



DIANE CARTER

Creating Change

Innovate.

Adapt.

Thrive.

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*“You have the chance every single morning
to make that **change** and
be the person you want to be.”*
Brandon Burchard

*"**Change** happens when the pain of staying the
same is greater than the pain of **change**."*
Tony Robbins

Enjoy your journey!

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Introduction

I'm so glad you're taking the time to focus on changing your thoughts for your well-being.

I know it can be scary to step out of your comfort zones and face the unpredictability of Change. But trust me, it's worth it. When we open ourselves up to new experiences and challenges, we engage in active self-care and growth. Think about it for a minute. Exploring new activities - the unknown - allows us to learn more about ourselves. Stepping outside our routine also brings valuable skill sets and knowledge that benefit us in the long run.

Change can help us focus and prioritize what's important, whether it's decluttering distractions or leaving behind relationships or careers that no longer serve us. By making small, meaningful changes, we take action toward our goals and gain a sense of accomplishment and self-worth.

Change can be uncomfortable, but it's necessary for a fulfilling life. In addition, it gives us the confidence boost to overcome challenges and build stronger relationships with those around us.

And you have the power to change the way you think today. That's right, you can choose what thoughts you want to focus on right now. This concept dates back to the Bible. In 2 Corinthians 10:3-5, Apostle Paul talks about "casting down imaginations." The words "Casting down" meant to

"destroy," and the word "imagination" meant "thought," which means not believing in lies and falsehoods.

It's important to constantly challenge negative thoughts and replace them with positive ones. No one else can control your thoughts and feelings except you!

I challenge you to start each day with a pep talk and powerful affirmations. Spend 5-10 minutes every morning focusing on what you want to achieve for the day, and don't let negative people or the world get you down.

Here's a sample pep talk to get you started. Use it, personalize it, or use it as a springboard and create your powerful motivating morning pep talk.

"Good morning! It's a brand new day, filled with endless opportunities and potential. Take a deep breath and remember that I can make this day amazing. I am strong, capable, and ready to take on any challenge that comes my way. I will focus on the present moment and won't let yesterday's worries or tomorrow's fears hold me back. Instead, I'll trust in myself and take small steps toward my goals today. Every effort counts and brings me closer to where I want to be. So let's get going!"

And here are a few examples of affirmations to lift you up. Use them, personalize them, or use them as a springboard to create powerful affirmations. Repeat these affirmations to yourself and feel the positive energy flow through you:

- I am capable of achieving any goal I set for myself.
- I believe in my abilities and strive for success daily.
- I am worthy of success and happiness.
- My past successes give me the strength to keep going, even through tough times.
- Every challenge I face brings me closer to reaching my goals and dreams.
- I will not run and hide from failure; I will learn and rise above it.

Ending your pep talk with a code word or two that you can use as a call back during the day when the going gets tough. In the example about: "let's get going!" Say it to yourself and instantly return to the feelings of positivity and strength you had at the end of your morning pep talk!

You've got this! Believe in yourself and watch amazing things happen in your life.

Today is your day, and you're going to make it a great one.

*Dr. Seuss told us, "You're off to Great Places!
Today is your day! Your mountain is waiting,
So ... get on your way!"*

Embrace Change with passion and see where it takes you - and along the way, remember to always be innovating, adapting, and thriving! What do you say?

I hope this book empowers you to take control of your thoughts and actions. I believe that people's thoughts and

motives determine their behavior and actions. Therefore, it's essential to maintain positive thoughts and motives and recognize that we can change our thoughts when they drift toward negativity. Creating Change strives to help readers cultivate this self-awareness and to take steps toward personal growth and Change.

You can create the life you want and live with a positive mindset. "Let's get going!"

Chapter 1

Control Your Life Through Intentional Thinking

Welcome to a world where your thoughts create your life - your future! We are all empowered with one of the greatest gifts known to mankind: the power of thought.

Our past and present thoughts can shape our lives and destinies and determine our future paths. Likewise, the words we hear from family, friends, and peers have an undeniably powerful effect on us. Whether they lift us up or tear us down, our responses will ultimately shape our choices and paths going forward.

We must choose the words we speak over ourselves and others wisely. Have you ever thought about how powerful your thoughts and words were?

Positive statements and words can promote well-being and help create an uplifting environment.

The following is a list of five positive statements along with a list of positive words that you can use in your daily life to enhance your self-talk and communication with others.

Positive Statements:

1. I choose to see the good in every situation.
2. I can achieve my goals one step at a time.
3. I can make a positive difference in my life.
4. I am open to new opportunities and possibilities.
5. Today will be a fantastic day!

Positive Words:

1. **Gratitude** - being thankful for what we have and all the wonderful people in our lives
2. **Abundance** - an overflowing abundance of good things
3. **Joyful** - feeling joy and delight
4. **Kindness** - being thoughtful and considerate of others
5. **Compassion** - understanding someone's situation from their perspective
6. **Courageous** - having the strength to follow through with our dreams
7. **Optimism** - looking forward with hope for better days ahead
8. **Prosperity** - achieving success, often measured by wealth or status
9. **Success** - accomplishing goals set for oneself
10. **Inspiration** - feeling inspired to accomplish amazing feats

The more we focus on and say positive things, the better our life will be. But, unfortunately, it's easy to fall into negative patterns and use unkind words toward ourselves and others.

Harnessing the Power of Positive Thinking for Success

That's why we must guard our thoughts and choose our words carefully. Every single thought that comes into our minds affects everything in our lives. Focusing on the negative can have a ripple effect that takes us down a dark path. Similarly, if we focus on positive words, it can bring blessings and joy into our lives.

We all have the power within us to create change in the world around us by using only the power of thought and word. Start by controlling your inner dialogue - talk positively to yourself, make sure you're being kind with your comments, give yourself permission to feel good about yourself, and think about what you can do today to make a difference for tomorrow.

When speaking about others, avoid gossiping or talking negatively behind their backs, as this creates toxic energy in the environment. Instead, be kind with your words and try to lift them up wherever possible - even if you don't agree with them or their ideas - send positivity out into the world!

Let's commit to using our thoughts and words wisely - create a positive ripple effect in this world! Take time to focus, meditate, and consider how and what you want your future to be!

Making Change Happen Through Mindful Living

We all have moments when we feel something isn't right or needs a change. Well, the truth is, you have the power to make those changes! We can define 'it' as anything from the company we keep to the job we have and even the paths we take. Changing our thoughts and perspectives and taking simple actions can alter it all! And we can start today right where we are.

Think about it - once you recognize that you possess the power to transform your life by changing your thoughts, you can create any change you desire - if you genuinely want change! So, it's time for us to start moving toward living our best lives using this unique ability. Who knows what exciting things could happen?

What are you going to change today to take back complete control over your life?

Grab your journal

Grab a pen and your journal; are you ready to let out the thoughts swirling around in your mind? Every day I record in my journal, I start the same way; I think of how grateful I am for all the blessings in my life. Gratitude can be elaborate or simple. This morning, I wrote about the overwhelming joy and contentment for simply waking up and enjoying the sun pouring through my window.

If you want to get more detailed, you can reflect on the people who provide you with support and unconditional love. Family and friends who are always there when you need someone to talk to or help you figure out problems. Your amazing career.

Afterward, my thoughts turn towards ways I can make a difference myself - whether it's something as simple as being a better friend, being kinder towards others, or making more significant changes like starting a business or volunteering at a local charity organization. Whatever it may be, they all result in helping others while also making me feel fulfilled.

Zig Ziglar said, "You can have everything in life you want if you will just help other people get what they want."

Now, it's time to turn to the questions in the chapter. Answer them by being as open and transparent with yourself as possible. Remember, no one will see your responses unless you allow them to read your journal. Don't hold back. Dig Deep. The more open you are about what you'd like to change and how you'd like to create the life you've always dreamed of living - the more chance you have of building and living it.

Finally, I like to close a journal entry by reflecting on a favorite memory over the past year. A moment where I

enjoyed a victory. It doesn't have to be a massive victory [success]. The small ones count; they keep us moving toward our goals. Or maybe even a spontaneous moment when something funny happened out of nowhere but a smile on my face.

In other words, close your sessions on a positive note!

Grab your journal - maybe you created a journal just for this book, or you're adding entries to a journal already in progress - either way, grab it, and record your thoughts from this chapter. While you're at it, answer all the questions floating throughout the chapter.

Chapter 2

Learning From Change: Growing Through Experience

Change is inescapable, and life, well, life isn't always easy. We all go through ups and downs, moments when we feel great about ourselves, and periods, when it seems like the world is against us. Yet, no matter what happens, it's important to remember that having a positive mindset is key to success!

Developing a positive attitude in life takes work. It's not something that comes naturally or easily. We naturally drift towards negativity and pessimism. But when we make an effort to focus on the good things in life rather than the struggles and show gratitude, then we can find ourselves feeling more fulfilled and motivated every day.

We don't have to accept every change that comes our way - some may be too hard to face or downright unacceptable. That's okay! We can still persist in creating a thriving, positive mindset by learning to take control of our lives, even if it means making difficult decisions.

So let's make sure we take time for ourselves - focus on our goals and dreams, think positively about what lies ahead, and strive for a better tomorrow!

I recently had a chance to spend some quality time with my two-year-old great-nephew, and I am amazed at how quickly he is developing and learning! Every day he is picking up new skills and letting us know that his little mind is taking in all the information around him.

Watching him explore and understand the world around him has been one of the greatest joys of my life. Seeing his face light up with curiosity as he picks something up or enthusiastically points out something new never fails to bring a smile to my face.

It's incredible how much growth happens in a short period when it comes to children - they learn so fast! As parents, grandparents, and other family members, we are privileged to witness such a fantastic stage of development that can often take us by surprise.

It reminds us all that it really is the small daily actions that make us complete.

Trusting Yourself During Life's Challenges

We all had to start somewhere - learning to walk, talk and eat. We fall. We get up. We repeat the 'process' until we get it right. Whatever the 'process' is. Learning any new skill or task takes time, practice, and patience. We also need our family and friends to provide support, guidance, and help until we can do it ourselves.

Life is a journey full of learning curves and taking on new challenges. As we travel through life's path, having that supportive team around us is essential to succeed. But sometimes, that support may not be there for various reasons; if you are in a situation where you don't have encouragement from your circle of friends and family, reach out to like-minded people who can provide the support you need!

Joining groups with similar interests or making friends with people with similar goals can give you the boost you need when pursuing your dreams and aspirations. With their help, you'll be able to weather any storm life throws at you!

So don't be afraid to take those first steps towards creating a new network of supportive friends who will help keep and guide you on your journey toward success!

Change can be challenging to navigate but is also a source of growth and strength. We all experience change in some form or another throughout our lives daily, yet it can be intimidating if we don't know how to manage it well.

Embrace Life Changes

Here's the good news: by learning to embrace change, we become better equipped to thrive and enjoy the journey. In addition, putting a positive spin on things helps us visualize brighter days ahead and provides us with a newfound optimism.

It doesn't stop there! Combining positive mental images of your future with affirmations will help you flourish in new ways you may have never expected.

Embracing change is hard work, so let's remember to encourage each other along the way. A little bit of positivity goes a long way!

Are you stuck in a negative loop and can't seem to break free? We've all been there - getting lost in the cycle of negative thoughts and feelings is easy. But there is a way out!

An affirmation statement is one powerful tool that can help you take control of your emotions and break that loop. An affirmation statement combines positive language with affirmations about yourself, allowing your mind to focus on something positive and empowering rather than what's dragging you down.

For example, "I am courageous, strong, and capable of achieving anything I set my heart on" or "I am worthy of love and happiness" are examples of affirmation statements that can help redirect your thoughts towards more positive places.

When you start using affirmations, it won't happen overnight - but with consistent practice over time, they will become second nature. So if you ever feel stuck in a

negative loop in life, remember: you can break free through self-affirming statements!

An affirmation statement makes something optimistic - recognizing and accentuating all that's good. And for me, there is no better way to do this than by listening to inspirational music?

I want to share the classic song with you, "Ac-Cent-Tchu-Ate The Positive," which has been rerecorded by many notable artists.

Music has the incredible power to connect us with our true selves. So Google it and listen today - it could be just what you need to start your journey toward positivity!

Here is a snip-it from the lyrics

"You've got to accentuate the positive

Eliminate the negative

Latch on to the affirmative

You've got to spread joy up to the maximum

Bring gloom down to the minimum

Have faith ..."

We all need a theme song in our lives, why not make it this!

Exploring New Possibilities with Open Mindedness

Many people don't realize that they are surrounded by those trying to bring them down - whether through false

accusations, challenging intelligence, or attempting to cause them to fail.

But why do these people (not just enemies, but family, friends, coworkers, and neighbors) go to such great lengths?

The answer is simple: misery loves company. It's much easier for someone stuck in a negative headspace to bring others down than to endure the pain of self-improvement.

It's essential not to disregard those attempting to bring us down; instead, we need to recognize how powerful our proactive attitude can be. Choosing an optimistic outlook, despite all odds, will provide protection from negative influences.

Be consistent in your positivity and stand firm in your beliefs - because that strength will act as a buffer against anyone who tries to bring you down. Of course, these people may succeed in making you angry or frustrated in the short run. Still, their efforts won't last forever if you remember that your attitude and resilience will always be stronger than any attempts to bring you down!

We all have encountered people with a negative attitude who constantly bring us down. Whether it is family members, old friends, or coworkers, these kinds of people can be hard to shake off.

But here's the thing: We should never think or act as if we are better than anyone else. We may have a more informed understanding of the world, but that doesn't mean we should put ourselves on pedestals above anyone else.

That said, staying away from these negative thinkers and doers is essential for protecting your thoughts and progress. You don't have to be rude to accomplish this - just don't allow time for them to let their negative attitude set in and take over your attitude and life.

And remember what Maya Angelou said, "When you know better, you do better." So let's take care of each other by avoiding those negative influences around us and sticking with those who will lift us up instead.

It's time to take control of your life!

Whatever challenge you face, you are responsible for protecting yourself from it. We all make adult decisions, and no one else should be held accountable for the outcome.

Think about it this way; if you decided to quit drinking, you would avoid the people and environment that encourage consumption. It's the same with any other situation; if you want to succeed, you need to create an atmosphere of success and eliminate any negative influences from your life.

You cannot rely on anyone else for support or protection; to reach your goals and make positive changes in your life, you must become your own keeper. You are responsible for your actions, and blaming others will not change your outcome, so don't let anyone else hold you back from achieving greatness!

Take charge of your life - no one can do it for you

Are you ready to make a change in your life? It all starts with developing a positive attitude and using affirmations. But before you jump right into it, make sure you establish a purpose for your practice.

Your objective might be encouraging the mind to think positively and solve problems effectively. Perhaps it's also to develop new skills or any other purpose that is important to you. Having a passion for what you're doing is key! Passion will help drive your motivation and determination to create meaningful change.

- What is your purpose?
- What do you want to accomplish by changing your attitude and using affirmations?

Make sure that it matters to YOU, not anyone else. Once you have established this, start practicing! You may feel more motivated, inspired, confident, and able to think more clearly with an open mindset.

Developing change, affirmation, and a positive attitude takes practice, but it is worth it! Passion wins - get passionate about what YOU want to achieve through self-development today!

Grab your journal and share your thoughts.

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Chapter 3

Harness the Power of Your Thoughts

Are you ready to take charge of your life and become an achiever? Maybe even an over-achiever?

It all starts with your thoughts. As Napoleon Hill wrote in *Think and Grow Rich*, "thoughts are powerful things mixed with purpose, persistence, and a burning desire...whatever your mind can conceive and believe, it can achieve."

So choose your thoughts carefully. Then, multiply them with a vital purpose, daily persistence, and a burning passion for getting the most out of them. This will lead you on the path to success and help you reach the goals that you set for yourself.

When it comes to choosing our thoughts carefully, there are three main tactics that we can use. These can help us become more mindful and intentional in our thought patterns, leading to better mental health and well-being.

The first tactic is to practice "thought awareness." This involves becoming consciously aware of your thoughts and noticing when your mind starts to wander or fixate on a specific line of thinking. You mustn't judge the idea or try to

shut it down immediately - just observe it objectively, then make a conscious effort to start thinking differently if needed. Practice, this can help you to be more in control of your thoughts and how they affect your emotions and behavior.

The second tactic is "thought substitution." This involves actively replacing unhelpful or negative thoughts with more positive ones. For example, if you start thinking about how you're not good enough, substitute them with affirmations such as "I am worthy" or "I can succeed." Over time, this will help you to create new thought patterns that enable more helpful and growth-oriented thinking over rumination or fear-based responses.

Finally, the third tactic is "mindful acceptance," which relates back to the idea of thought awareness mentioned before - but goes one step further by encouraging us to accept all our thoughts without judgment and move forward positively instead of ruminating on them indefinitely. This helps us acknowledge any situation's positive and negative aspects without dwelling on either side too heavily, allowing us a greater sense of balance in our perspective moving forward.

Your thoughts are what will fuel your journey toward becoming an achiever. So take some time each day to reflect on the positive aspects of your life and focus on the things that motivate you to keep pushing forward.

Remember that your mindset is essential to reaching any goal or destination in life!

Take control of your future today by consciously selecting your thoughts to create a better tomorrow. Believe in yourself, trust yourself, and commit to making a difference. You have all of the power within you to make something unique happen!

Send For The Flying Monkeys

Everyone loved The Wizard of Oz as a child! We all know the story and characters from childhood, but there is much more to it than we realize. As adults, the Scarecrow, Tin Man, and Cowardly Lion can teach us a lot about ourselves.

The Scarecrow represents wisdom - he may not have had a brain as he thought, but his courage and determination in facing every challenge show that intelligence is much more than book smarts.

Next, the Tin Man shows us how important it is to balance reason and emotion, never losing sight of your humanity, even when situations get tough.

And lastly, the Cowardly Lion teaches us that although we may be scared of something or lack the courage at first, we can still achieve anything when we believe in ourselves.

We love The Wizard of Oz because it contains so much truth about life hidden within its pages. So, as adults, let's take another journey down the yellow brick road and maybe come away with new lessons.

Dorothy and her three friends went on a journey to ask the Wizard for their wishes. The Scarecrow wanted a brain, the Tin Man a heart, and the Cowardly Lion courage. And Dorothy was determined to get back home no matter what!

Their adventure was full of surprises. They faced many challenges together, but they overcame them with teamwork. From battling wicked witches to outsmarting talking trees, they never gave up on each other or their dreams.

Despite the different paths life had taken them down, these four unlikely friends found ways to bring out their best qualities!

Overcoming Fear and Doubt to Achieve Goals

We could all use a little courage, wisdom, and heart sometimes. These three qualities can help us reach our full potential!

No matter what we face, it's important to remember that we can do anything with courage, wisdom, and heart - even achieving our dreams! So take a page from the book of Oz - never give up on yourself or your goals.

We can all take a lesson from the Wizard of Oz - sometimes, the greatest gifts we can give come from within ourselves. For example, the Scarecrow, Lion, and Tin Man all sought something from the Wizard, but they didn't realize that he gave them something much more special - a symbol of support and belief.

The Wizard gave each of them a diploma for knowledge to the Scarecrow, a medal of bravery for the Lion, and a heart-shaped pocket watch for the Tin Man - all reflecting their inner qualities. It reminded them that they had everything they were looking for within themselves - they just needed to recognize it!

*The Good Witch Glinda told Dorothy,
“You’ve always had the power my dear,
you just had to learn it yourself.”*

It might seem simple, but it's easy to forget how powerful self-belief can be. So as we go through our daily lives, let's take a moment to remember that we already have so much inside us waiting to be unlocked – all we need is faith in ourselves! Self-belief is one of our greatest gifts!

What virtue would you ask for if you met the Wizard?

Grab your journal and record your thoughts.

Chapter 4

The Power of Belief

It's time to pause and ask ourselves what we can do better to move our lives in the direction we want. We all have dreams, goals, and aspirations for our future. To make these a reality requires us to examine our inner selves and make the necessary changes.

These changes don't happen overnight, but we can alter our behaviors and mindset with patience and practice. Visualization exercises combined with strong affirmations can help us reach our desired goals.

Do you want to reprogram your mind and reach your goals? Then start today! Visualization and affirmation are two powerful tools that can help you develop.

Visualization is about picturing your success in vivid detail—what does it look like, and how does it feel? This will create a strong mental image of what you're aiming for and helps to keep you motivated.

Affirmation is the practice of repeating positive statements about yourself or a goal to yourself, such as "I am successful and determined." This can help boost your confidence and focus on achieving what you set out to do.

The Power of Believing

Reprogramming your mind with visualization and affirmation can lead to significant accomplishments! Create success stories by setting goals, visualizing them, and using affirmations to stay motivated.

We must take action and challenge ourselves to make positive changes to create the life we most want. No one else can do this for us - only we have the power within ourselves to make the change happen!

Remember: small daily actions in the right direction can lead you closer to your future!

Change can indeed be tricky and often challenging to accept or even embrace. We all have our own ways of thinking and specific behaviors that we've become accustomed to, and it may take time for us to adjust when something new or unexpected arises.

But how amazing is it that we can actually reprogram our minds to accept change? Through dedication and perseverance, it's possible to learn how to recognize new possibilities and use them as a catalyst for growth.

Accepting change allows us opportunities to learn and encourages personal development and evolution! In addition, by embracing life changes, we can build mental

strength while developing the skill sets necessary to face upcoming challenges head-on.

5 Tips That Can Help You To Begin Modifying Your Thoughts And Altering Your Behavior

1. **Acknowledge the situation** - Accepting the current state of things is the first step in making meaningful changes.
2. **Reflect on what needs changing** - Take a look at what you don't like about the situation and devote some time to understanding why those changes need to be made. This will help you better tackle any obstacles that may come along the way.
3. **Become open-minded** - An open mind will allow you to see all available options before making a decision; this is especially important when considering change!
4. **Be patient** - Don't expect results overnight; learning to modify your thoughts and behavior takes practice, so don't get discouraged if progress seems slow.
5. **Take action** - Taking action is vital! Once you know what needs changing, start putting plans into motion to begin seeing tangible results!

Change isn't easy (I repeat that a lot - because it is true!), but it's worth it in the end! So start taking steps today

towards embracing change in your life so you can experience all it has to offer!

Still, feeling overwhelmed and unsure of how to control your life? We have all been there. It may seem insurmountable, but it doesn't have to be!

Start with looking inward and thinking about how you feel about yourself. Do you feel happy with your looks, career, performance, etc.? If not, make a change plan. Grab your journal, write down your goals and changes, and keep them close at all times - read over them daily as a reminder of the positive changes coming.

Visualization is a powerful tool for positive change in yourself and your life. Before bed or when you wake up, think about the new version of yourself that is content and thriving. The process might take some time to manifest, but it's worth it! Believe in yourself and trust that these changes will benefit you in the long run.

If you need help making these changes, reach out to friends or family for support or join an online community where others can provide emotional support. Of course, you are strong enough to make these changes yourself, but asking for help is nothing to be ashamed of. And having support makes the transition easier and makes it stick.

Take charge of your life today by believing in the power of positive change!

Have you ever set a goal and felt like a superhero and that you could accomplish anything after achieving it? That's the power of goals!

Goals are essential for developing new skills and working through self-development. With goals, we can visualize our desired outcome and use affirmations to help us stay on track to reach our end goal.

Without goals, we have no reason for success or a better life. But we can't just rely on plans - we have to take action to grow beyond our expectations. So, today we challenge you! Set a goal to push yourself out of your comfort zone and watch how far you can go! Don't let fear hold you back from chasing your dreams - set some achievable goals and watch as the universe helps your dreams come true.

Have you ever heard the saying, "A goal without a plan is just a wish"? Well, it's true! To accomplish something significant and life-changing, you need to have a plan.

Like building a house, you need to have plans drawn up and know exactly what materials you'll need and how everything will come together to succeed. Without this plan, your dream of owning a beautiful home won't come true.

The same goes for life goals. To create the success story that you desire, you must have a plan in place - one that outlines all the steps necessary to achieve it. It must be

detailed, include milestones and deadlines, and push your limits beyond what is comfortable so that growth can occur.

When mapping out your plans for success, consistency is key! Set aside dedicated time each day or week to review your progress and make any necessary adjustments. Allow yourself grace when things don't go as planned, but don't give up on your dreams because of one obstacle or setback! Instead, persevere and keep pushing until your goals become a reality.

- What do you think?
- Are you up for the challenge?
- Are you feeling agitated, frustrated, and angry?

We can all relate to feeling stressed out and overwhelmed from time to time. But did you know that meditation can help manage anger caused by stress?

Taking a few moments of silence each day allows us to take a step back from the situation, take a deep breath, gather our thoughts, and better understand ourselves and the world around us. By doing this, we can learn how to manage our stress and handle it more healthily.

Meditation helps us focus on the present moment. It gives us clarity to make rational decisions rather than reactions fueled by emotions. It also helps in improving our overall mental health and well-being.

If you're feeling overwhelmed or frustrated due to stress, take a few minutes out of your day for mindful meditation. You'll be surprised how much it can help reduce stress and improve your mental well-being!

Staying in control of our emotions can be tricky when we become stressed. The key is practicing self-awareness to recognize when we feel overwhelmed or stressed before anger sets in. With this awareness comes the ability to make conscious decisions about handling those feelings. Meditation helps us do just that.

So don't let your anger spiral out of control! Instead, take a few minutes each day for yourself and try meditating. Regain control of your emotions so you don't unleash them on someone else.

Mindfulness Meditation

Meditation helps us stay at peace and clear our minds from negative thoughts that may be causing us to make bad decisions. It can be practiced with closed or open eyes, focusing on your breathing and concentrating on your thoughts.

The next time you start feeling angry or overwhelmed, take a step back and breathe. Concentrate on the problem and ask yourself what made you so mad in the first place? Reflecting upon your emotions and the choices that led up

to that moment will help you gain control over them before they take control of you.

Give it a try! Take some time out of your day and practice a few minutes of meditation; learn to concentrate, and you'll feel more relaxed afterward.

We believe meditating, and focusing can help you relax and make better and sound decisions. So instead of reacting in a state of worry, step back and take a few moments to think about what you can control.

Worrying about something outside of your control will only further stress you out. Don't waste energy worrying about the past - it won't change anything! What happened is done. You shouldn't be stressing over tomorrow either - nothing is guaranteed.

You only have absolute power over your present-day decisions and where they lead you. So if you need peace of mind, focus on what matters now, relax, reflect, and move forward with clarity and conviction!

Let's close this chapter with these thoughts; we all experience stress and worry, which can be hard to cope with. But don't lose hope! The first step is to take a deep, slow breath and decide if you can do something about the current situation.

If you're unable to solve the problem, don't despair! Instead, think of ways that you can relieve the worrying. For example, exercise is known for releasing tension and reducing stress levels - so go for a long walk or hit the gym. Meditation can also help us feel more relaxed and in control; it's possible to practice mindfulness right in your home. Exactly where you are this very minute!

Reading and writing are also effective coping mechanisms for stressful situations. Curling up with a good book (like this one ;)) or writing your thoughts in a journal (*grab your journal*) can help ease anxiety levels. Plus, these activities provide an enjoyable escape from reality while still being productive!

Remember, when life throws obstacles our way, we must take a step back and assess our options. So let's breathe deeply and find ways to cope with them - to embrace them and to deflate them - you've got this!

Chapter 5

Transforming Thoughts Into Actions

Are you ready to take charge of your life and become an achiever? Hopefully an over-achiever!

It all starts with your thoughts. As Napoleon Hill wrote in *Think and Grow Rich*, "thoughts are powerful things mixed with purpose, persistence, and a burning desire...whatever your mind can conceive and believe, it can achieve."

So choose your thoughts carefully. Then, multiply them with a vital purpose, daily persistence, and a burning passion for getting the most out of them. This will lead you on the path to success and help you reach the goals that you set for yourself.

Your thoughts are what will fuel your journey toward becoming an achiever. So take some time each day to reflect on the positive aspects of your life and focus on the things that motivate you to keep pushing forward. Remember that your mindset is essential to reaching any goal or destination in life!

Take control of your future today by consciously selecting your thoughts to create a better tomorrow. Believe in yourself, trust yourself, and commit to making a difference. You have all of the power within you to make something unique happen!

It's easy to forget how powerful we, as humans, are. We can completely change our lives in a single moment - something so few can do!

When you step back and think about it, it's miraculous that we can choose to stay on the same path or take a risk and redirect ourselves in an entirely new direction. It's an opportunity we should all strive to take advantage of - because, at the end of the day, life is precious and flies by in the blink of an eye. It's too short not to take risks and pursue the things you are passionate about.

We know it can be scary to take a leap of faith and try something new, but if you don't take risks, you will never truly reach your full potential! Think about all the fantastic opportunities that could await you on the other side of stepping out of your comfort zone.

So don't be afraid to go for it! Stop letting fear hold you back from living life to its fullest. It's important to remember that our fears don't define who we are.

Redirect Your Life and Get Started Today!

Living life with purpose and passion is essential to experiencing true happiness and fulfillment. Don't let fear dictate your actions or stop you from pursuing your dreams. Instead, take control of the situation by learning to face your fears and develop the courage to act on them.

Your action plan will help you overcome your daily fears. Find a support system, including friends and family members, who can help keep you motivated on your journey toward success. Pushing yourself outside your comfort zone to gain confidence in taking risks and enjoying new experiences will help you crush your fears.

Start by challenging something small that scares you - it doesn't matter what it is - just take the plunge! You'll be surprised to realize how much enjoyment comes with conquering those fears and stepping into the light of freedom.

Stop letting fear get in the way of living life to its fullest potential! You can do it - we believe in you!

You have one life here on Earth, and you should make sure that you make the most out of every day and use it to chase your passions and do what makes YOU happy. You deserve it!

Don't let another moment pass by without realizing just how much potential you have within yourself. You can turn your life around in a matter of seconds. The future is full of possibilities, and you can make them come true!

Do you know the power that lies within you?

Empower Yourself To Make Changes

A power that knows no boundaries: it doesn't care about your race, color, sex, national origin, ancestry, or sexual preference. Everyone has this power - from A to Z, mothers to fathers, and teachers to Presidents. This is not a secret known only to the chosen few - it's something we can access anytime, anywhere.

This power is not magic - it is within all of us. This power fuels us to move forward and make our dreams come true! With this power, we can make positive changes in our lives and those around us.

What kind of change have you made today?

Grab your journal.

The power of intentional change is within reach!

The power of intentional change allows us to go from sad to happy in the snap of a finger. It will enable us to finally take control and make progress on those goals we've been procrastinating on for so long. All we have to do is purposefully tap into this power and use it!

Take back control of your life's direction today and start harnessing the power of intentional change!

Chapter 6

Tracing Failures and Successes Through History

We've all experienced moments that have left a lasting impact on who we are today. These emotional moments can be compelling and unforgettable, whether the joy of celebrating a special occasion with loved ones or the sorrow of saying goodbye to someone close.

Life is made up of good and bad moments, and each one holds a unique value. They are compelling, shaping and defining who we are. Let's never forget that strength comes from facing adversity, even in our darkest moments. So let's also strive to make the most of our precious time here on earth by cherishing all life's moments - big or small.

Despite all this, it's important to remember that we cannot always control the events that impact us - but what we can control is their influence on us!

No matter how positive or negative an event may be, you still have the power to change your views and perspective on it. Though some life experiences may seem like they will never end, know that you can find the strength to overcome them. Life doesn't always go as planned, but

don't forget that you have the courage and resilience to make the best out of any situation.

So next time you experience a difficult moment, take a deep breath and recognize your strength. Then, choose how you will react and let those experiences shape who you are becoming. Finally, remind yourself that life happens for you and not to you!

Creating meaningful moments in our lives is essential for self-growth and understanding. Taking time to reflect and be grateful allows us to appreciate the events that have shaped us into who we are today.

5 Simple Ideas For Celebrating, Learning, and Creating More Meaningful Moments

1. Make a list of the most meaningful moments in your life - Good, bad, and indifferent - then take some time to reflect on them. Identify the lessons you've learned or how they've shaped you over the years.
2. Express your gratitude by writing a letter to someone instrumental in creating one of those moments.
3. Write an entry in your journal about what it would be like if you could do each moment all over again. What would you do differently this time?

4. Celebrate yourself! Take some time to treat yourself by doing something that makes you feel good - whatever brings you joy!

5. Connect with nature - Spending quality time outdoors can infuse a deep sense of calmness and appreciation for life and all its beauty - celebrate it!

Discovering the Unexpected

We all know the stories of great leaders and dreamers who changed history. From Walt Disney's imagination that brought us the most joyful place on earth to Martin Luther King Jr.'s vision of a more promising future, these individuals have left an indelible mark on our lives.

Thomas Edison, who was granted 1,093 patents in his lifetime, revolutionized our lives. Winston Churchill dedicated himself to war until victory was achieved. And Lincoln believed in liberty for all and liberated the slaves.

These people were all driven by one core belief: That change is possible when we put our minds and hearts into it!

We can learn so much from their stories - we, too, can make a difference if we remain focused and determined to make our dreams come true. So take a page from their books and create your legacy!

Have you ever felt like your dreams were impossible to achieve? I'm sure all those great men felt that way at one time or another.

Maybe they felt they didn't have the education, network, or luck others had been given.

Are you constantly telling yourself that you don't have the education, network, or luck that others had to succeed? Well, that kind of thinking is actually a dream killer!

Success isn't determined by any of those things. Instead, it's about mindset, perseverance, consistency, and determination to make something happen no matter what. You can do whatever you want if you believe in yourself and work hard.

Ultimately, it doesn't matter where you started out from or who you know - what matters is your grit and dedication to getting results. Do not let negativity hold you back! Stay positive - stay focused - achieve your goals.

Examining Our Understanding

We must not allow ourselves to tell ourselves anything that excuses us from trying and working hard for our dreams.

Far too often, we read stories about individuals who have accomplished impressive goals and can quickly feel like we're not in the same boat. Remember - anything is possible if you believe in yourself and work hard. Success

doesn't stem from luck alone. It takes passion, grit, and dedication to making change happen.

Don't give up on your goals! Instead, keep going, and don't let anything stand in your way. You can be successful - now go out there and make it happen!

Don't give up on your goals! Instead, keep going, and don't let anything stand in your way. You can be successful - now go out there and make it happen!

Change can be downright terrifying; we fear the unknown, and we fear what we might lose. We fear the opportunities that await us on the other side more than we anticipated the blessings and joy we might discover.

We all have a sense of security in knowing what our lives look like now: good, bad, or indifferent. It's familiar and comfortable; it fits like a worn-out glove. Making it much harder to take bold risks and alter our lives.

It's important to remember that taking a bold risk is often worth it in the end!

Whenever we watch our favorite athletes competing, we can't help but cheer them on. They take risks and push the limits of their abilities to reach the highest heights, and because of this, they inspire us all.

We admire those willing to go for it - even when it means taking a bold risk. Of course, taking risks can be daunting,

especially when fear is involved. But think of all the fantastic possibilities that could open up if you put your worries aside and step outside your comfort zone!

So why do we applaud our favorite athletes? Because they take risks, we are sometimes unwilling to handle ourselves! Instead, we're inspired by their courage and determination, and while no one ever said that taking risks is easy, it is absolutely worth it in the end.

Risk-taking isn't limited to athletics either - you can apply it to any area where you want to make a positive change or break through barriers and reach new levels of success. So be encouraged and remember that taking bold risks can often bring dynamic results!

So instead of getting hung up on the fear of change, why not reframe your outlook? Instead of fixating on things you might lose, focus on how much you could gain by embracing new experiences and perspectives. Life is short - don't let fear keep you from living your best life!

We've all been there. Get an idea for a change, and suddenly our minds are filled with fear. We start overthinking and worrying about what could go wrong. What if it doesn't work out? What will it cost me? What will I lose?

Redefining Our Understanding

Change isn't easy because it's unknown. It can be intimidating and frightening when we don't know what something will look like or how it might turn out. So it's tempting to stay put and just accept the status quo. But this kind of thinking doesn't lead anywhere good! Think of all the high achievers - are they or have they lived status quo lives? I don't think so.

If you are scared of making a change, take a few deep breaths and consider the potential rewards of taking risks. Remember that even if things don't go as planned, there are benefits. You have gained knowledge from the experience of trying. You've gained new connections. And while your first attempt may have failed, you might be closer to accomplishing your goal than before you started. And you can apply all of this to your next effort propelling you forward faster.

Never let fear stand in your way!

Don't settle for mediocrity - a life of status quo - make positive changes today that will push you to grow and reach your goals!

Chapter 7

Free Yourself from the Shackles of Fear

Today we're putting our negative self-talk to rest and looking at some inspiring individuals who achieved great success despite facing giant obstacles.

Take Walt Disney, for example. He was once fired from a newspaper editor position because the editor felt "he lacked imagination and had no good ideas." How did Disney respond? Instead of giving up, he kept going and created one of the most beloved brands in the world! It is worth noting that he overcame seven bankruptcies before successfully building Disneyland. That's real persistence and self-belief right there!

So take heart - you never know what great things you can achieve when you keep trying. So let's use these inspiring stories to boost our motivation and make our dreams come true!

Along with Disney, we celebrate the legacy of Thomas Edison - a true innovator who changed the world for the better. Despite facing personal and professional challenges that could have stopped most people in their tracks, Edison achieved greatness.

Growing up, his mother was his primary teacher, as he only attended school for short months. His teacher said he was too stupid to learn, and eventually, Edison was taken

out of school. He also faced adversity when he was fired from two jobs for being "non-productive."

But none of this stopped him! Despite having many patents that ultimately proved worthless at the time, Edison kept pushing forward until he finally invented something revolutionary: electricity - which keeps our world running today!

Consider the positive impact that Thomas Edison had on our lives and be inspired by his tenacity to keep striving for success even despite overwhelming odds.

Have you ever been told that you weren't good enough? That you would never amount to anything? Winston Churchill was considered a "slow learner" or "not good enough" by his teachers. He failed the entrance exam to the Royal Military Academy at Sandhurst twice. And still, Churchill saved Britain, and we could say freedom itself.

Churchill became one of Britain's most beloved Prime Ministers, leading Britain during WWII and saving them from destruction. His leadership brought out the strength and courage of the British people, resulting in victory over Nazi Germany.

This proves that no matter what life throws your way or others say about you, you can achieve anything with determination and hard work. So don't let anyone put limits on what you can do. Instead, believe in yourself, and never give up!

As these men have demonstrated, change is essential to realizing our potential and achieving our goals. Moreover, change can be an exciting opportunity to set ourselves on a new path and create the life we want - one full of promise and possibility!

That said, no one said that change is always easy; it takes courage, hard work, and dedication. But with patience, determination, consistency, and the right attitude, you'll find that even small changes can make a big difference in your life.

No matter where you are in life or what your dreams may be, don't be afraid to take bold, calculated risks; it could be the first step towards transforming your future. Lincoln's words: "The best way to predict the future is to create it."

So go out there and start making those changes! Start now and make sure you use this opportunity correctly - who knows where it will lead? You can genuinely alter your destiny with the power of change within reach.

Do you ever think, "I can't do this" or "I'm not capable of achieving that goal?" I'm confident that even these great men had these thoughts. But they didn't stop!

These negative statements can put us into a box and make it difficult to recognize that failure is essential to success.

Failure isn't something to be ashamed of - it's an essential step toward achieving your goals. If you never fail, you're never pushing yourself out of your comfort zone and

striving to grow. We learn how to pick ourselves up and march toward success through failure.

Success isn't a given; it requires hard work, dedication, and resilience. So don't limit yourself by believing in what "you can't" do; instead, recognize the possibilities opened up by taking risks and learning from mistakes. Every mistake is an opportunity for growth and change; every risk taken leads to new experiences.

Don't be afraid of failure! Invite it into your life as part of the process of attaining success. Believe in yourself and get out there: you never know what amazing things could happen if you open yourself to new possibilities! So believe in what "you can" do!

Need more examples of non-stoppable tenacity?

It's hard to believe that iconic figures like Henry Ford faced failure before achieving success. But it's true! Henry failed five times and was broke before making history with the production of 15 million cars through the Ford Company.

His legacy continues today as the company has assembled over 350 million vehicles since 1903. Proof that no matter how often you fail or get knocked down, you can still reach your goals by staying focused and determined.

Everyone faces difficulties in life; what's important is to remember, as my favorite neighbor likes to tell me daily, "setbacks are only setups for success!" So don't give up, and keep fighting for your dreams. If not you, who will fight for

them? Besides, who knows what amazing things you'll achieve?

We've all heard the phrase "failure is the mother of success," and that's undoubtedly true for Charles Schultz. As for Schultz, Walt Disney wasn't initially interested in hiring him. But, at Schultz's death in 1990, he had made \$30 million in royalties and \$40 million a year from Charlie Brown and the gang!

Lucille Ball showed us that anything is possible! When she started in the entertainment industry, just like Elvis, people told her to try any other profession. But did she listen? Absolutely not!

Lucy broke barriers for women in the entertainment and business world, becoming the first woman to co-own and run a major television studio, Desilu. During her tenure, she produced some of the most beloved TV shows of all time - including Star Trek, Mission Impossible, and The Andy Griffith Show.

You can still watch Star Trek and The Andy Griffith Show almost any time of the day today! And Star Trek and Mission Impossible have created franchises that will live on well into the future for many generations. All because of Lucy!

And that's not all! I Love Lucy was one of Lucille Ball's most significant achievements - it pioneered using multiple cameras and a live studio audience for sitcoms. That format has been used in countless shows since then - think Modern

Family, The Big Bang Theory, Friends ... the list goes on!
And will continue to grow!

So many cornerstones, all at a time when women were still expected to be home birthing, cleaning, and cooking. We owe so much to Lucille Ball - she taught us all that with enough passion, determination, and hard work, you can reach your goals no matter what anyone else tells you! Let her legacy inspire you to continue pushing boundaries and breaking down barriers.

We all know the famous phrase, "Don't judge a book by its cover!" Well, this couldn't be more true for some of our favorite stars!

Robin Williams was voted "Least Likely to Succeed" in high school, yet 50 movies later, he certainly proved them wrong. Elvis Presley was told by the Grand Ole Opry manager that he ought to go back to driving a truck. Instead, Elvis went on to have 18 No. 1 songs! And Dr. Seuss, well after 27 publishers rejected his first book, he still published over 60 children's books!

The sky is the limit when you believe in yourself and put in the work!

We're talking about creating your future and achieving your dreams. We've all heard the saying, "where there's a will, there's a way." This is so true - no one can stop you if you are obsessed with making your dream a reality and you're consumed with a burning desire to make it happen!

When you embark on this journey, devise a plan for your goal. Once you have that clear vision, nothing else matters - not even what other people think of your project. Then comes the hard part: taking action and staying focused on making that plan come to fruition! Breaking that plan down into doable, attainable daily activities. Step-by-step progress. Don't worry about how long it might take. It could take weeks, months, or years. Time is all you have. Use it positively to attain your goals, don't waste it. Don't let it pass you by!

Remember: It won't be easy, but if you stay committed and driven, eventually, all of your hard work will pay off.

YOU are the creator of YOUR future.

All it takes is determination and dedication to make something spectacular happen in your life.

So go, take risks, find your purpose - never give up on chasing after what sets your soul on fire!

Grab your journal!

Chapter 8

Essential Questions Everyone Should Be Thinking About

We all experience change in our lives, and it's essential to take some time to reflect on how we respond to it. I have compiled a short list of questions that can help you explore thoughts about change that you might be ignoring or not fully considering. Answering these questions will help you better understand yourself and provide insight into how you handle change.

Don't worry about your answers - no one needs to see them but you! So don't cheat yourself, be honest and start your journey toward self-reflection. **NOTE:** *You'll need your journal for this chapter.*

Here are the questions:

- What has changed in my life recently?
- How do I feel about it?
- Have I been avoiding any changes for fear or other reasons?
- Do I think my response is helping me move forward or holding me back?
- Are there any patterns (habits) in how I respond to changes?
- How have patterns (habits) impacted me in the past, and what can I learn from them for the future?
- What steps can I take today to better understand my response and feelings toward change?

- What new opportunities could arise from this transition or change?
- What do I need right now to accept and embrace this change positively?
- What advice would I give someone else in a similar situation?

Change is often something that we hesitate to embrace. We may be inspired by a call to change, but something almost always keeps us from taking action?

Let's take the time to assess where we are and ask ourselves if we expect to make the changes needed for our desired destination.

- What is holding us back?
- Why is it holding us back?
- Can we work around or remove it by identifying what 'it' is holding us back?
- Can we work around 'it' or remove it by recognizing why 'it' is holding us back?

It could be fear, doubts, or lack of motivation.

Can you use the same inspiration you feel when responding to the call to change more often in other areas of your life?

Share your thoughts on change and how you plan on working around 'it' in your journal.

We all have obstacles that prevent us from making the changes we desire in our lives. Unfortunately, it can be

daunting to think about confronting these obstacles, anxieties, and fears that easily keep us stuck.

- What would it feel like if you could just let go of the fear and go for the change?
- What kind of impact would it have on your life if you took that leap of faith?

We know it's easier said than done, but that doesn't mean it's impossible.

Many times, self-worth plays an integral part in our ability to make changes.

- Are you struggling with your inner dialogue?
- If so, how can you improve your sense of self-worth?
- What steps are needed to get there?
- And, most importantly, what is stopping you?

Making a change is never easy; I have repeatedly repeated that statement, but these questions will help guide you through the process.

Share your thoughts, experiences, and feelings in your journal.

- Why does the world tempt us to say "no" to change?
- What motivates us to say "yes" to it?
- Is there something we can do to encourage ourselves to make healthy changes more often in our lives?

Let's take a few moments and have an honest conversation with ourselves about this. Ask yourself: What

triggers can I employ in other areas of my life to encourage my progress?

Once you've done that, it's time to create your action plan! First, break down the big goal into smaller, more achievable steps – "baby steps" – that you can start doing right away. It'll help you build momentum, and before long, you'll find yourself making the necessary changes on a larger scale.

Don't be afraid of change! Take control of your life and make the positive changes you need today.

Chapter 9

Creating an Action Plan for Making Positive Changes

It is always possible to make positive changes in our lives! Life can sometimes feel overwhelming, and you may not know where to start. I want to remind you that small steps add up, and there's no better time than now to begin your journey.

Start by identifying one area of your life that you want to focus on. That could be anything from learning a new skill or language, improving your health or well-being, or even committing more time to your family.

Once you have identified the area and what steps you want to take, break down each step into manageable chunks. Start with small goals and celebrate each milestone along the way!

When it comes to improving our lives, every success counts - no matter how big or small.

4 Detailed Steps To Take To Make Any Change

1. **Know what you want to change.** This is the first step in making any change - knowing precisely what needs to be changed and why.

2. **Agree to make the change.** Yes, once you know what needs to be changed, make the commitment that you will do it! It's a vital part of making any kind of lasting change.
3. **Believe that you can make the change.** Believing in yourself is a massive part of making changes in your life. Believe that you have the power and ability to make any kind of change, whether big or small!
4. **Take action, big or small, immediately to set it in stone, and then never give up!** Making a plan for how you'll make the change and following through with it is essential for lasting changes. Don't give up - if things get tough - keep pushing forward and remember that anything is possible with determination and dedication!

No matter where you are in your journey, remember that lasting changes start with small steps - take those first few (immediate) steps now!

Do you want to change your life but can't find the motivation or energy to take that first step?

You are not alone!

It's easy to be distracted and lose focus. This is because there are so many external influences around us.

But don't let these outside forces keep you from taking control of your own destiny! To speed up the change process, it is necessary to block out all of the surrounding noises and influences. Taking time each day to go within,

clear your mind, and focus like a laser will help you gain clarity on what changes need to be made and give you the strength to make them.

No one can do this for you. They may try to stop you from making changes, but ultimately it is up to you - **YOU alone MAKE change.** So create that personal space where you have the energy and drive necessary to make lasting change.

It's time to make the shift!

Focusing on something new can be intimidating, but it is worth it. When you do, you open yourself to a new world of possibilities and perspectives previously hidden. You'll find new meaning in life, uncovering dimensions and depths that give your life joy and purpose like never before. Moreover, this journey of self-discovery will fuel your energy and help you tap into the power you didn't know you had.

So the question is: are you ready to make the shift? I believe in the power of transformation, which begins with an internal commitment - a promise to yourself - to uncover all that life has to offer. So take the plunge and make the shift - I promise it'll be worth every step of the journey!

We hear it all the time; people say they've tried to change and that it didn't work. But there is something we often forget: you can't actually change without growth. And too many of us are afraid of personal development and what that means to our comfort zone.

Change can take a lot of time and dedication, but if you want to make sure that it sticks, you need to think long-term. Those who genuinely thrive become specialists in the areas of their interest - they become lifelong students! They read, study, listen, learn, ask questions, and gain experience to stay ahead of the curve. They are constantly and consistently growing and developing.

If you are serious about achieving lasting change in your life, think long-term and become a student in your chosen field. Then, prepare yourself for whatever comes your way!

Chapter 10

How to Find Opportunity in Disruption

Do you feel something is holding you back from reaching your full potential? Tony Robbins might say it could be your motivation - or lack thereof. Tony believes that most of us are motivated by two main things: Moving toward pleasure or avoiding pain.

It's true - we are inspired by both seeking happiness and joy and escaping and avoiding pain. Identifying what motivates you and articulating your affirmations and self-talk properly will increase the chances of successful change in your life!

Take the time to reflect on what drives you.

- What brings you joy?
- What makes you feel uncomfortable?

Having a better understanding of these questions can help you reach beyond your limits and live the life of your dreams!

Grab your journal and write about what motivates you daily. What brings you joy, and what pain do you work hard at avoiding?

Set Priorities

If you find it hard to stay focused and motivated - it might

be time to set priorities and ensure you're doing the essential tasks first.

Life can throw many obstacles in our way, but with a clear plan of action and the proper focus, we can stay on track and achieve our goals. Always keep an eye on your ultimate objectives and ask yourself, "is this going to help me get there?". A little extra effort at the start can go a long way in the long run.

Take time to consider what's truly important and prioritize those things first. Once you figure out your true motive, it'll become much easier to focus on what needs to be done and why. Then, make sure you create a plan that works for you!

So don't let yourself get overwhelmed - take control by setting priorities according to their importance. You'll thank yourself later for taking the initiative now.

Improve Solutions

It's important to stay open-minded and flexible when finding solutions. The best way to achieve success is by visiting your creativity and exploring new ideas.

Each situation requires a unique approach, so we strive to find sensible and promising solutions for every challenge we face.

Ask yourself, "do I need this 'thing?'" If the answer is 'no,' stop immediately. If yes, ask yourself, "Why?"

You need a valid reply before spending additional time on 'this' task. Time is the only non-renewable resource we have been given. Don't waste it.

Copying Best Practices

We all want to make the most of our lives and be successful, but how? It starts with learning from those who have gone before us. We can learn from great minds already mentioned, such as Disney, Churchill, and King - studying their habits, routines, and practices that led them to success. Or other individuals that you admire by looking at their lives.

But it's not just about studying notable people. We can look close to home as well. Mentors, advisors, teachers, bosses - these are people we can learn from. So take some time to study what they do best. How they have motivated you and others to succeed. You might find new seeds for your success stories in your own backyard.

You can not just sit back and wait for success to come knocking - get inspired by those around you and start copying, tweaking, and applying their best practices to your life. Read more about their accomplishments, observe their methods and take notes on their processes. These steps will put you in a better position to achieve success!

Ask, "Why not?"

Consider crazy out-of-the-box ideas. Why not try something different? Then, ask yourself, "Why not?"

Take inspiration from some of the greatest innovators and thinkers of our time. Study their biographies and explore how their techniques and perspectives differ from yours. You'll uncover what they did differently and learn how to apply their techniques to your work.

Great minds never feared considering crazy ideas or trying new perspectives. On the contrary, they welcomed failure as part of the journey toward success. So don't be afraid to push yourself beyond your comfort zone. Or to look defeat in the face. You might find incredible potential on the other side!

Ask yourself, "Why not?"

We all have dreams. However, dreams don't have to stay just dreams; they can become a reality with hard work and dedication. Look at Walt Disney. In his own words, Disney explained his success: "I dream, I test my dreams against my beliefs, I dare to take risks, and I execute my vision to make those dreams come true."

Do what Disney did:

- Dream
- Test your dream against your beliefs
- Dare to take (bold calculated) risks
- Execute your vision to make your dream come true

What do you dream of achieving?

Do your dreams correspond to your beliefs?

How are you going to make those dreams a reality?

As the saying goes: "The only way to make your dreams come true is by taking risks and executing a clear vision."

Are you really prepared to take risks to achieve your goals? Why not start today by thinking about what steps you need to take to make your vision a reality.

Don't let fear or doubt stop you from following your ambition. Instead, create the future you envision for yourselves - grab your journal and begin now by writing down what it will take for you to succeed.

Do What Can't Be Done

Are you capable of becoming a successful entrepreneur without any constraints?

Steven Jobs, Jeff Bezos, Arianna Huffington, Elon Musk, Bill Gates, and Sara Blakely all have something extraordinary in common: they strive to do what can't be done. As a result, they can think outside the box and see visions before others perceive them. This is how they created the companies we know and love today - because they believed nothing was impossible.

"I am always doing things I can't do. That's how I get to do them," said Pablo Picasso. And that's true for all these entrepreneurs - they challenge themselves daily by doing things they previously thought were unthinkable.

To join this elite group, start believing that anything is possible with enough hard work and dedication. Then, get out there and do what no one else has dared attempt;

create something new; make people ask, "Why didn't I think of that?" Finally, make yourself proud and show everyone what you can achieve!

Push Your Limits

It's time to push your limits! Dare yourself to think and do something others wouldn't even consider - think crazy, think out of the box, and think beyond the lines of limitations. Of course, there's a fine line between genius and insanity, but don't let it stop you from connecting two seemingly unconnected thoughts and creating something new and dynamic.

Take a leap of faith, unleash your creativity and innovate your way through. Pretend you have all the support in the world and seek the impossible. You can achieve anything with passion, hard work, consistency, and dedication.

Start challenging yourself today by dreaming big, setting goals (creating plans), and taking action steps towards achieving them daily. Even if you fail or make mistakes along the way, just remember that these are all part of growth - so keep going and never give up!

*What do you say? Are you ready to take on this challenge?
Are you ready to push your limits!*

Chapter 11

Pursuing Your Dreams Beyond Your Comfort Zone

Change is never easy, but it's always worth it (there I said it again!).

Change requires fresh thinking and active engagement to create personal growth and development. But, most importantly, it starts within each of us. We must believe in our ability to change, want to make an effort, and know we can succeed.

C.S. Lewis said, "You can't go back and change the beginning, but you can start where you are and change the ending." Lewis spoke so much truth - if we want things to be different, we must take the initiative right where we are today. It might take us out of our comfort zone, but that's part of the journey toward progress.

We can achieve greatness through self-transformation; by taking charge of our lives and making conscious decisions, we can unlock our true potential. Start today!

What steps can you take right now that will lead to a positive impact on your life?

Maybe your first step is to set positive goals for yourself and work towards achieving them. Or simply taking time out for yourself can have tremendous benefits. Making efforts to stay organized is another way of positively impacting our lives at home and work. Finally, surrounding ourselves with people who empower rather than discourage us can make an enormous difference, especially regarding personal development goals like career progression, physical fitness targets, etc.

Grab your journal and record your thoughts.

Get Out of Your Comfort Zone and Succeed

It's not uncommon to feel uncomfortable when faced with something new or different. Even when we know that the change might lead to positive outcomes, adjusting can still be challenging.

When we are in pain, our natural instinct is to try and find a way out. But, unfortunately, we will often revert to our old habits and patterns to avoid further discomfort. This creates a cycle of running from one form of pain into the arms of another - even if it is simply less painful than the original pain source. Which is often the case.

At times, it seems like no matter what we do, we are only moving down an ever-narrowing path toward pain. But this doesn't have to be true! It's possible to make conscious choices that bring pleasure rather than pain into our lives.

Of course, choosing happiness over misery can be tricky - but it is always worth striving for!

Change is inevitable, but how you respond and adjust to it is entirely up to you!

Are the same things that used to work for you no longer doing the trick?

It's time to take control and make changes!

Taking responsibility for your own life is integral to making a difference. Change starts with small steps - one victory at a time.

You have the power to move your life in a new direction. So don't be afraid to take risks; don't give up after one setback, and most importantly, believe in yourself! You can do it - you can make it happen!

The Key

It's time for a change!

We all know that taking action is the key to making things happen, starting with being mindful of our surroundings. It's essential to be aware of what is going on in our environment and how we can best use our skills and abilities to make a difference.

The best way to successfully move forward is to change what isn't working. We must be prepared to challenge ourselves, push ourselves out of our comfort zone, and think about the best possible outcome for any situation.

Remember to always strive for self-improvement and embrace positive change. Recognize opportunities to evolve, gain new knowledge, learn new skills, and open our mindset to new perspectives to continue our journey toward success!

Chapter 12

Tips For Making the Transition to Something New Easier

I've stated this a hundred times so far, but it is worth repeating in this final chapter - ***Making changes is challenging and overwhelming but worth it!***

That's why I've put together 10 creative tips to consider when making your changes.

Be honest with yourself about what it is you truly need and want.

Set realistic goals for yourself, and don't be afraid to work towards them.

Prepare yourself mentally and emotionally for the transition; consider the potential benefits of your changes and how they may affect you in the long run.

Create a plan, both short-term and long-term, so that you can stay on track with your progress.

Make sure to **take some time for self-reflection** to evaluate how far you've come with your changes and where you hope to go next in the future.

Rely on your support system, including family, friends, or colleagues willing to offer guidance or assistance during this growth and exploration period.

Seek out resources from outside sources like books, podcasts, or online classes if necessary for independent study or training—you'll be surprised at what you can learn on your own!

Take time each day for relaxing activities such as yoga or meditation; allowing yourself moments of relaxation will help re-energize you during this challenging period of transition and adjustment.

Don't forget to **celebrate your successes** along the way; every small gain is an accomplishment worth noting and honoring!

Learn from past mistakes without dwelling on them; use those experiences as lessons to help guide your decision-making in life's journey ahead of you.

Okay, 12 creative tips. Here are two bonus tips:

Refocus when needed. If something isn't working out right, try shifting gears before giving up hope altogether - sometimes, a slight detour can get us back on track!

Stay positive! Believe in yourself no matter which direction life takes - it's always within our power to make the most out of any situation, given our best effort, dedication, and resilience moving forward!

Consider This

You've heard of the tremendous strength and resilience of elephants? They're so powerful that stakes can't hold them.

To overcome this, baby elephants are trained in many parts of the world by tying a rope to their foot and attaching it to a stake pounded deep into the ground. Unfortunately, despite an adult elephant's immense power, baby elephants usually fail in their endless attempts to dislodge the stake and free themselves. After countless failed attempts, they ultimately give up and accept their limitations.

It's incredible how this illustration teaches us so much about our potential for strength and determination and, at the same time, our weaknesses and limitations.

Even when faced with seemingly impossible odds, we should never give up trying until we break free from our limits! Our limits are not set in stone. We can break free and surpass them. Look at all the prominent people that have; look at the athletes that do it season after season; study your mentors.

Do what Disney did:

- Dream
- Test your dream against your beliefs
- Dare to take (bold calculated) risks
- Execute your vision to make your dream come true

What do you dream of achieving?

Do your dreams correspond to your beliefs?
How are you going to make those dreams a reality?

Think of elephants' strength and power, yet they remain confined by a rope or stake. Despite their physical capability to free themselves, they stay in the same spot. Again, this speaks volumes about what we can achieve but don't because of a past failure.

How many of us are held back from our full potential because we are chained to negative self-talk and old failures? We must reflect on our limiting beliefs - ones preventing us from pushing further into our future.

We all have stories that shape who we are, and it can be hard to let go of them completely, but it is essential to remember that we have the power to choose how much they control our lives. It is possible to move forward while still honoring our pasts - but the fundamental question remains: What old self-talk keeps you contained?

Take a moment now and find some clarity. Grab your journal. Reflect on your self-talk keeps you contained, and challenge yourself with questions like, "What am I capable of doing if I weren't tied down by my past?" "How can I use this newfound clarity to take action?"

Remember not to be confined by old memories or failures - instead, use them as tools for personal growth!

Challenges Allow Us To Change

Challenges are part of life. It's inevitable. But, if we take the time to look at our challenges as learning opportunities, it can open up a whole world of possibilities!

By committing to this change, we become empowered and free from indecisions holding us back. This newfound sense of personal empowerment allows us to see through our delusions and recognize how we have been limiting ourselves.

Let's choose to make shifts in our lives and pursue new ways to transform and feed our unique mandate. We have the power within us to make meaningful changes if only we take the initiative! So pledge today to not be held back by fear or doubt; instead, strive for growth and transformation!

I have felt like that elephant in my life, stuck by my own confines and afraid to venture out and explore new horizons for fear of experiencing pain.

But when we avoid change, it signals that we are thinking about past experiences or worrying about what change will mean - this is an illusion of potential failure. We may think that if we don't take risks, nothing terrible will happen - but this isn't true!

To grow, make progress, to form meaningful relationships with others, it's essential to embrace change and take risks. Doing so enables us to unleash our creativity and discover new pathways toward success.

It's okay to be scared of change - I've been there! I've written every word of this book through fear. But remember that with the right attitude and mindset, you can overcome any obstacle and make your dreams a reality. So don't be afraid to take chances - you never know what amazing things could be waiting around the corner!

It can be challenging to break free from the lies we tell ourselves that keep us from making progress. We tell ourselves these lies trying to avoid pain or discomfort, but in the end, we face more pain and misery.

Our misconceptions are nothing more than educated deception - they are not real! They only live between our ears. If we want to move forward and achieve better things, we must challenge those mindsets that diminish our growth potential. We cannot commit to change if we believe in these deceptions.

Let's identify where we have been deluding ourselves, confront it head-on, and replace it with something more productive and positive self-talk. Only then will we unlock our full potential and reach true success.

10 Ways To Change Gears

Are you ready to make a positive change in your life? Then, we have just the thing for you!

Here are 10 helpful tips to assist individuals in transitioning from an underperforming identity into a thriving and high-performance one. Follow this tips and you'll start seeing results in no time!

10 ways to transform yourself:

Identify your goals: Take time to identify what it is precise that you want to achieve. Then, put them down on paper, so they become tangible and real.

Prioritize: Prioritize those goals and determine which ones are most important to you, then focus on those first. This will help you stay productive and motivated when completing tasks.

Create a plan of action: Now that you know what needs to be done, create a plan of action - break up each goal into smaller, achievable tasks that can be completed one at a time over days or weeks.

Set deadlines: You have an end date for each task or goal, which will keep you focused and motivated while achieving them.

Reward yourself: As you complete each task or goal, reward yourself for your hard work with something small (like a trip to the movies) or something bigger (like a weekend getaway). This will help keep up your motivation level and give you something to look forward to after all the hard work is done!

Get rid of distractions: Remove distractions such as social media notifications or loud music while working so that nothing detracts from your progress toward achieving your goals.

Stay organized: Having everything laid out in front of you will help keep things organized so that there is less chaos while trying to complete tasks or set new goals.

Take breaks: Regular intervals throughout the day can boost productivity by helping reduce stress levels, allowing for more creative thinking and better decision-making skills over long periods when dealing with complex tasks/goals, etc.

Learn from mistakes: Don't be afraid to make mistakes- instead, learn from them! They can provide valuable lessons about how not to approach similar situations in future scenarios, which can prove invaluable when tackling similar tasks/goals again down the line.

Set boundaries for yourself: Make sure that you set healthy boundaries for yourself when it comes to taking on new responsibilities; don't take on more than is manageable because this can lead to burnout before reaching success

What can I say I like bonus - here are two bonus tips:

Monitor progress regularly: Regularly check in on your progress towards achieving your goals; if necessary, adjust plans based on what has been completed.

Have faith in yourself: Last but certainly not least, have faith in yourself - believe that anything is possible with enough dedication and hard work!

I hope these tips help guide you when transitioning into high-performance status!

Build On These Three Simple Principles

Do you ever feel like life is just too much sometimes? It can be hard to navigate the complexities and challenges that come with life. However, achieving success and fulfillment doesn't have to be as challenging as we make. Follow these three simple principles:

Believe in yourself - when times get tough, trust that you have what it takes to make it through. Remind yourself of your talents and abilities, and keep focusing on achieving your goals.

Be mindful of what you put into the world - words and actions matter, so think before speaking or acting. Consider whether your choices will lead towards success or take away from it.

Work hard - don't be afraid to put in the effort needed to reach success; success won't come easy, but it will come eventually if you stay persistent.

Life can and will always be somewhat complicated, but having a plan for how you want to approach it simplifies things! In addition, planning reduces your stress levels.

It is never a good idea to fly by the seat of your pants. For example, do you want a pilot who has studied, planned, and achieved his goal of becoming a pilot or someone who just dreamed of being a pilot with no idea how to fly a plane in the cockpit?

Don't let yourself get overwhelmed by the stress of life; belief in yourself, be mindful and work your plan; remember these three principles and use them as a guide towards achieving success!

Always start with what you can control

It's time to take control and learn from your mistakes. Stop wasting your day and start focusing on what you can change! You have the power to shape your world with your mind - there is no quick fix, but if you are willing to put in the work, you can build upon a solid footing.

Start with what you can control - how you react when life throws curveballs. It's okay to make mistakes as long as you take those lessons and use them to make positive changes in your life.

Take charge of your life and see where it takes you!

Purposefully develop a process to grow

Do you want to create a plan that works for you and helps you reach your goals? Then it's time for you to start purposefully developing a process to help you grow.

Your mind is a powerful tool; use it proactively to create an effective strategy to build momentum toward success. Start by building self-confidence and pushing yourself out of your comfort zone. Next, develop a go-get-em attitude and plan to break down seemingly daunting tasks into manageable steps.

Success is not a one-size fits all journey - what works for someone else may not work for you. Yes, I have suggested that you study your mentors. Take tips and strategies from their successes and tweak and apply them to your work. However, I am not suggesting that you copy and paste. That will not work.

But failure is not an option either, so don't give up on yourself or your dreams! So sit down, assess the situation, and make an actionable plan to move forward step-by-step until you hit your goal!

When it comes to living life, aimlessly wandering through it can lead to feeling lost. That's why you need a good set of values, morals, and a plan to guide you along the way!

The principles discussed throughout this book can be used as your base model and plan. Always strive for excellence with everything you do, based on your own value system. Go the extra mile; it will come back to you!

Start with these core fundamentals and build upon them as you progress. Remember, your value-based living model isn't static; it should grow and evolve as you grow and evolve. So embrace your life's journey, and make sure to enjoy every moment of it!

Grab your journal because I know if you made it here - you have a lot of work ahead!

I believe in you - more importantly - Believe in yourself!

Bonus Chapter 13

Unlocking Inner Strength through Challenges

I'm sure you've noticed that I like bonuses! Well, I just finished editing and added an extra Chapter as a bonus. I couldn't resist - it was too exciting to not include the additional content! I hope you'll enjoy it.

This has been an amazing journey. I am excited to share this project with all of you. Everyone who had a seek peek, your feedback has been invaluable in helping me edit and make changes, so thank you for all your support!

Here we go ...

We all tell ourselves stories to make excuses for why we don't take the necessary steps to make a change. We fear the difference will be too hard or take too much effort and time. We tell ourselves that we don't have the skills, the resources, or the support to make the change. But these excuses are just a way to keep us from taking action.

This bonus chapter will examine how we can recognize and eliminate these excuses to move forward and embrace the change. We will look at how to break through our fears, how to get the support we need to make the change, and how to find the resources to get the job done. Finally, we

will give you tools and insight to take action and make the necessary changes.

We will also explore the importance of taking ownership of the change and how it can help us to stay motivated and focused. By the end of this bonus chapter, we will have the knowledge and courage to take the necessary steps to make the changes that will make a difference in our lives.

Excuses are not reasons.

Excuses are not reasons for bad behavior or poor performance. Instead, they are attempts to avoid responsibility instead of facing the consequences of one's decisions or actions. People who make excuses tend to shift blame away from themselves and onto external factors to avoid taking responsibility for their mistakes. This makes excuses an easy way out, but it does not help solve the problem. Instead of making excuses, it's best to take responsibility for one's actions and strive to find a solution.

Making excuses can complicate the situation and make it more difficult to find a real solution. It is far better to take ownership of the issue, understand it fully, and then work towards a viable solution. Taking responsibility for one's actions is the best way to ensure that the problem is resolved satisfactorily.

Understand why you are making excuses!

Here are 3 ways to help you understand why you are making excuses and identify the excuses you are making.

- 1. Examine your actions:** Take a step back, observe, and ask yourself why you tend to make excuses for your behavior when put into certain situations. What is it about those situations that cause you to do so? Pay attention to your thoughts and feelings in those moments—they hold the keys to understanding why we make excuses!
- 2. Reflect on Your Thoughts:** Explore any underlying beliefs or assumptions driving your need to make excuses. Are these beliefs helpful or unhelpful? Does it matter if others know about this issue, or could there be another way to handle it? Answering these questions can help provide insight into the "reasoning" behind our excuse-making behaviors.
- 3. Create an Action Plan:** Once you've identified the triggers and underlying thought patterns that lead to excuse-making, create a plan of action moving forward. Work out how best to avoid making similar mistakes in the future by changing your behavior or identifying alternative solutions. With practice and dedication, we can soon start saying goodbye (for good!) To our old excuse-making habits!

Stop letting excuses get in the way of progress!

We all come up with excuses from time to time, whether to get out of something we don't want to do or because we

don't have the motivation. But it's important to recognize the consequences that come with making excuses.

Excuses can quickly become a habit and damaging in the long run. When you make an excuse, you are telling yourself that it is acceptable to avoid responsibility and give up on tasks that need to be completed. It becomes easier each time you do it; soon enough, you will find yourself avoiding situations and commitments altogether.

Excuses also make us look unreliable in the eyes of others. Consistent excuses will paint a picture of someone who cannot be counted on for support or assistance. People won't trust someone who always has a reason ready whenever they are asked for help.

Making excuses can be a way of avoiding responsibility, which can lead to negative consequences.

3 Tips To Help You Recognize The Consequences Of Making Excuses

- 1. You may miss out on opportunities.** Making excuses means you aren't taking advantage of chances that come your way or are passing up on opportunities that might have been beneficial.
- 2. It's damaging to relationships.** By constantly making excuses, people may feel like they can't rely on you or trust in your word. This can have damaging effects on friendships and even professional relationships as well.

3. It may lead to self-doubt. While making mistakes is natural, constantly making excuses may cause people to doubt their abilities and decisions when things don't go as planned or as expected.

By recognizing the consequences of making excuses, we can start being more mindful of our words and actions so that we don't end up dealing with these issues in the long run! So stop making excuses and start taking action!

You heard me. It's time to start taking action and eliminate those excuses from our lives! Taking action is the only way to move forward and make progress. Think about a goal that you have in life- it could be getting healthier, starting a business, or learning a new skill. Picture how it would look for you if you successfully achieved this goal. Now ask yourself - are your excuses preventing you from reaching that success? If so, it's time to take action and let go of those excuses and take control of your future!

Taking action can be intimidating at first and may even seem impossible sometimes, but it doesn't have to be. Instead, start small by setting achievable goals and working towards them every day. Even if your goals are as simple as drinking more water or cutting back on unhealthy snacks, taking small daily steps will help build momentum and create lasting habits that will help shape your future.

We all make excuses, but with determination and hard work, we can overcome them and take charge of our lives!

Don't let fear hold you back - take action today!

Here is a fast recap or summary of the 8 steps, 4/4, you need to break through your fears and make changes. Ready? Here we go:

4 Steps To Break Through Your Fears

1. Identify the source of the fear
2. Challenge the fear with positive self-talk
3. Take small steps towards overcoming the fear
4. Reward yourself for the progress made

4 Steps To Get The Support You Need To Make The Changes You Need To Make

1. Identify who can provide the necessary support
2. Establish a plan of action outlining the steps to making the change
3. Reach out to potential supporters and explain the need for the change
4. Show gratitude to those who have offered their support

So there you have it! I hope this quick overview helps you start living the life of your dreams!

Grab your journal and share your thoughts.

About



Diane Carter has a background in branding, marketing, training, and leadership. She's been in the game for over 30 years, working with all types of businesses, from small startups to big corporations.

When she's not busy working, Diane loves to read. Her love for books started when she was 12, thanks to a mentor who showed her the power of self-discovery through reading. Some of her favorite authors include Zig Ziglar, the "father of motivation," Og Mandino, and Norman Vincent Peale. These men have significantly impacted her life, teaching her valuable lessons about integrity, gratitude, faith, hope, love, self-confidence, and more.

Diane is always looking for new books and authors to help her continue her journey of self-discovery and growth.

Some of her current favorites include Brandon Burchard, Tony Robbins, John Maxwell, and Mark Batterson. She hopes everyone finds the same joy and growth that she has found through reading and self-discovery.

We invite you to visit sam101.com, follow Diane on Twitter at [@sam101](https://twitter.com/sam101), engage with her on LinkedIn at [linkedin.com/in/sam101/](https://www.linkedin.com/in/sam101/), and join her Facebook group at [facebook.com/groups/sam101/](https://www.facebook.com/groups/sam101/). You can contact Diane at follower@sam101.com.

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