk.

What you can do again is to celebrate small wins, as they will make you feel less overwhelmed, and more positive about yourself, which will contribute to giving you a sense of achievement. Starting with quick, and small tasks is the best way to start. In the 2011 book *“The Procrastination”* by Jeffery Combs, he recommends 15-minute bursts of activity. You can also create a plan to organize your project.

Summarily, If you put something off because you find it hard to make a decision or can't decide the action to take, take a look at this range of decision-making tips to help you develop yours.

The 80/20 Rule

One of the most renowned concepts of management and life goal is the 80/20 principle. Also known as the Pareto principle, this principle states that 80 percent of our results come from the most important 20 percent of what we do.

This principle is probably one of the biggest management principles that is not being talked about well. No doubt, the 80/20 principle is one of the biggest result-oriented approaches in both our lives and in the management field. This principle is also known as the Pareto principle, which is named after the Italian economist that developed it-- Vilfredo Pareto

The principles explains that 80 percent of our work, elicits from 20 percent of what we do. That is, on a closer look, if you consider the result you get, you may notice that the outcome is a result of 20 percent of the effort you invested.

The principle came to light in 1895, Alfredo noted that people are divided into two parts, in what he named them to be the top 20 percent, or vital few, about money, and influence, and the trivial many, also known as the bottom 80 percent.

At the time he came about this 80/20 principle, he discovered that 80 percent of Italy's wealth is concentrated and controlled by just 20 percent of the Italian population. Later, he noted that this principle also applies to other economic activities.

In whatever situation you could imagine, the 80/20 principle can be applied. This means that when you have a perfect understanding of the principle, it will help you in effectively prioritizing your tasks, according to how you want them scheduled.

Almost all world political, and business leaders are aware that this principle is very important in strategic planning. But for this book, we would be looking at how this principle can help you become more productive, and achieve your desired goals.

The Point in Pareto Principle

This principle emphasizes that there are two items out of your 10 to-do list, that are of greater worth than completing the remaining 8 items combined.

This principle explains that it is that 20 percent of the 80 percent that people procrastinate, and they are very important and tangible. This is what Alfredo means by the “vital few”, and the other 80 percent as “trivial many” because they are the least important on your list, and they contribute little or nothing to your success.

Setting a Goal With The Principle

If you would like to develop a smart goal that will boost your productivity, these is what to do to apply the 80/20 principle: After writing down 10 goals you would like to achieve, ask yourself an important question: *“Which of these goals will be the biggest impact on my life if I decide to achieve it today?”*

Then proceed to write your second most important goals. This approach will help you determine the most important 20 percent of your goal, which is more important to you, than other goals you have set, when you are done with the exercise. The goals that you choose as your top 20 percent should be given more attention and time.

First Thing First, Eat The Frog

Have you noticed that some people say that they are very busy, but at the end of the day, they only achieve little, or sometimes nothing? The reason behind the drawback is not far-fetched. It is simply because these people spend a good chunk of their time on tasks with little reward, or sometimes no reward, while procrastinating or postponing tasks that will give them the biggest rewards, and make the difference in their professional and personal life, which is the 20 percent Alfredo noted in his principle.

Whenever you are about to engage in any task, the first question, you should ask yourself is: *“Is this work part of the 20 percent that will bring my desired 80 percent result?”* And whenever you are going to tackle a task, tackle the hardest and complex one first, as they will bring the long pursuit, and tremendous impact you have been pursuing.

The approach of always starting with your most complex task will make you develop the habit of always working, and starting with your daily activities with high-value tasks. Majorly, you should resist the temptation of always dealing with the smallest tasks at hand.

Becoming Successful with the 80/20 Principle

The norm of great achievement and success is that they both have the same starting point. The starting point is a dream. When a dream is conceived, that is when it starts its process into reality.

For you to break limitations, you need to be able to fantasize about your success and see yourself in the end state of all the hard work you have invested. When you start dreaming big, it will increase your level of self-confidence and self-esteem. The reason a lot of people don't end-up achieving success is because they haven't sat down to really consider the kind of life they would like to live. We all know that a big dream is the only thing capable of moving the mind of men, and as individuals, we need to be able to summon the courage to pursue this dream. For the fact that you've dreamed big, you will be able to handle whatever comes for you.

The Theory of Constraint

According to Goldratt, who established this theory of constraint, he made us understand that there will always be a bottleneck choke that prevents us in the process of achieving a goal. Some people classify this thinking, as one of the biggest thinking in modern history. This theory was propounded by Elihu Goldratt, and the theory allows one to dream without constraint. The theory further reveals that the speed at which a dream is actualized is determined by the degree of constraint.

Goldratt's theory showed that you can expedite the process of your dream rather than doing any other thing, by diverting all your creative energies, and attention on pushing off your identified constraint.

If you would like to increase your income, for example, you can identify the constraint holding you back from such. It can probably be not having the required qualifications to increase your income, or not being able to perform your tasks as at when due. If you are not able to identify your constraint, you can ask yourself a question, such as: *“ Is there a constraint holding me back, or something that is deciding the speed at which I am going to achieve my dream?”*

We all know that the financial reward you get from your work is a result of the quantity, and quality of work you put in place. So, for you to increase your income, all you need to do is to increase and improve on the quantity, and quality of work you deliver. What will make you achieve that is depending on the factors surrounding your work. Another option you may want to consider is to change your work. You may find a work that pays you twice as much as your current job.

Recognizing Your Productivity Constraint

Do you know your constraint? Can you identify what is holding you back from achieving your goal? Is it your level of education or your skill? Can it be your current situation? Is it your occupation? Your environment, or health?

A lot of people can't really recognize the constraint preventing them from achieving their goals. What most people do is to keep inventing excuses, and feeling pity for themselves. Whatever the situation you find yourself in, you can always make the same situation better. It is also important that you note that you can unlearn whatever wrong you have learned. If your actual goal is to live without limits and dream big, you can set that as your standard and compare everything that you do against it.

Ways to Effectively Set and Achieve Realistic Goals

If you don't have goals, you will lose focus and direction. Setting your goals means that you are put yourself in the driver's seat of your life. It means you have the responsibility to direct the affairs of your life as you deem fit. In most cases, what happens is that we abandon and leave our goals in an incomplete state when we set out to achieve them.

For you to be able to achieve your goals, it is important for you to be able to set them. Setting your goals properly is the starting point of your success. You first need to consider the process carefully, followed by hard work, for you to effectively utilize the process, and for you to be able to attain the success you have set. You can set effective goals through these steps:

1. Believe in the Process

The first step to setting effective goals is by believing in the process. If you are not confident in the process or your ability to achieve your goal, it is better to just forget about achieving your goal, because there is no point in attempting what you don't believe in. Therefore, for you to turn your goals into reality, you first need to trust the process. Everything you see started as a picture in someone's head.

2. Put it down on a paper

In order to actualize your goal, you need to have a plan. You, have to write down your goals, and put a timeline, in which you would like them achieved. If you write down your goal, it will put you back on track whenever you are derailing, and you can't rule it out as being an important key to success. If you don't write it down, it will reduce its importance, and make you prone to forgetting them. You will be inspired to achieve your goals when it is written down, and also increase its significance and value.

3. Set specific goals

You will increase your chance of accomplishing your goals when you tie them to events of specific fact. If your direction is vague, your goals can easily be misconstrued. When you set specific goals, it will give your objective precision and regime.

4. Set measurable goals

If your goals adhere to concrete criteria, you will be able you will be more energized to achieve your goals. When you reach your goal, if you can feel, hear, and see, you will know that you have accomplished something tangible. For you to effectively set your goals, you need to break them down into measurable elements.

5. Your goals must be attainable

The goal you are setting must be in tandem with your lifestyle. While it is good to aim very high, you are equally setting up yourself for failure if you are short of experience, time, and money to actualize the vision. Hence, when you are setting your goals, ensure that you attach the proper time frame and skill that will enable you to implement these steps for you to effectively set your goals.

6. Set realistic goals

You need to be able to set realistic goals. Your goals need to mirror the objective you are striving towards. You will feel discouraged if you are not able to achieve a goal you set. No one, apart from you, can determine how substantial your goals are. However, you need to make your goals as realistic as possible, such that given the appropriate condition or circumstance, you will be able to achieve what you have set your mind to do.

7. Make your goals timely

If you don't include a time frame, there can be no sense of urgency. You need to attach a time frame to every goal you want to achieve. Without having a time frame for when you would like to achieve your goal, it can as well take you forever to achieve. Setting a time frame helps to boost your morale, and supply you with the needed energy to pursue your goal. However, setting a time frame for your goal can be tricky and sensitive. But being timely can motivate you. The other side of this is that if you are not ticking the box on the dates you scheduled, you can easily become demotivated.

8. Remain accountable

When you are striving towards a goal, things are bound to be difficult. When you start facing adversities, you have to be able to hold yourself accountable. You can saddle your friends or family with the duty to help you stay responsible, and help supply the strength

you need to push further. It is, therefore, crucial to surround yourself with those who will constantly encourage you, and those following your progress, in order for you to stay accountable in the pursuit of your goal.

9. Always be ready to ask

When you are about to venture into something new, it is important to learn from those around you. You don't have to be ashamed of asking for help, because gathering experience from those who have tread the path you are on can be what will set you apart from others, and also expedite your journey. You can seek advice in various forms, such as asking from friends or a variety of people, seeking mentorship from someone who is experienced, etc. When attempting to attain your goal, the place of seeking advice can't be ruled out.

10. Periodically assess your progress

As we grow, and time moves on, we constantly tweak or change our goals, or goals keep evolving. Although, the outcome of the goal may not pan out as projected, but it can be something good. You will be able to learn from your mistakes when you constantly assess your goals and progress in the journey of achieving your dreams. This will help you whenever you want to set another goal.

How to Quickly Adapt to Change

According to J.F Kennedy, *“Change is the law of life. And those we look only to the past or present are certain to miss the future.”*

We can't avoid change. Change is part of nature. Change is a human reality. Change can't be cheated. It is part of what nature has designed that must happen-- to us, and everything around us. The more you try to avoid or resist change, the tougher it gets. Change is the law of life, going by how Kennedy quoted it. We are surrounded by it. It has one of the most dramatic impacts on our lives. It is pointless attempting to avoid it, as it will automatically come, and put you on the spot to reconsider and challenge you on how you perceive or live your life.

Why it is important to adapt to change?

It was Jim Rohn that said *“Your life does not get better by chance. It gets better by change.”*

Change can come into our lives through different entries. It can come in through chance, choice, or even crisis. But most times, we are always presented with the choice of either making the change or not.

This is why it is better to prepare for change because we have the power to handle how we react to it. Preparedness is what will enable you to properly handle it. But if you are not prepared for it, or try to resist it, you will lose control of your reaction. This will then mean that instead of living your life as an activator, you will become a reactor.

Lao Tzu said: *“Life is a series of natural and spontaneous changes. Don’t resist them; that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like.”*

You can’t prepare for unexpected events. You can’t prevent them from happening, and in most cases, these events are what will tip you off your comfort zone, and change your perspective about life, thereby forcing you to change. If we try to hide or ignore changes or challenges, we will be denying ourselves the opportunity to grow, and learn.

According to Henri Bergson *“To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly.”*

Embracing change in a positive way will strengthen your resilience, which will make you grow stronger, and debar you from the experiences that change can offer.

The impact change will bring to your life can’t be avoided, so the best approach to it is just to embrace it. You have to embrace change if you want a thriving life.

How You Can Adapt to Change

1. Change your mindset-- The power of choice

George Bernard Shaw said, *“Progress is impossible without change, and those who cannot change their mindset cannot change anything.”*

The idea of a comfort zone sits well with everyone. Our subconscious likes it because it is what we are used to. It is our known. And when we go beyond this comfort zone, it means we are stepping into the unknown, and the unknown is scary. Even by default, our brain tries to protect us from what is perceived as scary. Therefore, we are scared of the unknown because we are scared of what it entails. And that is the reason we resist it.

Our self-limiting beliefs and fear will kick into action when we are faced with disruptive consequences of change. This change is known as a disruptor, because of how comfortable it can be, and its scary features. Armed with the power of change, we would be able to embrace the positive change life brings.

We can control our reaction to the impact that an unexpected event brings to our life, but we cannot control the events of change in our life.

The event of change can't be controlled, but we still have power over how we react to it.

Graham Brown once said: *"Life is about choices. Some we regret, some we are proud of. Some will haunt us forever. The message: we are what we chose to be."*

2. Find a meaning to your life

A quote by Roy T. Bennett goes thus: *"Step out of your comfort zone. Comfort zones, where your unrealized dreams are buried, are the enemies of achievement. Leadership begins when you step outside your comfort zone."*

Having a sense of focus and clarity will enable you to have a sense of meaning and purpose in life. It will enable you to have a definite direction of how you would like to live your life. If you want to be able to manage and successfully manage the impact of change in your life, you need to recognize that this element is very important, and you must put it into cognizance.

You tend to drift if you don't have a sense of purpose and focus. This will also make you become comfortable with your comfort zone. You can step out of your comfort zone with purpose and courage, which always come with the opportunity to learn something new from the experience.

3. Free yourself from regrets

Steve Maraboll said: *"The truth is unless you let go, unless you forgive yourself, unless you forgive the situation, unless you realize that the situation is over, you can not move forward."*

Freeing yourself from regrets is one of the things you need to do to live a fulfilled life. When you hold on to regret, it has an impact on how we respond to change, because regret contributes to the factor that holds people back from making headway.

Holding on to the events of the past can potentially prevent you from accessing present and future opportunities, as it is change that presents one with life opportunity.

The event of the past can't be undone. It has already happened, and you should, therefore, allow bygone to be bygone. The only power you have is to live in the present because it is the only control you have.

A very effective exercise for regret is to blow balloons and write regret on each, and allow them to blow away into the air. Say goodbye to each as they blow into the air. You may even write what you regret on each of them if you wish to.

It looks very simple and stress-free, and it is a very effective exercise, that helps in dealing with shades of regrets you have had over time

4. Note some scary things you would like to try-- then do them

As aforementioned, the reason why change is scary is because it forces people out of their comfort zone. Our subconscious needs to be activated for us to be familiar with the unknown we are scared of exploring, and engaging in some scary activities is one of the ways of doing such. In fact, it is recommended to make our subconscious get used to doing scary things.

Write down a list of scary activities you would like to do, but haven't been able to gather the courage for. It may be fear of skydiving, mountaineering, public speaking, and so on. Note these activities, and commence plans on when and how you will perform them. You would be astounded at your level of confidence, after trying out these activities that once made you scared. And it will also boost your confidence for a second trial.

5. Be sensitive to living a balanced and healthy life

Budda was quoted to have said: *"To keep the body in good health is a duty...otherwise we shall not be able to keep the mind strong and clear."*

You need to be able to develop a balanced and healthy life for yourself to be able to develop resilience, and develop the ability to cope with and handle the stress that change can also bring into your life.

Stress can sometimes be the reaction that you will elicit as a result of change, or some other challenges that may occur in your life. With stress, you can perform well in the short, and long term. But when it becomes too constant, it can harm your health.

Therefore, if you are looking for the key to both your emotional and physical level, you need to develop a sustainable and positive way to deal with pressure and stress.

How to Cope When You Are Emotionally Overwhelmed

Being emotionally overwhelmed can be consuming and stressful. When one is emotionally overwhelmed, it means such a person is completely overshadowed by unruly and intense emotions that seem too challenging to deal with and overcome. When one is emotionally overwhelmed, it brings about stress. And stress can lead to a more complicated health problem. When confronted with an overwhelming situation, it can be hard to behave or think rationally. Experiencing this feeling is unpalatable, and it can damage both your personal and professional life.

Why You Are Emotionally Overwhelm?

For someone to be overwhelmed, it means the stressor is too much to handle, thus the need for it to be reduced. This then means that there are different reasons that could bring about the overwhelming feeling.

What it means to become emotionally overwhelmed

If someone is emotionally overwhelmed, we can say that what is wrong with such a person is beyond being stressed. Considering the definition, emotional overwhelming is when one is a result of serious thoughts and emotions in current situations of life, that can make one feel helplessly frozen, or paralyzed, and lack the energy to do something else. Sea Wave is the closest description of how being emotionally overwhelmed can be. Once you are submerged by the sea wave, you lose control of yourself, and if you are not a professional swimmer, you will drown. If you are currently emotionally overwhelmed, you won't be able to think straight. This is what happens when you are not able to think straight in both your personal and professional life. Whether it happens as a result of a stressful time at work, or a traumatic experience, being emotionally overwhelmed can happen for a short, or a long time-- depending on the situation, and unique factors. It is also possible for consecutive hardship can make you become overwhelmed by your situation. Below are some of the experience that can make you become emotionally overwhelmed:

- Financial distress and insecurity
- Lack of nutrition
- A demanding job
- Physical or mental health illness
- Relationship issues
- Habitual lack of sleep
- Personal trauma such as abuse
- Death of a loved one
- Time constraints
- Significant life changes

Signs of Being Overwhelm

Experiencing an overwhelming feeling can take shape in various ways. In many instances, a person is likely to be overwhelmed with negative emotions, such as fear, guilt, anger, and so on could dominate someone's mind, which is mostly difficult to mention the source of the stress. The release of cortisol is the physiological response of humans to negative emotions, which is also known as the stress hormone. When you begin to feel overwhelmed, cortisol surges through your body, and leaves you overloaded with intense anxiety. On the other hand, the chemical, serotonin is another soldier in the body that helps with fighting against the anxiety and depression in the system. It is what brings about the feeling of lost hope connected to being overwhelmed. No doubt, being overwhelmed can be uncomfortable, just as it sounds. And when you are overwhelmed, you tend to bury your heads in worries, experience anxiety, significant irritability, and anger. Through the thought process, the feeling of helplessness also falls in. It manifests when a person cries, lashes out verbally, or has a panic attack. Most times, these feelings are linked to quickened heartbeats, chest pain, perspiration, and shortness of breath.

The reason you cry so much

It is common for some people to cry when they feel overwhelmed. We all do, it's just that some people do it more than others. There is nothing wrong with crying. It is okay to cry whenever you feel overwhelmed. Research has revealed that women cry on average between 30-64 times a year, while men cry between 5-17 times a year. The research revealed that men's rate of crying is a result of the stigma of weakness attached to men who cry, as they are seen as weak. One of the healthiest ways of releasing emotion is crying, as it makes us understand ourselves better. Surprisingly, crying comes with different advantages, as it leaves us with cathartic, and helps relieve stress. You need to see the doctor if you feel you cry too much than considered to be normal. It might even be a response to an underlying mood if you find yourself crying often. Underlying mood such as mental health conditions, anxiety, and depression can be a cause.

Preventing or stopping emotional overwhelm

There are some ways in which you can address your emotions by outside support, and leveraging if you feel the onset of overwhelm, irrespective of the reason.

1. Don't try to play down your anxious feeling: You won't be able to ease your anxiety, if you try to push it away, it is, therefore, advisable to embrace it. It is worthy of note that anxiety is a part of human nature, and everyone, at a point in time, will feel it. Acceptance is the only reaction that will help you handle whatever situation you encounter better.

2. Attempt reversing your overwhelmed thought process: When you feel something will happen randomly, or you are feeling despair, you are going to become overwhelmed, because you will end-up becoming anxious, which will consequently make you distressed. You need to immediately stop it when your thought becomes habitual. A way of helping yourself is to ask yourself if your thought process is helpful to your health or not. You, therefore, need to entertain a positive thought to overshadow the negative thought dominating your mind.

3. Take some deep breath: When you breathe in deep, your body will be triggered into relaxation mode, which is especially important for stressful situations. Also engaging in progressive muscle meditation, relaxation, and yoga can help you keep your muscle calm, in response to anxiety, because the exercise is meant to focus on your breath.

4. Remain in the moment: Stay in the moment. You will become overwhelmed if your thinking is focused on the future. Stay in the present moment, by only thinking about tasks or events in the present moment. This will help you do away with the probability of uncontrollable thoughts that is likely, or not likely to happen. Staying in the moment doesn't mean you have to wipe away your past in your memory, or not even thinking about the future. Of course, that is not possible. Living in the moment is simply not dwelling on both your past, and future, as they can lead to anxiety, and make you become overwhelmed.

5. Recognize your resource: Besides breathing and meditation techniques, there are several scientific findings that have been made available about the effect of stress and anxiety on the cognitive ability. When you use an online search tool, for instance, you will be able to discover what studies or recommendation resonates with you.

Using Therapy to Manage Your Overwhelm

When you are not able to manage your overwhelming feeling, undergoing therapy can be all you need to see to address the thought or feeling that is gradually consuming you. Of course, there many available professionals that will help proffer a solution to your stress, and anxiety. When you have acquired an understanding of what situations, or stressor that triggers this uncomfortable mental condition, you will be able to develop a calmer frame of mind in future. If you have started looking for the right therapy to manage your experience, there are a lot of practices to consider. Some therapy requires teaching people how to soothe themselves whenever they encounter distress, while some require physical activities, and some only need a journal.

It is also worth noting that some therapy will require hypnosis and meditation, which has been discovered to prevent being overwhelmed emotionally. If you want to build your mental strength, one of the proven ways to do that is to take on life challenges, which will

enable you to develop the resilience that will see you through whatever challenges coming in the future. Also, you don't know what life has in store for you in the future. So when you take the required time to learn about your triggers such as stress or anxiety, you will be able to better manage your overwhelming feeling when they occur in the future. Further, this will help you reduce the impact and occurrence of being overwhelmed with hard work, and the right tool.

Overcoming Your Fear Of Failure

One of the fundamental human nature is fear. And the fear of doing things wrong ranks high. In most cases, fear is what holds people back from being successful. The motivation to succeed is generally triggered by the fear of failure. There is no one on this planet that enjoys failing, which is why we do everything within our power to avoid failure. The fear of failure stalls progress, create self-doubt, reduces self-confidence, and generates little or no result. Fear of failure can make one go against his or her moral standard, and put a limit to what can be achieved in life.

There are many reasons tied to why so many people fear failure. Also, there are a lot of reasons that contribute and constitute to the unconscious, and conscious fear of failure in people.

This section of the book will look into how fear is ingrained in us, what fear of failure entails, and how it can be overcome, for you to develop self-confidence, and live your life to the fullest in both your personal and professional endeavors. There are feasible tips you could consider to help you overcome the fear of failure:

Learn from your experience: Learning from your experience is one of the best and easiest ways you could overcome your fear of failure. Of course, there will be days when things are not going to go as planned, and for the fact that such events are outside your control, it doesn't mean that you have failed. This is why it is crucial to have the habit of always learning from the past, and see every mistake, as an opportunity to acquire something new, and equally grow, and learn the right way of doing things. Do you want to increase your self-confidence? You need to understand that failure is not a death sentence, and it is a big opportunity for you to grow, as that is the right step in the right direction. Change your perspective about failure, and see it as a blessing in disguise. Don't allow the fear of failure or failure itself to stand in between you and your goals. Some of the tips on building self-confidence will be helpful in helping achieve your goals, since building confidence in one's ability can be learned.

Visualize the potential results: Visualizing your potential result when you are making important decisions, or setting your goals; that is, visualizing both success and failure, you will become at peace with yourself if either of the two comes to play because you

have mentally prepared yourself for anything that could happen. If you, therefore, anticipate both the positive and negative outcomes of a task, it will reduce your anxiety and constant fear of failure. But most importantly, considering the worst-case scenario is best.

Always have a backup plan: Having a backup plan in whatever you want to do is a wise decision, as people who have a backup plan reflect a high level of confidence. Also having a backup plan helps to reduce your risk of becoming stressed or anxious if the outcome of an event doesn't go your way. The risk of failure is also reduced when there is a backup plan in place. You will also be able to take a calculated risk, which will reveal a wide range of approaches to tackling your problem if you have a backup plan.

Be sure about your purpose and vision: If your purpose and vision are clear to you, it will help you reduce the fear you attach to being tagged a failure, or failure itself. If you are going to take on a task, be very specific, and clear about what you want out of it. On the flip side, it is essential to note that there is always a valuable lesson to learn from it, irrespective of the outcome that surfaces. If your aim is to learn and improve your craft, it will drastically reduce your fear of failure.

Question yourself on the root cause of your negative beliefs: Your root cause of negative beliefs should be questioned: You have to question your root cause of negative beliefs, as they are the source of your perspective about life and failure. If you are investigating this root cause, question yourself outside yourself. That is, asking yourself critical questions the way another person will, and try as much as possible to give an objective answer. This approach will help you in identifying where your fear comes from. The fear can even come from as far back as your childhood, or some remote underlying issue. It may also be as a result of your cultural beliefs. At times, the premium placed on cultural belief contributes to holding you back from achieving your goals.

Be positive in your thinking: The way we handle or see situations at times could be controlled by our internal dialogue. We can't deny that we are a product of our beliefs and thoughts, and they all reflect on our actions and act. For you to overcome the fear of failure, you need to recognize that even the most successful people encounter failure in their endeavors. So if you want to make headway, try changing your thoughts, and replacing your negative thoughts with positive ones. See yourself in a positive light, instead of always condemning yourself. Steve Jobs was once fired from Apple before he was recalled to later become the face of Apple. So, quit talking down to yourself.

Fake self-confidence can lead you to fear of failure: Confidence is needed in whatever you do. But it has to be the real one, and not the false one. Mind you, individuals who reflect genuine confidence understand that they won't always succeed, and they see the event as an opportunity to learn and improve their craft. But for perfectionists, they see

failure as the worst thing that could ever happen to them, which will often make them not try at all. On such individuals, the fear of failure can have a devastating outcome on their personal and professional life, such as regret, loss of creativity, loss of a valuable relationship, and losing out on valuable opportunities. You have to overcome your fear of failure to achieve your full potential.

Childhood pattern can cause you to fear failure: If you grow up in an environment where there is a constantly established ultimatum or fear-based rules, it is possible for you to assimilate that fear, which can prevent you from trying new things, or taking up new tasks because you don't want to fail. Also, when you grow in an environment when there is excessive criticism, it can cause you to internalize a negative or damaging mindset. So the solution to this is to come to the realization that what is holding you back is in your mind, and you have the responsibility to jettison them.

Overcoming Your Limiting Beliefs

Again, overcoming self-limiting beliefs is not as easy as ABC. Self-limiting beliefs are the wrong and negative beliefs that we cling to that prevent us from making headway or even growing. Our purpose and expectations are formed by our beliefs. Our beliefs are very essential to the way we see ourselves, and how other people see us, which includes what we expect from ourselves, and what other people expect from us.

Going by the description of self-limiting beliefs, it is clear that it is capable of reducing one's chances of success, and also capable of running one's level of confidence. Most of the self-limiting beliefs we acquire are gained from childhood, which is why it feels difficult to outgrow or jettison. This self-limiting belief plays a very negative role in our life and debars one from attaining his or her peak in both professional and personal relationships. You will be dragged back from pushing, and never demand something better if you are under the spell of self-limiting beliefs.

Here are steps that will help you overcome your limiting beliefs and also help you take on life with fresh optimism and confidence:

If you would like to overcome your self-limiting beliefs, there are effective steps that have proven to be helpful in that regard, and they will also help you face life, and its challenges with confidence and optimism:

Accept that you have some self-limiting beliefs: It won't help you if you try to pretend like you don't have any self-limiting beliefs. So you have to first acknowledge, and accept that these beliefs are there. That is the first approach to overcoming it. Admitting that the beliefs are these means you have a problem to solve, while not admitting means there is nothing to work on. You have to be as honest as possible with yourself, and write down the self-limiting beliefs that are holding you down. Whenever you try to do

something, note the thing or things that hold you back. It can be perfectionism. Put it on paper, if it is. You are a step closer to overcoming your limiting-beliefs when you admit them.

Understand and recognize the reasons for your self-limiting beliefs: When you are able to recognize the reason or reason behind your self-limiting belief, you are a step closer to finally overcoming your self-limiting beliefs. After identifying these facts, you can then proceed to examine them to see why you are such beliefs have developed. In the process of examining these beliefs, you will discover that a lot of reasons can actually contribute to it, such as your natural programming, childhood experience, or perhaps social interaction. For example, those who were once heartbroken in a relationship can find it difficult to love again.

Confront the reasons for your limiting beliefs: recognizing the reasons behind your self-limit is not enough, you have to be able to confront it head-on. By confronting it head-on, you could notice that you might have blown them out of proportion. Experiencing heartbreak doesn't mean love does not exist, or you can never find love again. It is when you confront these beliefs that you will realize that with time, you will be healed, and thereon you will find a ray of hope, and experience fresh confidence to confront whatever event has to offer again.

Know the lies of these beliefs: On a closer look, a lot of the beliefs we hold as true, are mostly untrue. The reason is because the background of the belief is mostly subjective. A lot of us usually have the belief because of what has happened to us, or what we have seen other people experienced. This is why the brain automatically shutdown on similar activities, because of what has been experienced, heard, or read. However, by tweaking our mindset, we can set ourselves to increase our confidence. With this mindset, we set to getting rid of all the lies that constitute our self-limiting beliefs.

Acquire new beliefs: This is the final stage of overcoming your self-limiting beliefs. After expunging the beliefs holding you from achieving your goal, your next step of action is to replace it with a new belief, which must be, of course, positive. Choose the ones you can easily act on when choosing a new belief to replace it with. Note that, for you to acquire a new belief, it might take weeks, and sometimes, even months to develop. A new personality can't be assumed overnight. You will get there and build your confidence with conscious acting.

For instance, your previous experience might hint you that you can't be a successful soccer player, and you end-up reaffirming that belief to yourself, which has constituted your self-limiting belief. If you want to acquire a new belief, you can draw inspiration from successful soccer players, and also invest some of your time in practice, and that

will help boost your confidence, and push you to achieve your goal of being a tennis player.

Tips to Live Without Limits

The three most important tips to living without limit are clarity, competence, and concentration:

Clarity of Goals, Desires, and Visions

You will always force yourself to do something about your desires, and goals, if you are clear about it. Clarity simply means knowing what you want, or where you were going. It means you have a direction, and taking the path by writing down your plans and goal, and looking at how they can be achieved. Note that a consistent drop of water makes an ocean. So, doing something about your goal every day will contribute to your self-confidence, self-belief and make you realize that there is nothing you can't achieve.

Successful people have the habit of doing something about their goals every day. On a closer look, you will see that they get more done because they focus on the Pareto 80/20 principle to get more done. You, therefore, need to stay focused for you to be clear about your goals and vision.

Have excellent competence in your field

This is very important to living a limitless life. You have to be very good in your chosen field, and always do something every day to improve your competence. If you want to attain outstanding competence, you must submit yourself to mastering your craft, every day, because excellence is a moving target, and growing is a continuous process. If you use the Pareto principle in this regard, it means you will spend 20 percent of your most important activity to achieve an 80 percent result, you, therefore, have to sharpen your competence, about committing yourself to your field.

Concentration

The two keywords for success have always been concentration and focus. Concentrating is about preserving, not being distracted in your goal pursuit, and being in sync with what you would like to accomplish, while focusing has to do with knowing what you want to do, or what you want. It is also the ability to be able to focus on a single task till you complete it, and not attaching something else that can distract you. Both concentration and focus go hand-in-hand.

Your thinking process will switch, in terms of impossibility and possibility when you focus on doing what you want and striving for excellence in that area that will contribute to making a difference in your life. You will feel an incredible sense of confidence and

power when you start dreaming big, because you have subconsciously left activities that are eating into your time, and you will focus all your energy on doing away with all your constraints preventing you from achieving your goals.

According to a study on successful people, the result revealed that 85 percent of them have a big deal that they invest much of their time more on every day. Do like successful people if you want to be successful.

Developing the Right Attitude for Success

You will increase your chances of success if you develop the right attitude for success, which will also enable you to make better decisions that can help you achieve both professional and personal results. If you don't have the right attitude for success, or when you are the pessimistic type, you will find it difficult to achieve success in your chosen career. You want to build your confidence, you then have to develop the right attitude for success. You won't be able to motivate those close to you if you yourself don't have the right attitude for success.

These are some of the strategies that will enable you to develop the right attitude for success:

You don't have to compete with other people: You can look up to those who have achieved more than you in the area you would like to be successful to gain more inspiration, but avoid competing with them. If you put yourself in such a situation, you will likely develop an inferiority complex, which will have an effect on your self-esteem, and make you feel like a failure. The only person you should constantly compete with is yourself. Always try to be better than you were yesterday. And you can draw inspiration from others. Your benchmark should be the metrics with which you use to measure your success, not the success of others. Their success should serve as a template that will be useful for you in navigating that path without falling into the same mistakes your role model did in the past.

Trust your instinct: Trusting your instinct is also connected to developing the right attitude for success, as well as boosting your confidence. A lot of studies have shown that you can make smart decisions by trusting your instinct. Although, it is important to get your facts right in some instances, but in some cases, your instinct is all you need to make that smart decision. But for you to be able to trust your instinct, you also have to believe in yourself, and your decisions. You will increase your chances of making important decisions if you successfully do this. You will encounter many situations where all you have to do is to make decisions on the spot. It is your winning mindset that will empower you to make such decisions without doubting yourself.

Try to be conscious of your growth: You have to pay attention to your growth. If you understand how much you have evolved and grown, it will further expedite your growth. Those with success attitude are very conscious about their growth. A conscious effort must be invested into developing and watching your growth. You will be happy to take up new challenges, and also be confident that you will surmount whatever challenges coming on the way.

Learn from your failures: Learning for failure has been emphasized in this book. It makes this attitude very important. Ask anyone who wins often, and they will tell you that there were times in their life when they also lose. If they continue further, they will tell you that they always learn from their mistake. Because you can't be winning often without learning from your mistake. Losing shouldn't weaken your mindset. In fact, it should energize it. You won't be susceptible to depression or anxiety when you have developed a positive mindset to failure. Always consider failure as an opportunity to learn and grow. Hence, failing at anything is an opportunity to grow and learn.

Set precise and achievable goals: Developing a winning mindset also has to do with deliberately setting a precise time frame for each of your goals. Therefore, the goals you are setting must be achievable. So setting a realistic goal with a reasonable time frame will be will enable you develop a winning mindset. You will notice that your confidence increases when your goals are time-bound.

Continue moving: Avoid staying in one position. You have to keep moving, and do something about your goal. If you can't fly, run. If you can't run, walk. If you can't walk, crawl. The most important thing is that you keep moving. Moving is an important element for growth. You haven't made effort to experience or learn new things if at any point you feel you feel like you are not moving. When you recognize or feel growth, you will subconsciously start developing confidence in yourself. Building a network of mentors and talented colleagues is one of the surest ways of avoiding stagnation. Embed what you have learned in your daily routine, and use that as a yardstick to monitor your progress.

How To Build Positive Habits with Self Awareness

The guiding light to your thoughts and emotions is your self-awareness. Self-awareness enables you to take responsibility for your action, for you to be able to make necessary adjustments for your projected outcome. This can lead you to change your behavior, emotions, and personality. You can find it difficult to implement change in the direction your life is going if this is not achieved.

If you want to take control of your life, you need self-awareness. Self-awareness is what makes you own the future, allows you to create what you desire, etc. Your destination in life is determined by where you chose to focus reactions, personality, and energy.

How You Can Develop Your Self-awareness

1. Note your goals, priorities, and plans

If you want to transform your ideas from mere an idea into reality, you have to have a concrete plan on how it would be achieved. It might sometimes be overwhelming, which is why you need to break down the goals into achievable or smaller units, then tackle it head-on. Writing this down will enable you to know what you need to work on personally to ensure that the goal is achieved.

2. Request Feedback at Work

This is known as 360-degree evaluation, that is, an evaluation that comes from both professional and personal circles. If such is not done in your organization, you will always develop one by calling for a round table discussion to commence the evaluation. When evaluating others, try as much as possible to be objective in your observation.

This evaluation exposes you to your weaknesses and strengths, for you to know where you need to work on, and where you need to step back. Developing your self-awareness takes time. It takes years for some people. However, investing the necessary effort in improving your self-awareness, will particularly improve your intrapersonal, and interpersonal relationships. Take note of these strengths and weaknesses when they are being mentioned to you.

3. Ask your trusted friends to tell you what they know about you

Also, you can request an evaluation from your friends and family. They are mostly the people that have seen you in your personal space more than anyone else. And you can be sure that they will have important things, and a lot of things to say about you. The reason why this is important is because you need someone that will be very honest with you when telling you about yourself.

You will be able to know what other people think of you ask for feedback from your friend, particularly your trusted ones. If you have a mentor, a trusted friend, make them know that their sincere feedback about you is needed to help you grow. You may also entrust your friends with the responsibilities of putting you back on track when you are going back to what you promised to do away with. For example, you may not know that it is a bad habit to interrupt people while they speak. Your friend can be entrusted with the responsibility of reminding you not to interrupt people when they are speaking. Also,

feel free to ask them questions to clarify what seems not to be clear to you about their evaluation of you.

4. You may consider taking psychometric and personality Tests

Taking an online test is one of the easiest ways you can adopt to launching yourself into the arena of self-awareness. There are many online platforms that are geared towards improving your personality. Although, it might not be so accurate, but the result will be very close to what easily describes you. And the result can also show you your weakness and strength, and thereon, you can know what to work on.

5. Practice meditation and other mindful habits

One of the most effective ways of improving your awareness is through meditation. The focus of meditation is on breathing. When you are meditating, you may consider asking yourself these questions:

- What am I doing that is hindering my success?
- What is my goal?
- What am I doing that works for me?
- How can I improve my success rate?

Activities such as washing your dishes, jogging, visiting your religious house, are some of the regular mediation tasks you engage in without knowing. These tasks come together to make you remain in the present moment. So pay attention to these tasks, and maximize the moment.

Make reflection your habit

Following this practice religiously will definitely make you improve. All you need to do is to set aside some time at the end of your day, to honestly examine yourself in your personal and professional life. Daily self-reflection is a prerequisite for developing self-awareness. Self-reflection is very effective when it is written down in your journal.

You will definitely not remain the same when you follow this practice religiously. Setting aside a time of the day is all you need to do peacefully reflect. Some people refer reflecting at the end are already in bed. This will be an opportunity for you to reflect on both your professional and personal life. Do you want to develop self-awareness? Then you need to take daily reflection seriously. And write whatever you notice, or realize in a journal.

Get a Journal

Writing in a journal doesn't necessarily have to be only about your goal. Set aside some time to write down your failures, successes, feelings, and thoughts of the day. Your mind becomes relieved of those ideas and clear for more information when you record your thoughts on paper. This is what will help you keep track of yourself, move forward, and also help you grow.

Spare some time to reflect on yourself as a leader, and as a follower, and what you think people have noticed about you. In the course of your reflection, write down what you find important to you, and think about how you can do more. The answers you offer will help you know and have what you really want out of life.

Be as objective as possible with yourself

If you invest the right effort, knowing yourself can be a very rewarding experience. It can be daunting seeing yourself the way you are. It requires extra effort for you not to be biased, and see yourself outside yourself. This will enable you to learn about yourself in the future. If you are able to see yourself the way you are, it will help you identify where to improve:

Now the question, how do you go about it?

- Think about your childhood days, and try recalling things that make you happy then. Check if those things still make if they don't. If they don't. If not, what are the reasons?
- Request from your family and friends the perception they have about you, and what they feel about you. Note these perceptions, and work on them.
- Note the things you are proud of, including an important feat that makes you feel like on top of the world.
- Write down how you see yourself. These can be things you are good at, and what you think you need to work on.

At the end of this simple exercise, you will notice that a new perspective about yourself and your life will come to life

It is no doubt that self-awareness plays an important role in understanding ourselves and our relationship with our environment. As aforementioned this level of introspection is not easy to maintain, but it is worth given a trial. When you are self-aware, you will be able to critically evaluate your place, and yourself in people's life. Surprisingly, many people are not being honest with themselves about their weaknesses, challenges, and

strength. Following the suggestions, as made above would help you improve your level of self-awareness.

Developing a Positive Attitude to Solving Problems

Anyone can internalize the art of solving problems, and making effective decisions. Sometimes when an issue arises, have you noticed that some people make decisions without having headaches, while the reverse is usually the case for some other people; for them, making a decision can constitute a problem. For you to be able to make effective decisions against whatever problem you are encountering, and consequently be able to achieve your goals, here is a list of attitudes you need to cultivate:

The attitude of researching: You are liable to see your problems from a different perspective when you have gathered enough data. You need to inculcate the habit of investigating, then you begin to analyze the information you have gathered. You can start with the 5Ws, that is asking the who? what? When? Why? Where?. These questions will set the ground for critical research. For example, where and when will what be done? Who did what you can investigate deep, and further your questions on who is going to be affected? Who you should consul, and so on. The attitude of research is an attitude you, therefore, need to cultivate to solving your problem.

The attitude of concentration: You would like to find a solution to your problem, you have to set aside some time to focus on your problem. Handling too many activities while dealing with your problem will end-up distracting you. You, therefore, have to find time to concentrate on your problem.

15 minutes is okay to think about your problem in the morning before you stand up from your bed. Don't just jump out of your bed, when you wake. Lie down a little bit. You will later realize that the time is very productive for you to do some productive thinking. However, for you to be able to create an appropriate time, you need to know when your brain works at its best. For some, it can be in the night, while it can be in the morning for others. But for most people, morning is the best because the brain would have rested, and some information you have accumulated during the day would have processed better.

The brain switches to creative mode at the end of the day, which is the best time for some people to think, which is why it is the best time for some people to think. For people in this category, their tiredness is what will decide if they are going to be productive with their thinking or not, which is why relaxation technique is the best way of thinking for people in such category. They can also engage in meditation to help them focus better on their problem.

Going to bed 17 minutes earlier than you do will be best for you. As you focus on your problem. Get a journal to note down whatever comes to your mind. When about to sleep,

that is when some people can focus on their problem, but when you are feeling drowsy, the creative mind takes over. This will help clear your mind, even though it doesn't keep you awake. If a time is not convenient for you, you can set aside time. It is therefore advisable to set out time to think about your problems

The attitude of brainstorming: Solving a problem requires one to develop the attitude of brainstorming. This can be implemented in two ways. The notable one is the true-brain style. This approach is a group approach, because ideas when there is an established problem, and discussions are on-going about it. This means friends can contribute to offering you their honest opinions, and their ideas. Don't criticize whatever idea is put to the table because you won't want to prevent people from offering a possible solution. In such a situation, the quality of the idea is not important, what matters most is that you have a pool of ideas to pick from. You can do your brainstorming in writing if the problem is confidential. After gathering all the ideas, you can then sort them out, and see how feasible each of them is to the problem.

The attitude of redefining a problem: Sometimes, the way a problem is stated can be the problem, because there are times that when you redefine a problem, it ceases to become a problem, or sometimes, it opens you up to possible solutions. If you define your problems narrowly, you will get a limited answer. For instance, your problem can be buying a Christmas shoe. So instead of asking: "I need a shoe to look exceptional on Christmas day. How can I get the money" It can be: *"How can I look elegant and exceptional on Christmas, without buying a shoe?"*

The optimistic attitude: If you always assume that the worst will happen, then it will always happen. Even before a problem began, a lot of people are fond of already giving in. For example, for those who think they can never get a house, it will surely reflect in their attitude or their thinking, because they won't even make an effort to acquiring a house.

The never die attitude: You have to continue trying, and striving. That is the only way you can eventually get your problem solved. If you give up after one or two trials, it doesn't solve anything. In every part of human existence, the never-die approach has always proven to eventually get things done. Therefore, be consistent with your trials.

Mastering Your Mind

You are advised to start each day with the intention to focus on your thoughts and catch yourself when your thoughts are becoming unpleasant.

It is worthy of note that you are the thinker and observer of your thoughts. You possess the power to control your thoughts, however, it is essential that you pay attention to them

for you to identify “*who*” is running the show-- this is what will determine the technique you will use.

These are two ways, in which you can control your thoughts:

- Technique A-- Eliminate them altogether
- Technique B-- Interrupt and replace them

The interruption and replacing approach is one of the ways of rewiring your subconscious mind. As you further, the replacement thoughts will become the “go-to” thoughts in applicable situations.

- This second technique is recognized as peace of mind.
- Use technique A for Inner Critics and Worrier, and technique B for Reactor and Sleep Depriver.

The Worrier

You need to develop the ability to recognize a “*worry thought*” faster by recognizing how you feel. These are the physiological signs to note when the flight or fight response of fear comes to play.

The fight or flight response is caused by fear, which creates worry in the mind and consequently develops into depression and anxiety in the body. This can debar you from controlling your thoughts effectively.

It can be physically, emotionally, and mentally unhealthy when you are battling with prolonged anxiety. It is can have a long-term effect on your health.

- The surge of adrenaline, increased heart rate, blood pressure
- Muscle tense
- Shallow breathing or breathlessness

Interrupt your thought of worry using the stated methods above, then replace it. But this time, substitute your worry thought with thoughts of gratitude for the result you wish for.

Here is the time to summon it, if you believe in power high than humans, here is an example:

I am no longer scared about my loved ones traveling in bad weathers, instead, I say the following (I call it a prayer):

“I appreciate you for looking after..... I am grateful for the fact that you won’t allow him/her to have a road accident, and I believe that you will make the car-maintenance-free till he/she arrives at his/her destination. I appreciate you for already covering the car with your protective hands. I thank you forever.”

Slowly breathe in, when you are done, and breathe out through your mouth. Do this as many times as possible till you start feeling like you are already taken back control of whatever thought dominating your mind.

If you replace your fearful thoughts Your reactionary behavior will definitely reduce. Visualizing what you are praying for is very important here, as it will bring about the feeling of fulfillment, that will help lay the mind at rest.

For instance, you were at the park with your kids, and you lost sight of them. Every parents’ normal reaction will of course be fearful, and yelling at the kid after being found. Most likely, the parent is likely to say something like: *“I have instructed you not to leave my sight, what got over you?”* From the kid’s side, on the other hand. his or her reaction will be fearful for not being found by his or her parent. Coupled with that, the kid will also be very conscious next time, because he is now aware that his parent won’t take it lightly with him whenever he or she makes a mistake, which can make the kid not telling his or her parent the truth about a situation in future.

An alternative reaction can be: *“I am thankful to (the higher power you believe in) for protecting my child. And I am grateful to you for making me find him too.”*

Of course, your reaction will be gratitude, after that thought process, you then find your child.

2. The Inner Critics

Whenever you catch yourself abhorring a negative thought, such as calling yourself names, berating, or disrespecting yourself, you can interrupt yourself.

It can even be changed or replaced with the opposite of what is trying to manifest in your mind. Some affirmations to yourself starting with the “I am” sentence will also suffice. You really don’t have to be dramatic in the way you interrupt your thoughts. Just by saying STOP, or ENOUGH will suffice. At least, will help distract the situation.

Let’s take, for example, your thoughts may be resounding to you that you are you are a serial loser. You can substitute those thoughts with: “I am me, there is no other person like me. I am an exceptional creation of the universe, I am brilliant, I am a winner, I am a complete spiritual being, and I am in the learning process.

If you know whose voice it is, you can also consider talking to yourself to thwart the “voice” that developed the thought.

You may consider taking appropriate measures of a person’s voice.

“It doesn’t mean they are right, for the fact that these people said I don’t amount to anything. It is merely their opinion Or maybe, they are simply joking, but it seems serious to me probably because of how it affected my insecurity.”

It is recommended to write down a reaffirmation or a counter-thoughts, as soon as you realize that your self-critic refuses to fade into the background, in order for you to neutralize how it makes you feel.

These squatters to be jettisoned, necessarily or forcefully:

- They will try to destroy your self-esteem by making you feel like you are not worth anything.
- They will abuse you verbally and emotionally
- They will make you they always show up when one is about to sleep.
- They rile up the Worrier

When others call out those names, you have been calling yourself, the names manifest into triggers.

They are all liars! Expunge them out of your head.

If you jettison your worst critic, you will have the energy to kill the three squatters.

You should then start to replace them with your loved ones that contribute to your sanity and life, support and encourage you. That is what should dominate your mind.

The Sleep Depriver

The Sleep depriver combines the features of the Inner Critics as well as the Worrier, coupled with Rehasher, and Planner, and also Ruminator.

You can eliminate the Sleep Depriver, and its associates with this strategy, which will make you be able to master your mind:

- Pay attention to the rise and fall of your belly, as you focus on making a deep breath. However, this only prevents your thoughts briefly.

- You can thereon, figure out a replacement technique that will help you put your controlled thoughts in check. While you breathe out, imagine the word, "out", and do the same thing for "in" as well. Imagine it as you breathe in. You can stretch the word for as long as you want.

You are advised to attempt this, and see how effective it would be. Immediately use the breathing technique, when you discover that you are thinking again. Even though it doesn't totally shut it off, but at least, it will make you have control over your breathing. You will be able to choose quietly when you are in charge of your mind and thoughts.

You are likely to fall asleep when you begin using this technique. You will start to yawn after few circles, then you sleep.

If you always find it hard sleeping at night, because of your unquiet mind, you can attempt this recommended technique.

This technique can be used any time of the day, and this is how you can go about it:

- If you wake up too soon, try to fall back asleep
- Calm yourself
- Try to pause your thinking for a while
- Then pay attention to the present moment

Troublemaker, The Reactor, or Over-Reactor

If you want to do away permanently with squatters, much of your attention is needed. This may also proceed to reflect the root cause of your triggers. As soon as you recognize its presence, you can still prevent the Reactor through conscious breathing.

Your flight or fight response is instigated by the Reactor, which is similar to the Worrier. Most times, the physiological signs are the same. You will be able to recognize frustration, anger, and anxiety if you pay attention to them.

Whenever you are angry, you can count 1-10. But when you are consciously breathing for that moment, it can be better. All you need to do is to be conscious of your breathing. It is as simple as it sounds. Pay attention to how air is released, and how it enters your nose.

As you breathe in through your nose:

- Focus on the air passing through your nose.
- Feel the lungs expanding

- Focus on the rising of your belly

Breathing out through your nose:

- Feel the emptiness of your lungs
- Focus on the falling of your belly
- Focus on the air leaving your nostril.

You are free to do this as many times as necessary. Just walk away from the situation, if necessary. This is what will push the adrenaline that will push you back to your default settings, which will make you see and address the situation in a logical way, and also offer you calmer perspective, when you have taken hold your thoughts, that won't damage your behavior.

When you have grown the ability to control or evict the Reactor, you will decrease reactionary behavior, which can reduce the need to rehash and ruminate the need to prevent you from falling asleep. This is one of the problems of Sleep Depriver.

The ability to, therefore, master your mind is important, and prevent the Reaction from developing stress in your relationship and life.

The bottom line

You have to note that your mind can do anything you want it to— especially the ones you can't imagine. The mind can be used for both constructive and destructive purposes. It is now up to you to fully optimize the potential it carries.

The choice is yours to abhor compassion, love, joy, and peaceful thoughts, or start thinking undesirable and destructive thoughts.

Your mind can be what you rely on to placate you whenever you feel down. Try exercising control over your mind today. Your mind can be your best friend and ally. Use it. You have the power.

Building Your Self-confidence

You need to be able to garner enough self-confidence to see the job through if you want to achieve your goals and objectives. This is because your level of self-confidence has to meet your ambition and goals, and must continue growing as your goals become bigger.

According to Henry Ford, *“Whether you believe that you can or you believe that you cannot; you are right”*. Your self-confidence is the biggest factor that will determine your level of success. It is not hard to believe that you are not good enough, or do not possess

the ability if you fail to achieve your objectives. But the difference between success and failure is seldom a result of lasting ability. Even if you don't have all the necessary skills to implement a task at a point in time, everything can be learned later. However, self-confidence is important.

Those who have self-confidence move with the aura of trust, which also makes others develop confidence in themselves. Self-confident individuals are always at ease with their works, and themselves, which is the reason self-confident people are envied.

What is self-confidence and its Importance?

Self-confidence is understanding that you trust your abilities, feel worthy and that you value yourself irrespective of any imperfections or what other people think about you.

However, most times, self-confidence is wrongly used with self-esteem and self-efficacy.

Self-esteem is more of a general sense or a feeling that you can handle whatever is going on in your life. While self-efficacy is a variant of confidence that allows people to keep going in the face of setbacks and to accept difficult challenges. You will gain a sense of self-efficacy or it sets in when you see yourself, and others like you, mastering skills and achieving goals. This gives you the encouragement you need to believe that, you'll succeed if you learn and work hard in a particular field.

You can also derive self-esteem from the feeling that those around you approve of you. Therefore, you may or may not be able to control this, if you experience a lot of criticism or rejection from other people.

Except you find some other ways to support it, your self-esteem could easily suffer.

You need effort to be self-confident

Have you ever asked yourself, or wonder about the secret behind the confidence exuded by someone you know, and the reason why the person is so positive about himself or herself? It's nothing, but self-confidence. Being confident does not happen by chance. And mind you, you can also confident too.

Your self-confidence will continue growing and develop within a short time. You just have to be consistent with your effort and commitment, and continue with positive habits. Self-confidence springs out from repeated practice and small successes that come together to develop into large successes.

Although, it might seem like self-confidence is natural to some people, but the case is mostly that such a people have been exposed to, for instance, a positive role model, who is also confident and exudes it in his or her behavior. It is acquired, no one is born with it.

This is the reason why those you know to be though, imitated what they see their role model exude. By practicing these same actions, you will be taking giant strides to build your self-confidence.

It might not always be easy to be confident in yourself if you're naturally self-critical, or if other people put you down. If you would like to increase or maintain your self-confidence, here is a way of going about it:

➤ Present yourself confidently

You can appear unkempt when you are at home with your friends or family. This is because they know who you are, and your appearance is not going to have a difference in their thoughts about you.

But if you have an important event such as an interview, and business meeting, ensure that you are wearing clean clothes, well-groomed, well-fitted, and appropriate clothing. This will contribute to increasing your confidence. Your appearance reveals how you feel about yourself.

Looking great makes you feel good about yourself. That little effort goes a long, as you notice the difference because that will bring a new approach into more areas of your life.

If you are the type who works from home, you may be more concerned about the quality of your work than your appearance. You may dress casually if you wish, but when you have a professional outing to attend, dress prepared, smartly, and stay focused on the coming challenge.

This is not about trying to impress anyone, but an approach to boosting your confidence. Of course, you will be tested, and this is just like a crack to preparing them for the challenges ahead. And that you are going to give the best you've got.

What you are communicating to yourself is the real benefit of appearing well. While some people feel dressing is about impressing, others have a contrary opinion.

Smile when you look at people in the eye

A lot of people find it difficult to smile when they meet new people. It is worthy of note that if you smile often, you will naturally feel happier and become more confident. Smiling helps you develop a healthy relationship with others.

Your self-confidence will grow until you start communicating with ease, and it becomes a natural process when you begin to interact with others better. Others will feel more at ease with your presence when you improve the quality of your interaction. Smiling and

making eye contact conveys to people that they can be at ease with you, and feel your warmth.

An assertive behavior that is beneficial for you and the other party in building confidence is warmly greeting people with gentle eye contact, and a sincere smile, as it will reflect that you are trustworthy. This also conveys to the other person that you pose no threat to them, and that you come in peace.

Just by maintaining eye contact and a simple smile, doors can open for you. You are not signaling to others that you are open to communication and connection if you don't smile and, you don't make eye contact. Even though some people want to, but they fear being rejected, so they prefer not to try. But it is worth noting that a lot of people without self-confidence are scared of connecting and reaching out to people. You, therefore, have to work on building your self-confidence.

Offering a genuine compliment

Even though it may take some time to start complimenting people spontaneously, but as you remain consistent with it, it will become easier. When giving compliments, ensure that it is genuine and honest. This approach should not be mistaken for insincere flattery. Giving compliments to others show that you feel good about yourself enough to offer people some positive feedback.

That is how your self-confidence grows. As you continue to do so, your life will continue to take better shape. Not only will you start to see more positives in every area of your life by adopting the necessary mindset, but you will also be able to find positives in others.

You experience love when you give it. When someone truly cares for compliments you, how do you feel? Of course, you will feel good about yourself. One of the most sincere forms of pure love is giving compliments.

The impact of genuine compliments on your confidence level is immeasurable. The act of always searching for positive in others will enable us to always see the bright side of life. The gift you offer others is also what will return to you. The little act of kindness, or act of love, comes from within before it transfers to someone else.

The practice of appreciation

Focusing on appreciating the positive things in your life, means you are particular about how better your life has become with that positivity. Also, practicing appreciation does not exclude anything. It includes those things you don't like.

You will eliminate negativity from your life when you practice the act of appreciation each day. When you are regular with it, you will be able to develop a more optimistic view about life, whereby you can identify and appreciate the positives around you.

All you only need is to start seeing the good in your life, and appreciate it. You don't always have to improve your life to be happier with it and have more self-confidence. You will discover that your life is better than you normally think it is, and that is important. You begin to feel some real joy when you take some time to appreciate the good things in your life.

All that is required of you is to see the positive side of life and start appreciating it. When you take some time to appreciate the good things in your life, you will begin to feel some real joy, which will consequently bring about self-confidence.

Only play to your strength

If you expend a lot of your time performing tasks that you are not best suited for, you are likely going to struggle, which will drastically affect your self-confidence. A time will come when a task you won't be able to perform would be assigned to you. A lot of people can do many things, the difference is that our strength differs, and the standard with which we deliver a task is different.

As much as possible, outsource or delegate the tasks that don't suit your strength. The work you do should be in the circle of your strength, skill set, and knowledge. This is what will guarantee your success, and make you feel good like you are in such a field. You, therefore, have to recognize your strength and play to them. Your confidence will skyrocket when you are able to perform to your strength.

If a task doesn't lie in one of your strengths, you do not need to waste your time being any more than competent, which is okay. Even though there are many things that do not fall within your strengths, it is not compulsory that you are competent at them. Therefore, do away with tasks you are not best at, and embrace your strength.

You need to keep building on your strengths to acquire self-confidence. You don't have to be great at everything!

Be comfortable with your imperfections

You can never be perfect, and no one will ever be. Rather than seek perfection, you can only try to do your best, and learn from the experience if any mistake happens. Perfection is not a necessity or a possibility. You can only use it to inflict pain on yourself.

Your imperfections are what make you human. Nothing is absolutely wrong with you. You will continually make progress, as long as you are willing to receive feedback, take actions, and make improvements.

Getting feedback from people is really important, be it on a project, a skill, or on your personal traits. With feedbacks, you will continually improve in everything you do. There is always room for improvement, which can only be attained by feedback. You may not see the reason why you need to improve if you shut your door from feedback. As earlier mentioned, you can only improve, you can't be perfect. And you don't have to be perfect to start, or else you will never begin. Always have it at the back of your mind, that finishing a task is better than perfection.

Imperfections only show that you are human because nobody is. It is not that there is something wrong with you. As long as you are willing to take action, receive feedback, and make improvements and you will continually make progress. And this way, without the stress-inducing pressure of always trying to be perfect, you will constantly improve. So wherever you are is fine.

Always be prepared

With practice, you will be comfortable with the fear of the unknown, particularly if it is a presentation. Preparation allows you to get familiar with the challenges that are ahead.

Preparing means you've done what you have to do in advance, against whatever situation coming. When you are prepared, your self-confidence automatically grows, and you will feel like you are ready to take up whatever is coming.

For better preparation, identify your worst fear, and write it down in a book. For instance, how will you respond to the situation, if you can't remember your speech? proffer a solution to such a scenario. This approach will give you extra-boost and positively contribute to your performance.

Set achievable goals

You have to set a feasible plan that will help you to consistently work towards your goals. Your self-confidence receives a little boost, as you see that you can achieve whatever you want from life with the accomplishment of a goal you set. When your life has direction and purpose, you will know where you're going and what you are trying to achieve. You can start by setting short-term goals, and achieve them before you move to medium and long-term goals. When you are able to achieve the long-term goal, you will be energized to pursue the short and long-term goals.

A little improvement might be what you will achieve each day you put some effort into your goals. But within the space of few months, it will soar your confidence, when you achieve those little days. It is also essential that you celebrate those little goals you achieve because they will inspire you to achieve more. No matter how small that goal may be, the continuous achievement of goals is progress. As you realize the achievements, self-confidence starts growing daily too.

Do what you love doing

The most powerful emotion ever known to man is love. Love enters our lives in different ways. Naturally, love can make people happier and confident, if you allow it into your life. In most cases, when we think of love, what our money mind mostly goes to is the Hollywood love thriller. But love is broader than that.

One of the most beautiful things you can do for yourself is to create time for the things you love. Sadly, when we are struggling with creating time, one of the things we are quick to cut off is our hobbies, which is wrong because hobbies help us to replenish ourselves with positive energy, which makes us feel healthier and more confident. Engaging in your hobbies will increase your self-confidence, and make you feel in control of your life.

You will feel happier and blessed when you take the time to find out where you should be spending your time. It is equally one of the best ways of taking care of yourself. And you will always boost your confidence by caring for yourself.

However, there are things that you must do, which you do not love. So how would one manage such a situation? You can look for the positive thing about it, and start appreciating it.

Ensure you do your best always

No matter what you do, always strive to give your best. In addition to that, always giving your best, as it helps you to build a positive reputation among your family, friends, customers, and colleagues. When you have given your best, you will know you couldn't have given anything more. You will also feel confident, relaxed, and at ease with yourself.

Each time you give your best, you will realize that your best continually gets better. Self-confidence will be enforced when you continue to improve yourself. Many people usually believe that they have to be self-confident before they can perform or completely commit themselves to a task. But such thinking is just like putting the cart before the horse. The only thing you need to do is just to always give your best, and whatever outcome it brings, learn from it. As they say, experience is the best teacher.

Be comfortable with disapproval and rejection

When you value the approval of others too much, you will end up sacrificing your own dreams, goals, and aspirations, which will consequently make you feel miserable. This is a form of self-rejection, and it constitutes another form of self-denial, which has a negative effect on self-confidence. No matter what you do in life, understand that there will always be people who disapprove of you. You can't possibly satisfy everyone. Avoid pleasing people for approval. You could go out of your way to please such a people, and if you succeed in that, it means you are not being yourself, you are becoming someone else, and it means you are not the one they are approving of, but the fake you.

You don't have anything to prove to others. Your competence will speak for you. When you give up the need for approval, you will be free of feeling compelled to impress people. You should rather be authentic real and authentic with yourself.

If you want to start living the life you would love to, you need to start improving your confidence. With every small step you take, your confidence will grow. It is recommended that you follow, and start working on any of the suggestions listed above, to boost your self-confidence. You have the responsibility to develop your self-confidence. Although, the above recommendations may not totally cure your self-confidence problem, but of course, it will take your self-confidence to a new level.

With your newfound confidence, you will be motivated, healthier, happier to challenge yourself to be the best you want to. Although some people make it seem natural and easy, it is because they are learned behaviors. You can also experience the benefit of self-confidence when you learned these. It takes time, hard work, dedication, and effort to build your confidence. No magical trick to it.

Training Your Sub-conscious to Achieve What You Want

The brain is designed in such a way that it regulates and reinforces our life.

Something is called the homeostatic impulse in the subconscious mind, which helps to regulate our breathing, heartbeat, and temperature. It was explained by Brain Tracy as: your homeostatic impulse maintaining a balance among many of the chemicals in your billions of cells in order for your entire physical machine functions to completely harmonize most of the time, which is performed through your autonomic nervous system.

However, a lot of people are not aware that the way the brain is designed to regulate the mental self, so is it built to regulate the physical self. The mind is continually working, bringing and filtering information that corresponds with your beliefs. Psychologists know this as confirmation bias. It also presents you with impulses and repeated thoughts that

mirror and mimic that which you have done in the past. Therefore, the gatekeeper of your comfort zone is your subconscious mind.

More so, the subconscious is the realm, in which you activate yourself to routinely seek, expect actions that would reinforce and build happiness, healing or wholeness of your life, and greatest success.

These are few ways you can train your mind not to be your enemy, but your friend:

1. Be ready to identify the unchangeable change

The ability to be able to create a massive change in your life is seeing if it is possible, and not believing that it is possible.

You can't jump from being a skeptic to a devoted believer. The steps can be overlooked, and you need to examine your possibilities. You may have sent few scary emails, in which you are proposing something to a prospective client. Most of your messages might be ignored, but in the end, someone will respond.

The main idea is that you are ready to see what is possible. This is what will transform your life.

2. Allow yourself to be successful

Be active in working on your inner monologue to: "*My life is allowed to be good.*" as against regurgitating the stale belief that once you have 20 dollars, you will be happy.

Allow yourself to be happy without abhorring any guilt about it. Of course, you are going to do what you need to do to acquire the kind of life you want to live if you have a subconscious association between success being amoral, or corrupt.

Better still, allow yourself to begin living a meaningful existence, grounded and healthy meaningful life.

3. Other people's fear should not make you become doubtful

The reaction of people to the news of your success will hunt you on how well they are fairing in their lives.

Those who are enjoying their marriage will be happy when you announce your engagement. But on the other hand, those who are in an unhappy union will warn you that it's not worth it, that you should maximize your time as single.

What is being communicated here is that most people project their fear in every situation. It doesn't have anything to do with what you capable of.

4. Encircle yourself with positive news

You may consider having a champagne close by. Your morning alarm can be changed to read: "*Congratulations*"

Ensure that everything surrounding you— things you can see or touch, gives and you hopefulness and positivity.

You can get a sticker and write something that motivates you on it. Slideback from the people who makes you feel. And follow the people who motivate, or constantly post interesting ideas and motivational messages. Instead of lessening your perception of your worth, make your newsfeed a place that can catalyze your growth.

5. Create a vision space

It is essential that for you to create what you want out of life, you need to be able to imagine it because you won't know the direction to turn first if you don't know where you're going.

You will begin to create and develop it, once you have a very clear image of what is in your mind, and how you would love to live it. You will be left incapable of taking definite, and real actions toward anything, if you are still torn, or hazy between what you want.

Regardless of what you use, board, notebook, blog, or Pinterest board, put together images and words that form what you want out of life, and the kind of life you want to live.

6. Your success should not be spoken about in the future, but the present fact of the plan

You don't have to say something like "*I am the boss*" "*I own a Bugatti Veyron*" Don't speak about it if it is not true. Start with things you have out of life, in the context that you are living that life already, not in the context that you will one day live the life.

You can say: "I have started strategizing how to do it" instead of "I hope to do it one day." Say: "I can be happy right here, and now with nothing holding me back" instead of: "*When I am in a different space of my life, I will be happy.*"

7. Recognize your resistance

You are holding a conflicting belief about your subconscious mind when it holds you back from going after something you love.

Question yourself to identify your resistance. You should ask yourself the reason you feel better when you procrastinate, or why is getting what you want exposing you to a place that will more than ever, make you feel vulnerable. Before you proceed, find a way to meet the needs.

8. Your life should have a master plan

Don't bother yourself about the 10years plan, there will definitely be changes over the years. You won't be able to keep up with most of the goals you set. You will most likely encounter better, or even new opportunities and your life may be better off than what you have projected.

It is better to therefore have a master plan. Recognize your motivations and core values. Question yourself on what you would like to achieve in your lifetime, and imagine the kind of legacy you would want to leave behind. You will be able to make decisions for the long-term that align with your true self, once you have identified your big picture value.

9. Take s gratitude journal serious

Beginning with gratitude practice is the best way to start putting yourself in the headspace of having instead of wanting. You will already shift your mindset from being hungry for change to feeling satisfied with where you are at by being grateful for everything that you have. Gratitude is a powerful magnet that attracts abundance to you. You are open to receiving more and more and more when you believe you have enough, which is according to a saying. On a closer look, this is very true.

10. Even when you know you'll be denied, start asking for what you want

Ask for the amount of money you truly want to earn for a consulting job, for example, if someone asks you to do it. Sit down with your head up high and make your intentions known and very clear If your goal is to get a promotion in your organization. Communicate with the brands you would love to work with. Even if you have no reason to believe that no one will actually give you what you things you want, start asking for them. In the end, they will.

11. Free yourself from the attachment of the “how.”

Identifying the "what" is only the job you have, then work with people to figure out the how.

Try reimagining another way you could achieve your ultimate vision in a new way that is more financially lucrative, instead of giving up if your first attempt fails, if your goal is to work remotely and run your own business.

A fact about life is that there will always be a way life of bringing things into reality.

Be open to possibilities and potentials, instead of being obsessively attached to every little detail working out the way you think it should. Even if it was never imagined.

12. Surround yourself with allies.

You need to start spending more time with creative, supportive, and ambitious people.

You aren't going to receive an abundance of support if you spend every of your weekend with people who are equally as unhappy with their lives, and it might be difficult for you to break free from such a circle. Understand that you will mostly become like people you spend most of your time with.

13. Your "dead air" time should be filled with motivation and affirmation

Try to listen to podcasts or motivational speeches when you are commuting somewhere in the morning. Tune in to a talk show that relates to the type of business you are doing or trying to do, while you are driving or doing the dishes. Your life should be infused with a lot of motivations and affirmations. As you listen to the lessons over and over again, they will sink into your brain, and you will eventually find yourself acting out what you have digested.

Final Thoughts

Now that you have learned the importance of motivation in your life in helping you achieve success in your endeavors, as well as how to achieve personal success, go ahead and live the life you have desired, and accomplish your goals in sterling colors.

As Pablo Picasso once said, "Action is the foundational element of success." Therefore, Practice all the steps, techniques, practical guides, and suggestions herein, and you will be glad you did.

Stay motivated!



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