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# **The Little Book Of** **Ultimate Power**

## **Table Of Contents:**

- 1. How To Find Out What You Want From Life**
- 2. Cure Your Fears Of Change**
- 3. Healthy Fear**
- 4. Building Confidence**
- 5. Mind Power**
- 6. The Greatest Motivation: Success**
- 7. Create A Realistic Plan For Success**
- 8. Success Strategies**
- 9. Goal Setting**
- 10. Prioritizing**
- 11. Your Own Attitude Makes The Difference!**
- 12. Manifest Your Desires**
- 13. Empowerment**
- 14. Learn To Live Life The Fun Way**

## **How To Find Out What You Want From Life**

No matter how young or old you are, you must have gotten to a point in your life when you have to take a big decision, which will probably affect your entire existence. There is no doubt that there are certain moments in life when you feel helpless and disoriented and believe you could use a hand in order to figure out how to proceed with your life.

Those particular moments are the very moments when you should not depend on anybody's advice, because, even if they gave it to you with the best intentions, in case anything goes wrong, you're always going to blame those persons. That is why specialists strongly advise you, every time you find yourself at a crossroads, to always take the decisions by yourself. Obviously, the question arising is: how can we know how to take it and which is the best solution?

The answer is never going to be simple for some of us. However, there is a technique that can be of great help and employed regularly will have great results: it is called *meditation* and it has been used for centuries in certain rituals and by ancient civilizations. Even in old and famous books, like the Bible, for example, we are invited to meditate, to discover and fight the evil in us and by knowledge to gain control over our decisions and our lives.

How do we proceed when meditating? First of all, we need to be away from any source of distraction, because we can't analyze our deepest feelings and thoughts and watch a movie at the same time. Secondly, we need to ask ourselves a series of questions that will help us to better determine who we really are.

The questions should relate to everyday aspects:

- What do you like doing?
- What made you most proud of yourself during your entire life?
- What is it that you always wanted to do and you never found the time? (you can include here anything from visiting friends, to going to Antarctica, or seeing your dentist)
- What role does money play in your life?

- What is it more important for you, your family life or your career?
- How much do you depend on others?

If you are worried about a certain decision, let all the questions be related to that issue. If you're just confused in general, when asking the questions, think about the common topics that one has to deal with during his life. Don't forget to write down the answers. Try to concentrate and to be sincere; after all, nobody will judge you.

All these questions will help you determine exactly where you stand and what is it that you want from life. All you have to do is to get the right interpretation of your own replies. In order to do that, help yourself to a cup of tea or your favorite coffee and take the time to analyze them thoroughly. Mark with a red pen whatever you find pride worthy answers and with a black one the things that don't make you proud.

Post the list somewhere where you can see it more than once a day, or post it in more than one place. You'll notice that, step by step, even unwillingly, the *black* things on your list will start turning red. Don't forget to renew the list when most of it has turned red! It is the best way to always be aware what your expectations from life are! Good luck!

## Cure Your Fears Of Change

Usually people are afraid of *bad changes*, things that affect their existence in a negative way. The question arising is how to cure our fears of change?

The most important thing is to understand that life is always made from ups and downs and nobody can be in a permanent ascending trend, simply because that is impossible. Even the most envied stars experience the *downs* life has to offer, so nobody can avoid them.

However, the most important thing is not how to avoid changes, fears and bad experiences, but **how to learn from them**. It is crucial not to let problems overwhelm you, **but to know how to use them in your favor**.

There is no doubt that problems affect us, which is actually normal, due to the fact that we have feelings, but, nevertheless, every single hard moment of our lives should make us even stronger. That is why specialists suggest that you should always analyze and meditate on the worse situation you had to deal with, in the course of your life. Try to learn from your mistakes, because they will help you be prepared for the changes or less pleasant situations to come.

There are many ancient beliefs that consider that every single episode of our lives happens with a pre-determined reason. They also think that life, somehow prepares us for certain events to come, so if we focus enough attention on our previous experiences, we will understand many things from the present.

With all that, it is also true that the *unexpected* can happen anytime. However, you should keep in mind that a change is not always for the worse and consequently, **you must never let go of a chance, because you are afraid to take the risk**. Remember that, from time to time, something has to happen in order to free you from monotony, so you shouldn't be surprised if, at a certain moment in time, instead of being afraid of change, you desire it with all your heart.

If you just don't feel capable of realizing what a certain change in your life, actually means, here's a list of tips that might help you get mobilized:

- **Try to think only of the positive impacts that will result after the change.** See how important they are and meditate upon how to multiply them, by adding some other good aspects, which need certain assistance.
- It is always good to picture somebody else in your situation, as picturing ourselves in a less desirable position, always looks more dramatic than it really is. If you realize that the other person can handle the change, you can be sure you'll be able to handle it as well.
- Imagine the worse situation that can result after the change. Now try to find various solutions to it. Meditate on how much you can loose, if the worst happened, and how important those things are to you. **If you find more than one reasonable solution, you are safe – the change can't be stronger than you are!**

## Healthy Fear

Fear. Many people automatically assume that fear is unhealthy and doesn't serve a purpose. Hence, the term 'don't worry, be happy' may not always work in our favor. True, we should all learn not to sweat the small stuff and let things slide if they are unnecessarily causing us harm, physically, emotionally or spiritually. **But learning to differentiate between healthy fear and unhealthy fear can benefit us because healthy fear can and will benefit us in the long run.**

In Buddhism, it is actually taught that we should try to ignore or eliminate unhealthy fear and embrace healthy fear.

An example of unhealthy fear is a fear of lizards and insects. The fear is real although the danger is not. We get squeamish and avoid bugs and insects because we fear them. But bugs and insects don't hurt us, they cannot. Hence, the fear is unfounded. An example of healthy fear is a fear of cancer or death. We all know that cancer and death are real. Most of us have to agree that we are afraid to die especially from an incurable disease like cancer. The fear is termed healthy fear because it may help us quit smoking or taking drugs. The healthy fear can steer us in the right direction because we're afraid of getting cancer or a deadly disease like AIDS.

You will be surprised; many people have different types of fears. The most common ones are insects and death, the ones we've used in the paragraphs above. But there are people who have profound fear of heights, fear of being separated from their loved ones, fear of losing control of their lives, fear of driving, fear of the dark, etc.

The fears are real or as real as it can be for the person experiencing it. But the fears can be snuffed out. We can control it or reduce the effect it has on us. Using mind control, we can eliminate the control it has over our actions and daily decisions. We should eliminate all unhealthy fears (*as many of them as possible*) and control or make use of our healthy fears.

In understanding and recognizing the healthy fears we have in our lives, we will need to learn how to make use of the healthy fears or do



something positive about it. For example, if someone is afraid of dying of cancer because he smokes heavily, there's no point of him knowing that he should do something about it and not do anything. He must make an effort to recognize the fear and then use it to stop his smoking habits.

There are many ways in which we can learn how to control our fears or utilize them. For one, we can take up Yoga to learn how to calm our inner self down. We can learn how to have more self-confidence. We can start journal writing to put our thoughts into words, turning our thoughts into words can be extremely helpful. We can also join support groups or gather with a bunch of friends to relate our experiences, fears and sadness – it will help connect all participants and we can lend a helping hand to each other. Connecting with others who have the same fears can be so helpful because you will finally understand that you're not alone. Support is always only a phone call away.

## **Building Confidence**

Reading about confidence and actually having it are very different issues. You can read about it your entire life, but you won't have it until you make a move to achieve it. It's not something that comes easily either. You will make mistakes along the way towards building confidence and this should be expected. Just like riding a horse or a bike, you'll fall and scrape your knees a few times, but then you have to get back up there and go for it.

### **Just get on the saddle and do it**

One fine day, you're going to have to do it. Watching and reading about it won't do any good at all if you want to have confidence in life. The real deal is that you're going to have to get on the saddle and start to paddle. Why, you say? Confidence is not theory.

**Confidence is a feeling and state of mind.** Therefore, it's not completely possible for any one to build confidence without having to do something about it. So, go on and start doing whatever it is that you want to have confidence in.

Do the right things and confidence will come almost too-naturally to you.

### **Experience builds confidence**

Money and gold won't buy you confidence. They don't come in a nice packaging off the shelves. Pharmacies don't carry them. And physicians can't hand you 'confidence' in a bottle marked 'take three times a day'. **The only person who can give you or prescribe you confidence is.... yourself.**

The reason why we say 'get on with it and do it' is because we want you to have experience. You see, the more times you do something (it doesn't matter whether you fail more times at it than you succeed), the better you get at it (slowly but surely). The better you get at it, the more confidence you will have.

It's impossible to see it right now but you have indeed improved. You've made progress, you can't see it, but you are! And the more experience you have, the more confident you will become.

How confident you want to become depends on yourself. You're steering the boat so, you decide when you're confident enough. But ultimately, like they always say.... practice makes perfect!

### **Faking confidence**

Fake it enough, you'll soon realize that you don't even need to fake it. Wear the right clothes, behave in a certain way (without going overboard) and one day, you won't even have to make an effort to appear or behave confidently. Start talking confidently without stammering. No 'uh' and no 'ah' makes you sound confident. And the behavior and feelings become so real and so natural that you are confident by default!

*While you cannot fake confidence in your game of tennis (because actions speak louder than words), you can behave confidently when you lose. When that is the case, your feelings and whatever it is in your mind becomes real. **And like they say, whatever that is in your mind will one day transform into something real.***

## Mind Power

Most of us are familiar with the old adage “Where there’s a will, there’s a way”. With this simple but true statement, the possibility of using one’s mind to overcome obstacles, problems and mistakes...is projected. And believe it or not, even Yoga uses the simple logic of mind over matter to help people de-stress and detach from the real world to enter a reality that is totally in their mind.

### **Springboard to life**

Sometimes, mind power is also loosely termed as affirmations. Many believe that affirmations can help lift shattered spirits and mend broken hearts. It can help people get back on their feet when they feel that they are beaten. It can bring the soul back to life when the soul sinks into depression. No scientifically designed drug or medication works as effectively as mind power.

In some cases, using the power of the mind to control an outcome or break a negative trend can be life changing too.

For instance, if someone has been going through a cycle of bad relationships, there is a way of breaking that chain and prevent history from repeating itself. Self-hypnosis, for one thing, is also considered a method of controlling the mind to help the owner of that mind control his actions.

### **The mind is a finger tapping into your inner powers**

And oh, let’s not forget the preaching of some of the self-help gurus out there who tells you that if you learn how to control your own mind, you can tap into a limitless, bottomless pit of opportunities and unleash the giant from within your small self so that you can achieve the most out of your life. It’s true. **The subconscious mind can be controlled and can be used to our advantage.**

Well, the brain and the mind are, for most of common folks, the same thing. It’s the grey matter up in there.

But for successful people and people who understand, comprehend and embrace the power of mind-control knows that the brain and the mind are totally different things altogether. You use the brain to decide what to do when there's a mistake; you use the brain for mathematical solutions. But you don't use the mind to do all of that. The mind is like a hardly-used passageway between the heart and the brain. Using your mind is connecting the heart (your love, interests, passion, and beliefs) and the brain (logical thinking and assessment of actions and decisions).

Knowing how to use the mind is extremely, extremely empowering!

### **When success is all in the mind....**

The difference between those who make it and those who don't is that some of these successful people are success-minded. And when one is success-minded, he or she will spend a certain period of time every day mentally going 'into' himself or herself, evaluating his or her own needs, requirements, goals, mistakes, focus, and talents. The process of 'going into oneself' is akin to concept of having mind power capabilities.

So, if you think you want to cruise around in a red, hot Ferrari, go ask your mind for one. You can overcome anything, even the financial burden of buying a Ferrari – **if you really want it your mind will help you devise a plan to achieve it.**

## **The Greatest Motivation: Success**

What better way to motivate ourselves to move towards our goals than to have the object of our fascination as a source of motivation? If we want to live in a bigger house, let that house be our motivation. If we want to have a better job, let that new job with a big paycheck be our motivation. And if we want to have an international business, why not let that international business give us the nudge we need to trudge forward.

We understand that the biggest obstacle and challenge to being successful is the lack of motivation. Sometimes, when we're halfway through a journey, we find ourselves slacking. It's like writing a novel. Novel writers will happily tell you about how easy it is to start a project and how difficult it is to see it through to the end. Achieving success is a lot like that. You have a million and one starts, and practically not a single ending. Or even if we have lots of endings, most of them are premature and way off mark.

### **Never lose sight of success**

The fastest way to success is to keep your eye on that success all the time. Consistently. Never peel your eyes away from the fact that one day, you're going to get what you want in life. It's not hope. It's not a wish. It's not even a goal! It has to be a fact. When you think success is not an option but a fact, the faster you will get it.

Take, for example, Olympic swimmers. If Olympic swimmers want to get their gold medals, they are trained to go through a series of mind-boggling workout sessions every single day and are consistently psyched up about WHEN they are going to achieve their goals. Not IF but WHEN. Only when they start viewing the gold medal as a necessity, envisioning the gold medals hanging from their clothes hook on their wall will they feel adequately motivated to move unwaveringly towards that goal.

### **Surrounding yourself with success minded people**

We've personally heard of people who are so geared for success that they are literally living in a world of success, enjoying the things that they would enjoy when they are successful. This plays up the part of it being the biggest motivation, and when it is all around you, you cannot ignore it.

By surrounding themselves with successful people or success-minded people the rewards are limitless. Not only are their friends able to share their positive views on how to better reach their goals, they are in the position to motivate each other and share tips and tricks! Regardless of what an optimistic person you are, you are still susceptible to feeling negative, sad, disappointed and impatient about achieving your goals. Positive and success minded people can offer a sympathetic and understand shoulder to cry on and then help nudge you on your way.

### **A book of vision**

And we think there's nothing better than self-motivation. Try making a book of dreams to help remind you of your goals. Cut and paste pictures of people or things that can remind you of your goals...and let yourself smell success every time you flip those pages.

## Create A Realistic Plan For Success

Every one of us wants to be successful, but we often rely on luck and chance to achieve our goals. The best example in this case is someone who wants to get rich but only has one alternative: playing the Lotto. Of course, there are chances of becoming rich over night, but how likely is it that this will actually happen?

**Creating a realistic plan in order to achieve the desired results is vital in any case, no matter how high or low your hopes are.**

The safest way to do this is by taking successive steps and gradually increasing your chances of reaching your ideal. Try to think of a metaphor and compare your desires with a professional swimming competition. The first thing you need to do, in order to have chances of winning the race, is to make sure you are not afraid of the water. Before you even consider entering the race you have to eliminate your fears. They are the ones holding you back, **but be careful**, some of your fears might save you from getting hurt or failing.

Once you are convinced that your goal is worth fighting for, you have to start the hardest stage in you plan: **preparation**. You cannot expect to win a professional swimming race when you don't even know how to swim. Start with the basics and never skip any steps out of desire of reaching your goal faster. The experience and knowledge you are skipping will probably come back and hurt you later on. **Prepare by taking gradually increasing steps.** Swim half a lap first, and then move on to a full lap. Your skills will progress each time and you will soon beat your own lap records every time you enter the swimming pool. It might take days, weeks or years to prepare for the "race", depending on what your goals are. **The main thing is to enter the race feeling confident in your own success and having all the skills that would allow you to win.**

Taking steps one at a time and keeping your plan realistic gives you two important benefits. **The order and precision of a plan brings confidence.** You don't feel like you are reengaging each new issue on a day-to-day basis. Organizing your strategy reduces the chances of making wrong moves or taking less efficient decisions.



Secondly, **having a sound plan has many psychological benefits and your subconscious mind worries less, giving you more energy to concentrate on what's important.** You are creating a pattern in your awareness that accepts success and integrates it in your plan. When both you conscious and your subconscious mind believe in your chances of reaching a goal you benefit from a power of concentration and focus that eliminate outside interference and let you follow the shortest path to success.

Even though chance may still play an important role in your quest to reach your ideal, **having a realistic plan let's you change the “unlikely” into “possible”.**

## **Success Strategies**

While there is no rule of thumb or ten commandments when it comes to becoming successful in life, there are things you can do and rules you can follow to make your dreams more real. And here, some of the most important strategies have been outlined for you.

### **The rule of the farm**

Farmers do it and Jesus taught this to his disciples. “As we sow, so we shall reap”. The principle is that success is not an overnight thing. It’s got nothing to do with nightly prayers (definitely couldn’t hurt though). And it’s got nothing to do with watching others become successful. It’s got to do with consistent work and effort - day in and day out. Farmers tend to their crops every single day without fail, and when the time comes, they reap the benefits from their effort.

Success is a lot like that. Continuous and consistent effort makes a world of difference.

### **No shortcuts**

There are shorter journeys and there are longer journeys but the harsh truth is that there are no shortcuts. The length of the journey is a direct result of the level of commitment and effort one puts into becoming successful. The harder you try, the shorter your journey. Shortcuts often lead to disappointments. While luck may have something to do with becoming successful, shortcuts have nothing to do with success.

### **Keeping track**

While the mental state of a person says a lot about becoming successful, the physical act of a person does make a difference too. Have a plan, keep to it and track your efforts. Keeping track of the things that you do and the success rate of those efforts will help you understand what you are doing right and what it is that you’re doing wrong. And during this journey of yours, you can fine tune your plan and map out the route you want to travel. The better you adapt and

change according to circumstance and requirement, the faster you will get to where you want to go.

## **Stress**

Every breathing human being has to deal with stress whether we like it or not. And if you want to be successful, you'll have to learn how to deal with stress better. There are two tiers to stress. One, you have to learn how to deal with the daily stress level in your life. Two, you have to learn how to channel stress energy somewhere else and turn them around to work for you. Yes, stress can be your ally, not your enemy. Learn how to turn stress to become a motivating factor. Every time you are stressed, push forward and channel it towards achieving something, doing something beneficial towards your dreams. And most importantly, never waver from your goal just because you're stressed.

## **Keeping positive and eliminating negative**

Easier said than done – we know. First off, start with eliminating negative influences in your life. Once the negatives are out of the way, it's easier for you to become positive. Surround yourself with things that will benefit you, and hang out with positive, successful or success-minded people. And embrace the positive....let them overwhelm and influence you.

## Goal Setting

Goal setting is a process whereby you decide what you want to achieve and set up a plan to do it. Some people say that goal setting is just a matter of sitting down and deciding what to do with their lives but we beg to differ. There is more to goal setting than meets the eye.

If you fully intend to achieve your goals, you should perceive goal setting as an extremely powerful process of personal planning. Goal setting should not be taken lightly because your journey to success depends completely on the goal setting process. Your personal goals and achievements should be based on what you want out of your life, your interest, your capabilities, and the time and money you are willing to invest into achieving your goals.

Goal setting techniques are relied upon heavily by some of the best athletes and sportsmen in the world. Not only that, we can go as far as to say that anyone who is successful in their life depends quite heavily on the goal setting process. It gives you the kind of vision that you won't otherwise have – the long-term vision. It helps you plan on how you want to find information, gather and collect them and use them. It helps you organize your time and resources effectively.

**The very first step of goal setting is to, first, determine what you want at the end of the journey.** That is your ultimate destination.

Ask yourself...in this lifetime, what do you want to achieve? Really want to achieve? This desire will help you outline your goals in life and lend a helping hand in the goal setting process.

Goal setting should touch on areas regarding artistic, attitude (personality), career, education, family, financial (most popular), physical, pleasure, health...etc.

Suffice to say here that when you're writing down your goals, **think about no one else except for yourself.** What do you feel deep inside your heart? What are your dreams? Your secrets...what are they? Forget about your parents, sisters, brothers, relatives, friends and associates. They should have nothing to do with your personal

goals. Therefore, they should not influence your decision even in the smallest way.

Once you've decided on your goals, it's time to sit down to plan how to get there. This process is just as important as the initial goal setting process. It's time to prioritize all your goals, if you have more than one. You should set out to achieve your goal over a certain period of time....like 25 years; it all depends on you when you want to achieve your goals. Then within the 25 years, set smaller goals.

For instance, if you're trying to have financial freedom, the goal should be 25 years. But in 5 years time, you could set out to get a new job or get a managerial post in the same company or another company. In 10 years time, you want to get your own apartment and start your own business. In 15 years time, you plan to open a new outlet or a branch, etc. In 20 years time, you set out to have at least \$500,000 in your bank account with a fixed deposit. And in 25 years time, you plan to retire with at least a couple of millions in savings!

Of course, this is a hypothetical goal and while we think it's achievable, it doesn't have to your goal. Your goal is yours and yours alone to make.

## Prioritizing

We all have so many things to do in the 24 hours that we have been given in a day and we have only this much energy and resources to achieve what we have to achieve. And let's admit it, we cannot expect to do everything equally well at the same time if we don't learn how to prioritize and organize our time well. In fact, if we don't learn how to prioritize, we may never get anything done at all. **Prioritizing can help us solve that frustrating problem.**

Prioritizing is a way of saying that you need to list down stuff you need to get done within a certain period of time and then deciding which ones need to get done first. We need to effectively recognize which one is important and decide which ones are urgent and which aren't.

One way to understand which tasks are important is this: long-term goals should be given the front seat. Short-term goals should come next. Urgent tasks are ones that need to be done within a short period of time and if they are not done, you will have to deal with circumstance that might lead to long-term consequences.

The way to get through the day is to finish the urgent stuff as quickly as possible and handing over the projects while you spend the rest of your time on the important but not urgent stuff. We know it is easier said than done but if you sit down every end of the day listing down the next day's tasks, you can do this! We know it can be done because many people have done this before.

The key is to finish off the urgent matters that need your immediate attention. Once you've checked them off the list, you should focus your energy and attention on things that give you long-term benefits.

However, sometimes, unexpected tasks come along and you have to add them to the list of things to complete immediately. We know that's unplanned but here's what you do. You don't place it at the top of the list. Now, if you've done what we've asked you to do earlier, you would have a list of urgent matters in hand. You would have marked them according to their importance. If the task is rated as 'B', then

add it to the end of the list of 'B' importance tasks. If it's rated 'A', add it to the end of the list of 'A' importance tasks.

So, what happens if the list gets too long for you to complete in a single day? Ask yourself whether you can postpone it and start planning when and how to do it the next day. If it cannot wait, you should ask for help from others or at least delegate the task to others.

Everyone's got his or her own limits and you're only human. **Don't expect yourself to be perfect and stretch yourself too thin over unimportant things that are classified as 'urgent'.**

Remember, letting others take responsibility over tasks that you know they can handle efficiently will help you in the long run.

## **Your Own Attitude Makes The Difference!**

In life there is a huge variety of things that you can't control, no matter what! Nevertheless, you should never let those things, regardless of how bad they are, defeat you. Remember that, no matter how bad the situation gets, **you're the one who decides how to react to it and how much it can affect you.**

It is essential to always *meditate on the positive aspects* of any occurrence. In other words, try identifying the good parts in everything. Even though it might sound extremely hard or very foolish at the beginning, seeking the good aspects in the worst situation of all will help you exercise your way of thinking and, in no time, you'll find yourself meditating in an incredibly constructive and positive manner.

The question is how to find the power to analyze everything in a good light, when things can't get worse than they already are. **The answer is to detach yourself from the facts.** Remember that most things in this life are temporary and you have to move on, no matter what. Also, if you train yourself to smile a lot and be polite to the people around you, you might discover that, in fact, this actually represents an efficient medicine against bad thoughts and a healthy attitude towards life can sometimes play a crucial role.

Nevertheless, remember to seek out the lesson you should learn after a disgraceful occurrence. Have a learning attitude towards whatever happened and try to convince yourself that all is for your own interest – after all everything bad that happens to you can only make you wiser, stronger and contributes to your self-improvement, if you know how to turn the situation in your favor.

When there is an extremely difficult problem to solve and no solution seems to fit in, remember **to change the perspective from which you're analyzing the data.**

Getting awfully scared and not being able to think clearly, will definitely not lead you to resolving the issue. On the other hand, if you meditate and try to observe the situation from another



perspective, which is, if not better, at least less harmful, you might soon identify a way to solve the problem.

If your worries are related to your future, strive to impose to yourself that you can reach the goal, no matter what! **You have to have a winner's attitude in order to defeat the problems.** This is why, you also have to remember that, in a certain way, the others share the same attitude that you have for yourself. Consequently, if you're nervous, afraid you might fail, unconvinced with your actions, etc. people around you will perceive you exactly as you perceive yourself. Not in vain do they say that what others think about ourselves, is in fact, the reflection of our actions, which is actually the reflection of our attitudes.

The good thing about attitudes is that one can change or educate them and it has been proven that a good attitude toward everything around us is more efficient than any other drug. **It's free and it can only produce good results, so have an open attitude about it!**

## **Manifest Your Desires**

Manifesting our desires is all about turning whatever that is in our minds into a physical form. We're essentially trying to bring out the ideas and desires, the wants and dreams into a form that we, as human beings, can identify with and can touch, feel and explore.

Visualization, a form of technique currently widely accepted and used in many different fields and industries, is just a form of technique that helps people create a mental picture of what they want. Visualization is currently widely used by sportsmen to help them improve their performance and achieve their goals. And visualization is also used by physicians to help in healing and prayer. The effectiveness of visualization is, today, irrefutable.

The reason why manifestation and visualization techniques are so powerful is because more researches are finding a deep connection between the power of the mind and what actually happens in real life.

**On a very subconscious level, whatever the mind can conceive, can and will happen.**

Through in-depth studies and researches, it has been found that when you place together a group of people who practice manifestation, keep journals, and share their own experience with each other, they will each report strangely but conceivable rates of success in achieving their dreams.

The foundation and basis of manifestation and visualization is called 'creating the lives we want to live'. Once you learn how to control your mind and convince the mind that you are living your dreams, the better you are able to steer your 'actual life' that way.

Manifesting is sometimes coined as a way of 'cheating' your mind.

**Remember, the 'mind' and the 'brain' are totally different entities.**

You use your brain to think and solve daily problems and make decisions. The mind is a pathway between your heart and your brain.

Through the 'manifesting' process, you're channeling your energy, time and effort into turning your life around. You can literally refocus your life from a 'not having' state to a 'having' state.

**Evaluate this statement:** If you focus more on what you don't have, you will have increasingly less of what you do want. If you focus energy on the things you would like, the more these things will become a reality.

Some people think that manifesting is a form of traveling in a time traveling shuttle. Through manifesting, you're basically trying to reach across time and space to reach into the future and feel whatever it is that you want to have. It feels real and in your mind, it IS real.

And yet, for most successful people (irregardless of their interest, field and business), manifesting requires that you eliminate all negative thoughts altogether. In your mind, everything should be positive, if not positive, it should be neutral thoughts. Manifesting is like a prayer. You say it every night before you sleep. You are trying to convince yourself that you are (or will) live your dreams. You say it with conviction and are so sure that it will happen (or is already happening) that every single cell of your body tingles with the notion.

You get excited and can't wait for the next day. And the next morning, you wake up with enthusiasm, ready to take on the world.

# Empowerment

Look up the word empowerment in the dictionary and you'll find that it is described as an investment of power or being supplied with an ability.

Empowerment is a term very commonly and freely used in the self-help arena.

**Empowering oneself often means that you are giving taking the authority and the responsibility of carrying out discretionary actions to achieve a goal.**

To empower yourself means to give yourself the authority and capabilities to achieve your personal goals.

However, the term is often used to describe how someone can literally transform their own lives by changing the way they think and feel about themselves. And when their thinking changes, they can control their actions better and work towards being better beings and accomplish more things in shorter periods of time.

Self-empowerment also came to good use in the Human Potential Movement that came out of the social and intellectual milieu in the 1960s. The Human Potential Movement basically worked towards cultivation of extraordinary potential in human beings that are largely left untapped into. The Human Potential Movement strives to tap into the hidden talents of fellow human beings so that everyone can experience exceptional quality of life – become happier, more creative and...ultimately more fulfilled and satisfied with their lives.

Many advocate of self-empowerment don't believe what they see and sometimes don't see to believe. In saying this, it means that self-empowerment advocates often go beyond what they see.

A fine example would be this – you don't see air and yet you know it's there. You don't see success but it also doesn't mean it's not there. So why limit yourself? They believe that whatever it is that you see in your mind is true. As long as a person believe in whatever they are

doing, they are right. Although some may disagree with this notion, this is a corollary belief that self-empowerment experts believe in.

Instead of seeing to believe, it would do us all a lot of good if we started to believe what we see. Whatever we choose to believe, that is what we will see. And when we do that, we will start to feel an overwhelming sense of self-empowerment and our lives will take a turn towards the better. **We will be better empowered to pursue our beliefs, albeit our desires and goals.**

Our world and our minds are often ruled by what we see, hear, feel, smell and say. But we forget – what about what we feel and see in our mind's eye? Some people say its instincts. True, to a certain extent.

Our heart is our sixth sense...and the most important one as well. While normal people will avoid or be indifferent to our deepest potential because we cannot see it, people who are empowered can see beyond what we can because they rely heavily on their sixth sense.

Whatever we believe and feel will become what we see. And this is what self-empowerment is all about – **acting on our heart and seeing beyond that which we are accustomed to.**

## Learn To Live Life The Fun Way

Happy and sad moment alternate in our lives and the problem arises when we realize we have no or very little control over them. A 100% happy life is utopist, but there are ways to train yourself to react better to problems and difficulties.

**Let's have a look at some of the most frequently used methods of cheering yourself up, no matter how big the problems might seem.**

Try to surround yourself with cute things, like children or animals. You will be instantly "contaminated" with their joy and innocence and, at least temporarily, a huge weight will be lifted from your shoulders. Children are also great teachers, even though they don't realize it. Take their example, for a moment, and enjoy every single thing life has to offer you, like kicking a ball, throwing stones in the water or savoring a candy bar.

**It never hurts to offer yourself a reward every now and then.** After a long day struggling with problems your mind and body need some time off.

Do one of your favorite things: watch TV all evening without moving a muscle, take a long hot bath, play a computer game or go out and dance. Fun moments will remind you of how life should be and this will motivate you even more to do your best and solve all problems as fast as possible, so that you can go back to fully enjoying life.

Gather some courage and face whatever is worrying you. The worst idea is to lock yourself in and to start feeling sorry for yourself. Thinking about a problem for hours and hours will do you very little good. It's time to take action and, even though it is hard, to take the first steps toward solving the difficulties.

If you have a health problem, for example, and you are afraid to go to the doctor just wake up one morning and do it. **Don't think about it, don't analyze, just go.** Once you get to the doctor your mind will probably come up with a dozen good excuses to get you out of

there – try to resist it. The sooner you solve your problems the less chances there are of letting them grow out of control.

Immerse yourself in a creative activity, such as painting or practicing a new sport. This will keep your mind away from worrying and you will win some well-deserved relaxation. Seeing your friends is also a good method of eliminating stress and worries. You can try to combine the two and get involved, together with some friends, in a new and exciting activity. Physical activities work like a charm as they also grab the full attention of your mind. A tennis or soccer match won't give you enough time to start having negative thoughts, as you will be focused on the action. Activities that involve your mind – such as chess, for example – are also effective, as long as they are fun and the competition factor is low.

**By following the general guidelines presented above you will reduce stress factors and allow your mind and body to recharge their energy and respond better to any distressful influences.**

## **Fulfillment**

Fulfillment....a very ambiguous word.

Especially when we're talking about personal fulfillment.

What makes one person feel fulfilled cannot be completely the same with whatever makes another person feel fulfilled. Fulfillment can be assessed in many different levels. Some people feel fulfillment with a secure job and a happy family. Some people feel fulfilled when they have traveled the world. Some people feel fulfilled only when they have financial freedom.

As an illustration, let's take a look at three men, Jack, John and Jacob.

Jack is a successful insurance salesman. He's been through a lot during the early years of being an insurance sales man. But today, he earns a very comfortable income without having to slog day in and day out. He's got lots of friends because in the course of his business, he meets with many people. But he doesn't have a home and he feels unfulfilled. Only with a family will he feel complete.

In the meantime, John is a general clerk in a large company. The prospect of ever climbing the ladder is bleak because he's not well-educated. John is married Jane and they have 3 kids together. Although the kids can never dream of going to some of the large Universities known in the country, they can be assured of sound education. Does John feel fulfillment? No, he does not. He wishes he could have more money to afford the things that his kids want and send them to world-class Universities.

In the meantime, Jacob is a freelancer who works from home. He has the money and he's got a fabulously supportive family who would see him through bad times and then celebrate with him during good times. Basically, Jacob can plan his life because time is on his side. But Jacob loves to travel and wishes he could travel the world, with and without his family. Therefore, Jacob is not fulfilled with his life as well.



Look at all of them and let's merge their lives together just for a moment there. Don't you think that with Jack's money, John's family and Jacob's freedom, they will all be happy with their life?

Being fulfilled with one's life is having a sense of purpose and the drive to achieve more without worrying about the daily workings on life. Usually, one will feel fulfilled when there's an overall balance between obligation and enjoyment. Elimination of work, responsibility and obligation will not usually make one feel fulfilled. Generally, people feel fulfillment when there's a goal for them to work towards and they are allowed to feel enthusiastic and energized about it. When one feels fulfilled, they are not stressed out.

More importantly, when people respect you and value your contribution, effort and work, you will feel fulfilled.

It's the having an overall feeling of accomplishment, self-respect, respect from others, financial freedom, and love from family that makes one complete. As soon as we have a sense of purpose and a goal to strive for, we'll start feeling more complete and satisfied with our lives.

**So, it's time for you to decide what means fulfillment to you. Whether this be money, family or travel, it's up to you to strive for personal and professional fulfillment.**