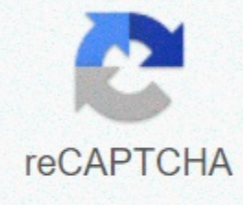




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Buy this book on Amazon (You should read) Access my 85+ Search Collection Notes from the Book Key Takeaways Set Your Standards If you don't set a base standard for what you'll accept in your life, you'll find it easy to slip into behaviors and attitudes or a quality of life that's well below what you deserve. Do not install or fall into the trap of not defining your standards. If you do, you're likely to find yourself in a suboptimal reality. Making a decision Make a true decision means committing to achieving a result, and then cutting yourself off from any other possibility. If you say you want to lose weight or improve your finances, then make a firm decision and get on with it. Making a decision is to commit to your goal and leave nothing, including your own weaknesses or limiting beliefs, prevent you from achieving it. Deep knowledge deep knowledge is any simple distinction, strategy, belief, skill, or tool that, by the time we understand it, we can apply it to make immediate increases in the quality of our lives. In my own quest for truth, I constantly seek a deep knowledge, which once identified, has the power to immediately transform your perception and the quality of your life. Your decisions and perceptions determine your life Know that it is your decisions, and not your conditions, that determine your destiny. ... they are never the events of our lives, but the meaning we attach to events –how we interpret them- that shapes who we are today and who we will become tomorrow. If you are in a reality that you do not enjoy, then you need to make the right decisions to improve your reality. No matter how horrible the circumstances you face may be, you mind finding ways to improve these Pain and pleasure PAIN and PLEASURE! Everything you and I do, we do either because of our need to avoid pain or our desire to gain pleasure. if we link massive massive pain any behavior or emotional pattern, we will avoid enjoying it at all costs. We can use this understanding to harness the strength of pain and pleasure of changing virtually anything in our lives. But if we don't lead our own associations to pain and pleasure, we will not living better than animals or machines, reacting continuously to our environment, allowing what comes next to determine the direction and quality of our lives. The truth is that we can learn to condition our minds, bodies and emotions to link pain or pleasure with what we choose. By changing what we link pain and pleasure, we will instantly change our behaviors. Almost everything we do comes from our desire to avoid pain and gain pleasure. When you recognize this fundamental principle of how you operate, you can make more solid decisions, better understand what drives you, and reshape what you associate with pain and pleasure. Problems are not permanent Achievements rarely, if ever, see a problem as permanent, while those who fail see even the smallest problems as permanent. Successful people understand that problems are impermanent and can be solved through action. Instead of dwelling on the challenge they face, they accept it and find a way forward. Happiness is supported in growth ... to succeed and be happy, we must be constantly improving the quality of our lives, constantly growing and expanding. When we learn, grow and push ourselves constantly, we are much more content. If we complain stagnant and stop growing, that's when misery begins to find its way into our lives. Reinforcing good behaviours Any pattern of emotion or behaviour that is continually reinforced will become an automatic and conditioned response. Everything we don't reinforce will eventually dissipate. The patterns, emotions and behaviors we reinforce become the habits and beliefs that determine the quality of our lives. When you understand this, you can more intelligently design your life to reinforce empowerment actions and eliminate the underpowers. Ask quality questions Quality questions create a quality life. The questions you and others matter to. If you constantly wonder, why is this happening to me, you are bound to be miserable and feel that the world against you. If instead, you ask, what can I do to improve my situation?, you will find yourself solving the problems you face and constantly improving your life. How to handle your emotions The quickest, simplest, and most powerful way I know how to handle any emotion is to remember a time when you felt a similar emotion and realize that you've successfully handled that emotion before. If you are anger, sadness, disappointment, shock, or some other negative emotion, try to remember a time in the past where you and overcame that excitement. Maybe you did something that helped you move through it, or maybe time solved the problem. If you can remember that you have overcome the same excitement in the past, you will be better prepared to handle the excitement you are currently experiencing. Setting goals to become the person who wants to be Achieving Goals for themselves will never make us happy in the long run; it is who you become, as you overcome the obstacles necessary to achieve your goals, which can give you the deepest and most lasting sense of fulfillment. Achieving your goals is not what drives your happiness. Rather, it is the person they become and the challenges they conquer in the process of pursuing their goals that drives their fulfillment. The safety of the present Too often, the safety of a mediocre present is more comfortable than the adventure of trying to be more in the future. People get caught up in their current circumstances even when these circumstances are mediocre, because it is more comfortable than taking the steps to be more in the future. If you are in this situation, choose the adventure of doing more. You will often learn things you could never have hoped for, and your life will improve as a result of this learning. Values The only way for us to have long-term happiness is to live by our highest ideals, to act consistently according to what we believe our life really is. But we can't do it if we don't know clearly what our values are! This is the biggest tragedy in most people's lives: many people know what they want to have, but they have no idea who they want to be. Whenever you have difficulty making an important decision, you can be sure that it is the result of not being clear about your values. Instead of thinking about what you want, think about who you want to be. Think about the qualities of the people you admire, and write down those qualities. Determine the qualities that are most important to you, and live by these values. When you face a difficult decision, you can turn to your values to facilitate that decision. Communicate your expectations So if you ever feel angry or upset with someone, remember, it's your rules that are bothering you, not your behavior. Don't expect people to live by your rules if you don't clearly communicate what they are. Remember, the most empowering rule is to enjoy yourself no matter what happens. We are often angry or upset with someone when they violate our expectations or rules about how we believe they should act. However, if we haven't communicated our expectations to other people, we can't expect people to live by those expectations. So if someone bothers or angers you, communicate your expectations first. Finally, design your rules to be empowering. If you have a rule that yourself, whatever happens, you will find yourself feeling less negative about the circumstances you face. The difference between health and fitness Fitness is the physical ability to perform athletic activity. Health, however, is defined as the state where all the body's systems —nerve, muscular, skeletal, circulatory, digestive, lymphatic, hormonal, etc.— are working optimally. You may be fit, but not healthy, and healthy, but not fit. Remembering to distinguish these two terms that often come together incorrectly will allow you to live a more healthy and balanced life. The key to wealth The key to wealth is to be more valuable. If you have more skills, more ability, more intelligence, specialized knowledge, an ability to do things that few others can do, or if you just think creatively and contribute on a massive scale, you can earn more than you ever thought possible. When you provide more value, you'll receive a higher financial reward. So if you find yourself not making the income you want, find ways to be more valuable, whether through increasing your skills, your skills, your knowledge, or your creative ability. Urgency vs importance Have you ever worked your tail off, completed every thing on your to-do list, but at the end of the day still felt unfulfilled? That's because you did everything that was urgent and demanded your attention at the time, but you didn't do what was important – things that would make a long-term difference. Developing the ability to differentiate urgency from importance will directly affect your ability to be and feel successful in your personal and professional life. If you are constantly focused on what is urgent, rather than what is important, you may end up working the without feeling or getting the rewards you are looking for. You can also enjoy these books... Books...