



Achieving



Life Goals



Under Any



Circumstances

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Have you ever had a moment (or maybe several) where you focus on how unfair life is? Maybe you're talking about your own situation, or someone else's, but you think about how everyone had a dream at one point in time – and only a select few achieved it?

Life goals are something just about everyone experiences during their lifetime. As a young child, you have career aspirations. As you grow older, your personal preferences develop and you have fleeting moments of focusing on the possibilities of how your life could turn out.

Then, you simply go back to the path you were on. Why is that? Sometimes, it's because we have circumstances in life that we allow to serve as our obstacles that come between us and our dreams.

You can achieve anything you want, regardless of what you've been through, are going through, or may face in the future. All you need is a new perspective and the willingness to face the situation and work on your goals in spite of it.

In time, working through these obstacles becomes second nature and you won't bat an eye when and if something occurs that hinders most people. To you, it will be something you simply navigate around.

But it takes practice and it's not a comfortable thing to do. As long as you know that going in, it makes it a bit easier to endure the discomfort as you educate yourself on how to handle the difficult circumstances.



Chapter 1: Five Ingredients for Success in Work and Life

If you want to find success in work and in life, there are five things that are essential to achieving that. When you have a strong sense of who you are, it's easier to accomplish goals that you set for yourself or to make changes in your life.

Unwavering Sense of Self-Worth

When you have self-worth it means that you're aware of what your value is. You want to have an unwavering sense of self-worth because it will help you not base how you feel about yourself on what you did or didn't accomplish.

You don't want your self-worth connected to what other people think of you or what they say either. For example, some people don't think they're worthy of love unless someone else says they are.

You must have your sense of self-worth firmly established in the positive aspects that you know to be true about yourself and not in things in your past or even in things you hope to accomplish.

If you look to external things to determine your self-worth, it will change as the external changes. Establish self-worth by making sure you use positive self-affirmations during daily pep talks.

Identify your strengths. Accept your accomplishments for what they are as well as the praise from other people for what you have done. Don't entertain negativity about yourself from yourself or from others.

Value yourself as you are. This will help you to have a rock solid sense of self-worth that won't be shaken whatever you strive for.

Commitment to Work Past Obstacles

When you want to achieve something, at some point you're going to be faced with obstacles. Something will get in your way and block your path. If you want to find success in your endeavors, then you need to make a commitment that you'll work past whatever it is that tries to stop you.

One way to make such a commitment is by having a vision. A vision inspires you and helps you grow. It also helps you to stay focused through setbacks or emotional struggles with things like discouragement or doubt.

Your vision should define exactly what you want to achieve and specify any particular changes that you'd like to make. A vision helps bring you back when you veer off course.

It allows you to determine your achievements based on the milestones you reach on the journey. Plus, having a vision gives you clarity with your goals, the action steps you take and even your obstacles to help you make choices that will lead you to the desired outcome.

When you have a vision, it allows you to see past your current circumstances, which is helpful when you do run into roadblocks. A vision can help keep you on track with forward momentum when you feel like you want to quit.

It allows you to remember why you're doing what you're doing. With a vision, it will help you to keep firm in your commitment to proceed when it seems like there's no way around your obstacles.

When you're committed to achieving your goals despite the roadblocks, you'll be able to take stock of the failures you've experienced. By being able to analyze what went wrong, you'll be able to understand how to solve the situation.

That's also true when it comes to handling problems. You'll be able to deal with them and take them in stride without letting them affect your momentum.

Ability to Ask for Help

If you're seeking success in work and life, one thing you'll need to have is the ability to ask for help. Sometimes people don't like the idea of asking for help because they think of it as a sign of weakness.

It's as if they aren't smart enough to figure things out for themselves. They might worry what others will think of them or they believe it'll be humiliating to admit they need someone else's input.

Asking for help isn't a sign of weakness. It's a sign of strength and determination. People who ask for help often discover that they succeed faster than if they tried to muddle through.

Asking for help isn't a sign that you can't do it all. It's a way of doing whatever is best for your business or for you personally. Plus, asking for help is also a good self-worth booster because it can foster a sense of community with the other person or with the group you seek help from.

With whatever it is that you're seeking success in, it can be a struggle and even lonely trying to do it solo. When you ask for help, you have camaraderie. That can help bolster your self-worth and provide encouragement.

By asking for help, you can eliminate the time consuming and sometimes costly mistakes that you might make on your own. There will always be someone who has walked the same journey that you're on and by getting their help, you'll benefit from their experience.

You also want to be sure that you make time in your life to give help to others. When you help others, it actually helps you as well. Giving your time and expertise to other people boosts your self-worth as a leader.

Studies have shown that giving help to others stirs the reward center within the brain. You'll feel happier plus you'll get a confidence boost. When you give to others you gain more positivity and gratitude. You also get a sense of empowerment whenever you pay it forward by helping other people.

Staying True to Your Own Needs

Another ingredient that you need for success is the ability to stay true to your own needs. It can be easy to lose sight of the path for your goals. When you make a decision to do something for yourself that's going to end in personal or professional success, you'll quickly discover that not everyone will agree with you.

Your circle of influence - whether it's friends, family or work colleagues - may feel that they know what you should be doing with your life. More so than you do. Sometimes, these people are genuinely trying to be helpful.

Sometimes the suggestions or the lack of support for what you want to do is based in jealousy. You may have someone tell you not to lose weight or work out because you're too skinny.

Or you may have someone tell you not to take a job that you want because you'll have to move away. Or you may have a teacher or professor tell you what kind of career you should pursue when it's not really your heart's desire.

You have to stay true to whatever it is that you want - to what will make you happy rather than what will please other people. If you don't follow your passion or chase your dreams because someone else wants you to go a different way, you'll end up feeling regret and maybe even resent that you didn't stay true to your own needs.

Dedication to Continuing Education

For success, you'll want to have a dedication to continue your education. Though returning to college for another degree, finishing college or changing career course is one way to gain more education, there are other forms that can be just as helpful.

Sometimes, even more helpful. Some college professors teach methods on how to run a business when they've never actually had any hands on experience. Or they might teach how to build something they haven't done.

That's why one of the best teachers in your life can be you. All you need is the determination to learn whatever it is that you'd like to know. To grow your success in any area of your life, be committed to remain in learning mode.

People who are lifelong learners tend to be able to solve problems quickly as well as figure out a way to make what they want to achieve a possibility. You can do things like read books to find what it is that you want to know.

You can get books right on your reading device or from the library. You can get them from the bookstore or even borrow them. So much knowledge is right at the tip of your fingertips.

And you can also research online any topic in the world that you'd like to learn about. Brainstorm ideas and ways to do things. Try new things. You might discover a new way of managing your nutrition.

Learn a language that might help you be more successful. Take a leadership course. That's one way. Another way to continue educating yourself is to find good influencers. See how they've created the effect that they have - how they reached their point of authority in an area.

Study successful people. Look at what they've done to reach the place they are, especially if it's somewhere that you aspire to be as well. Watch shows or documentaries that teach what you want to know.

Or watch videos. Listen to podcasts. Attend seminars or webinars. Join a group that wants to learn the same thing that you do. Volunteer for whatever it is that you want to learn. You can also find internship or apprenticeship opportunities.

Chapter 2: Major Life Changes

Achieving success can be difficult sometimes. You'll encounter setbacks, roadblocks and may even battle discouragement. But when all is well with you emotionally and your ordinary world is humming along rather smoothly, achieving success is something that you see as doable.

With major life changes, it can impact your ability to function much less let you want to continue to seek success. However, there are some things that you can do that help to deal with various emotions during a painful or stressful life event.

Death

The death of someone you care about, whether expected or not, can make your life feel like someone has pulled the rug out from under you. Suddenly, not only are your emotions all over the place, but so is your schedule, your normal. routine

You might experience shock, anger, fear, grief and depression. When it's time to get back to your work, to get back to your life, there are some things that you should do. Make sure that you allow yourself to feel what you feel.

Keeping emotions squashed or shoved downward is never a good idea. When you experience a loss, one of the best things you can do to help promote healing is to stay busy.

Keeping your mind and body busy is actually more therapeutic than dwelling on the loss. Some people think that if they return to pursuing their goals that it's not the right way to grieve.

There is no right way. But returning to the structure of your normal life before the death can help you heal. Move forward while grieving. Take moments for a grief retreat if you need to.

Break for half an hour to let the emotions out, to grieve. Talk to a supportive friend or loved one. Speak with someone who understands the psychology of loss. Join a grief support group if you need to.

But keep busy through it all. Turning your focus outward rather than inward on the grief helps you deal with the emotional fallout in a healthier way. Staying busy gives you stability and in a sea of emotion, you need that.

Understand that one of the emotions that you may experience is guilt. You may feel this way if you don't jump back into work. You may feel this if you do. Guilt is an emotion that many people experience after a death.

It comes from a perspective based in either regret or fear. Regret that you didn't say or do enough while the person was alive or fear that that resuming your normal routine will make you appear uncaring.

Just remember that returning to your normal routine doesn't mean that you didn't care. It doesn't mean that your grief is somehow not as deep as the next person's is. It only means that you're trying to find order in the middle of chaos.

Divorce

Some people compare a divorce to a death. In a way, it is. It's the death of what was normal for so many years. Many people report that the emotions they feel just before, during and after a divorce are the same as those that are experienced during a death.

Your emotions will be all over the place. Common emotions are the same as found in the five stages of grief. There will be denial, anger, bargaining, depression and acceptance.

While you're going through the first four stages, you may find that it's difficult to concentrate. You may have knots in your stomach. You might find yourself lacking the motivation to do anything productive.

Your emotions come in waves. You feel like you're drowning in them. One of the reasons that most people struggle to get through a divorce is because it's the upheaval of the normal they've come to expect.

The unknown is frightening. The questions will peck at you like hundreds of birds. You may not even know the answer yet. But you can move forward even when you're experiencing a major life change such as a divorce.

Know that others have walked the same journey. There is life, love, and laughter on the other end of this journey. Know that you will be okay. Maybe not today, but you will be. Learn not to focus on your emotions or the circumstances of the divorce.

Instead, put your focus back on creating the career and the life that you want. A divorce may drag out. Or the motions associated with it might. Take steps toward success in the areas of your life that you want to see change.

Take that class. Start that business. Chase your dreams. Go after your goals. Whatever they are. Every time you feel like you're uncertain or you're about to fall apart. Stop. Count to five.

Tell yourself that you've got this. Work toward your goal in ten minute increments if you have to. But keep going. Working after your goals will give you a sense of accomplishment. It will bolster your self-worth during a time when a divorce may make you feel unworthy.

Moving

There's no doubt that moving is both hectic and overwhelming. There are several reasons why the event is traumatic. It's expensive. Your finances feel the impact when you move.

And it feels like there are always a lot more costs involved than you anticipated. There's a lot more paperwork to handle to switch to your new place - mortgage paperwork, school paperwork, updating banking information and more.

You may have to close out local accounts if you're moving out of state. Switch over utilities if you stay in the same area. The demands on your time increase tremendously. That's a big culprit as to why moving is stressful.

You get shaken out of your comfort zone. Out of your routine. It's physically and emotionally draining and loads you down with extra tasks in addition to keeping up with your day to day ones.

Moving is a change from where you'd invested your life. It's leaving behind friends and maybe family. It's letting go and starting over. You can keep your wits about you and keep working on your goals by making your routine as close to what it was as possible.

Do the tasks that you would normally do every day and week. Don't change that. If, on Mondays, you engaged in networking opportunities, then do that. Keep the forward motion going by sticking to your success to-do list.

Pregnancy

When you discover that you're expecting a child, it may make you excited and happy. Or, it might make you afraid and worried about the future. Pregnancy is a time of wonder but it can also be physically demanding.

Pregnancy causes many changes in your body as well as adds physical stress. It raises the estrogen level which can cause nausea. You might experience fluid retention and dizziness.

You'll gain weight. You may experience cravings. Your taste may change. Your skin will stretch and you may experience stretch marks for the first time. Backaches are common in pregnancy and so are muscle aches.

Mood changes are common. It's also common that pregnancy affects your relationships. You may get more emotional. Your partner or your friends may be jealous or feel left out.

You may experience less intimacy with your partner sometimes, due to the exhaustion the changes may bring. All of this can cause emotional or mental stress in your life. To achieve success while experiencing a life change like a pregnancy, you need to make some adjustments.

It can be hard to focus on a task or goals when you're wiped mentality. Rest when you need to. Prioritize your to-do list into what must be done immediately to better your life and career against what you can hold off on for now.

Protect the time that you do have to work on your life and career by delegating tasks or hiring outside help to free up time.

Marriage

Chaotic events can disrupt your life. While planning a wedding and getting married is a happy event, it is a chaotic one. The number of things that you have to plan and set in motion often seem innumerable.

And you're having to coordinate with dozens of other people. There are food choices, travel to consider, finding a wedding venue, a dress, bridesmaids dresses, the cake, the catering and sometimes it seems like each new day spawns a new set of tasks to handle.

Even a happy event can derail your plans to achieve success if you don't keep an eye on the goals that you want to accomplish. Sometimes a relationship change can cause a person to temporarily lose sight of what it is they're striving for.

Keep your focus on what you need to do for you. Getting married is a big deal but you don't want to push the success that you want aside. It's easy to keep your focus when you remember the reason that you set the goals you chose in the first place.

It's true that you may face a time crunch. You may have to make some adjustments. Instead of getting to focus on achieving your goals for two hours at a time, you may only have an hour.

Or you may work in bursts of ten minutes at a time. You'd be surprised what you can accomplish in ten minutes with unwavering focus. Getting married means a lot of waiting around at times.

During those times, you can do something that works toward your goal. When you know you may have a short wait, take your to-do list with you and work on one of your short tasks.

You can balance this life change along with your goals by using ways to make the most of both to achieve what you want.

Chapter 3: Financial Struggles

It's a guarantee that at some point in your life you're going to experience financial struggles in one way or another. While you can't prevent this from happening, what you can take charge of is what you do when it does occur.

Assigning Blame Doesn't Help You Dig Yourself Out of Trouble

When something goes wrong as it inevitably does, it's often a habit to search for who's to blame. Whether it's another person, yourself or a product, assigning blame is really a way of seeking out who or what was at fault for the situation being what it is.

Whenever there's blame to be had, it always raises questions. You want to know how the situation happened or who caused this to happen. Those are the wrong questions. The right questions are what do you need to do to move forward and is there a way to prevent the situation from happening again in the future.

If you dwell on the first part - who or what is to blame - then you end up stuck and that's a waste of your time. Even if you figure out blame, it still doesn't help solve the problem. The only thing that blame does is to stir up anger at others or yourself and it can lay the groundwork for discouragement.

Sometimes people tend to want to blame themselves when things go wrong and they don't let it go. They believe that by beating themselves up and reiterating that they've messed up, it will somehow ensure that they do better in the future.

It won't. All it does is tear you down. It eats away at your self-worth and confidence when you do this. You don't want to waste time on that. Besides, what happens if you do uncover the root cause of the blame?

You're not any closer to digging yourself out of trouble. All you've done is waste mental energy on something that's too late to do anything about. When you refuse to place blame, you're not shirking responsibility for the problem.

What you're doing instead is choosing to not let yourself get mired down with something you can no longer change anyway. It happened. Now what you have to work on is fixing the problem and coming up with a plan on how you're going to avoid similar trouble down the road.

To fix what went wrong, you choose a more productive route. Dismiss blame and seek problem solving solutions instead. Look at what you can do to fix the trouble that you're in.

When you focus your energy and efforts on fixing the trouble, it helps keep you on track toward reaching your goals. When you do get the problem solved, you still don't want to dredge up blame.

That's thinking in the past and you always want to face forward in your thinking. Once it's over, determine what you discovered about the problem. Look at what it took to fix it. You will have learned a way to persevere despite the roadblock in your way.

Pay attention to what it took to fix the problem so that it won't happen again. Realize that it never matters who or what is to blame. You're the one who's responsible for your life regardless of what comes into it.

It doesn't matter if someone else disrupts your journey toward your goals or if you're the one who did. Don't bog yourself down in playing the blame game. What does matter is that you remain determined to dig yourself out of trouble no matter how long it takes you.

Financial Independence Will Cater to Your Personal and Career Satisfaction

If you're not financially independent, you may not be able to buy the stuff that you'd like to buy. You may not be able to replace or upgrade things like your furnishings or your vehicle if you'd like to.

Vacations can seem like a far off dream when you're not financially independent. Some people are even at the point financially where it's a struggle just to afford their basic needs let alone the stuff they'd like to have.

Those are some of the external ramifications of not having the money or income that you'd like to have or that you need. There's an internal ramification to living this way and it can be far worse.

When you're not financially independent, it does a number on your self-esteem. Your self-worth gets beaten to a pulp. You might feel like you're a failure. You feel like you struggle and struggle and your life is just filled with effort that's not getting you anywhere.

It's like you're spinning your wheels. You feel like you're worthless. When you're not financially independent, the amount of stress that you struggle with can be astronomical.

It can impact your ability to sleep - your ability to eat. It can also affect your ability to think clearly and be able to make decisions that can help your financial future to improve.

Not only that, but when you don't have the money that you need to have, it affects the goals that you have for your career. You might not be able to get the formal education that you need to get a promotion.

Or you may not be able to even work in the field that you'd like to go into. If you have personal goals, not having the money you need can prevent you from purchasing the tools that you need.

Or if you want to learn something and you need to buy materials for that, a lack of money can stop you. Not being financially independent can make success look like something that you'll never have.

When you're faced with that, it can act as ropes that tie you to your situation. You may feel as if you'll never break free. There is a proven psychological connection between money and your self-esteem.

Your financial independence can influence your actions. People who are financially independent have higher self-confidence than those who aren't. They tend to take chances and accept risks.

They reach for what they want more often than people who don't have the money to go after personal or career satisfaction. One theory behind this is that people who have the money they need feel more proactive and in charge of their lives.

They don't have to wait to act based on the amount of their paycheck or the direction of their career. They simply decide and do. When you're financially independent, it can help in making choices that affect your life.

It can help lead you to reaching the goals and the success that you want to strive for. When you're in charge of your life financially, you get to determine your success rather than the other way around.

You Can't Be Complacent About Corrective Measures for Your Finances

You can't afford to be complacent when it comes to taking corrective measures for your finances. You might be someone who doesn't like dealing with finances or you don't feel like making decision.

But what you don't realize is that by not making a decision, you really are. When your finances need corrective measures, it only gets worse without you taking the wheel. You can't sit back and let whatever happens, happen.

Your finances don't improve and success will elude you if you do that. You'll also be limiting your life if you don't take care of money matters. Taking care of your finances in turn takes care of you.

You must be aggressive and seek to improve your situation. You might have to face some uncomfortable truths. For some people that's going to mean sitting down and looking at what's going on with your money.

You might think that everything's okay but then you look and realize that you're one paycheck away from financial disaster. Financial health, like physical health is something that gets better with preventative treatment.

You can tell if you've been complacent about not correcting your financial health if you're too afraid to make a change in your job or career. It's not that you don't want to. You just don't know how you'll pay the bills if you do.

Another sign is not wanting to look at all the bills you have or the debt that you have. You just pay the minimum on everything and while you make the payment, there's not really anything left over.

You're existing. Not living. You might be someone who buys stuff without considering the most important question you should ask yourself. Can I really afford this? Your financial situation might show that your savings account looks like a ghost town.

You have no emergency plan much less a plan for retirement. When you correct your finances, it gives you freedom. Freedom to chase the goals that you want to chase. To change careers.

To go after personal goals. Whatever you want. Be aggressive and take control to bring your financial picture up to par. Create a plan and stick with it. Pay off debt. Save money.

Say no to yourself. Stop making impulse buys. Put off the temporary pleasure you might find so that you can instead have long term success.



Chapter 4: Negative Influences

Negative influences have power. They have the ability to affect your self-confidence. They can make you question your self-worth. They can drain your happiness and derail your motivation.

Putting up with negative influences can leave you scarred emotionally through actions and words that tear you down. By learning how to deal with these negative influences, you can protect your self-worth and keep it from impeding your success.

Navigating the Unfair Influence of Critical Family Members

Family members are usually the ones who love you and want what's best for you. Unfortunately, what they think is best for you doesn't always translate well. Unlike peers, colleagues or some friends in your life, you don't always have the option of just ending the relationship.

When your family is critical of you, your life or your goals, that doesn't mean that you just have to take it on the chin. You don't want to do that because the criticism will eventually affect you if it hasn't already.

You don't have to cut them off, but you can limit the amount of time that you spend with them. You can be too busy to visit or hang out. When you do get together, make the amount of time together less than it used to be.

Set boundaries. You need to have a line in the sand that you don't allow family members to cross. When they do, you just have to speak up and say that's not acceptable and you don't appreciate it.

You can do this kindly and with love. It doesn't have to involve drama. When the conversation turns to them criticizing you or what you do, don't engage in a battle. No one "wins" when family argues.

Instead, you need to take control of the conversation. Immediately turn it around. You can do this by just responding with something like "huh" and then move right on to a different topic.

They will get the message. Realize that their way of behaving is who they are. Arguing with them or trying to change the way that they act is going to be fruitless. Don't waste energy on that.

Instead, protect your vulnerable spots. These are the areas where family tends to pick at. The career you have, the changes you're making, your personal goals, or dreams that you may have.

You may not be able to share certain parts of your life with family. If you have family members who have been critical there are some things you can do to stop it from affecting your self-worth.

Put the comments into perspective and label the negativity for what it is - an attempt from someone who loves you attempting to help. They don't always realize how their criticism comes across.

To them, they think they're being helpful while you feel like you've been stabbed in the back. Be kind to yourself when dealing with critical family members. Use positive affirmations to counteract the negativity. Immediately disregard the critical things they say and do. Don't internalize it and let it affect you.

Create Boundaries with Friends Who Keep You Down

You might encounter friends who are negative influences. Sometimes these kind of friends don't realize the impact they're having on your life but that doesn't mean that you should put up with it.

For your sake, you need to deal with friends who may not be that good for you. Don't absorb any negativity from them. It only hurts you. If they're negative about everything in addition to you and what you hope to accomplish in life, you have to reject that negativity.

Because if you take it in, it will affect your thinking as well as your actions. And you don't want that kind of input. You may have to put some space between you and that person. Or if you do opt to spend time with them, you may want to control the setting.

Engage in activities where they don't have the opportunity to speak or behave in ways that are negativity. You can still care about a friend while limiting their chances of keeping you down their negativity.

But you may want to take a hard look at the friendship. If this person is someone who drains you of feeling positive about yourself and your life, it could be time to leave them behind.

Beware of friends who are constantly talking about everything wrong in their life, your life and the world in general. This kind of gloom and doom interaction affects your own outlook.

You'll begin to see other people differently and it'll change how you view the world. Not for the better, either. When you're around a negative or critical person who keeps you down, you begin to reflect who they are.

Don't try to analyze why these friends act the way that they do. Knowing the reason won't change the end result. Your friends should be a circle of people who encourage you.

You want those who cheer for your successes and hurt with you when you experience problems. They should be people who leave you feeling better for having spent time with them rather than people who leave you feeling as if you've been wrung dry.

Stay positive no matter what comes from that friend. Negative friends who put you down feed off pessimism. They generally get annoyed with positive people. They don't like to have their criticisms or negativity turned around into something uplifting.

It may be that they'll drift away. If so, let it happen. That could be a sign that they were never meant to be in your life for the long haul. If you don't want to lose this friend but they are someone who keeps you down, then it's time to have a heart to heart talk.

In a healthy friendship, you can be honest with the other person and they with you. If that can't happen, you need to free yourself from that influence.

Understand How Media and Culture Have the Ability to Impact Your Decisions

It isn't just family and friends that can impact your decisions. Media and culture also have that ability. You may believe that something is a certain way. Yet the media that you're exposed to may consistently tell you that you're wrong.

An example of this could be something like succeeding financially even without a college degree. If you're continually exposed to media that tells you that your odds of success are minimal without a college degree, that most people don't ever rise above their circumstances without it, then over time, you're going to subconsciously adapt to that way of thinking.

You're going to believe that you don't have the power to change your life unless you get that degree. Media influence can make any false belief appear to be a true one simply by reiterating it over and over.

Another way media can impact your decisions is by downplaying your ability to make them. It can call into question your own intelligence and life experience. This happens when you're exposed to information that touts only a certain group of people have the knowledge in any given area.

You're taught that you couldn't possibly learn all there is know about nutrition and how to change your health because you're not a dietitian, doctor, nutritional guru, etc. You're not that smart is the message you get.

The media influences your decisions by getting you to make ones that aren't necessarily in your best interest. They rely on emotion based thinking to push you to make decisions that you wouldn't normally make.

They do this by tapping into your fear that if you don't act now, you're always going to be stuck in your financial situation, your health situation, the relationship, the job and on and on.

Making decisions with your emotions leading the way is always the way to make a wrong decision that leads to regret. You have to stop and determine why you're making the decisions that you are.

If you're doing it because you've been influenced by some form of media, odds are that decision isn't one you'd normally make. Culture can affect your decision making based on emotion, tradition or ingrained teachings.

Culture is where a person identifies themselves as belonging in society as well as the background of the individual. This affects the person's beliefs in all areas of his life. It also has to do with where their values and customs are.

Culture also pertains to a person's religion and attitude toward things like money, relationships and influences. Your culture impacts how you process information that influences your thinking.

You may make a decision based on your cultural belief system and not even realize that it was a negative influence steering your choice.



Chapter 5: Lack of Knowledge

Finding success usually requires obtaining knowledge in an area or two. If you don't know how to accomplish your goals, you either have to learn or you stay stuck. There are plenty of options when it comes to learning what you need to know. But sometimes, people either make excuses or they encounter road blocks that keep them stalled.

Don't Allow a Lack of Time to Serve as Your Excuse to Fail

One of these excuses is when people believe that they don't have the time to pursue their goals. More often than not, instead of looking at the situation, they simply dismiss it by saying, "I don't have time" and then they fail to accomplish what they'd like to do.

They want to wait until they have more time before they start to seek the knowledge that they need to know. You can find people who are still waiting years later. You may be accepting failure.

You may believe that you don't have time when that's not really what's going on. Subconsciously, you can allow fear or inner misgivings to stop you from trying to find a way around your lack of time.

Maybe you're busier than most people. But that still doesn't mean that you can't find the time that you want to find personal or professional success. It just means that you have to try a little harder if your days are already packed from sunrise to sunset.

If you've been telling yourself that you don't have the time to acquire the knowledge that you need, you need to recognize that as an excuse. You need to make the decision on what's important to you.

Successful people know that what's important to them always gets done. So finding the time in your life may require some temporary sacrifice on your part. Many people who've achieved the success that they want did so because they made sacrifices both big and small.

You might have to give up one thing in order to make time but if you want something badly enough, you will find a way to make it happen. If you aren't really committed to what you want, then you won't.

Recognize that sometimes a lack of time is really a lack of discipline. You do have the time but you've been squandering minutes here and there throughout your day. If you find those leaking time wasters you'll be able to take control and cut out the things that eat up your time - time that you could put to use gaining knowledge.

To find the time that you need, you should make a must-do list. These are things that are non-negotiable that take up your days or nights. It could be work, spending time with a loved one or whatever.

Look for ways that you can find time at work such as eating lunch while you're learning the knowledge you need instead of going out to lunch. Or skipping a break or two and using that time.

If you make gaining the knowledge that you need a priority, you will find a way to make it happen.

Put Personal Finances Aside and Find the Information You Need to Level Up

Not having the money they need to go after what they want in life is something that bars some people from succeeding. You have to be careful because you may be using personal finances as an excuse.

If there's something that you'd like to do in your life, don't let your personal finances keep you from chasing that goal. If your financial situation is one that isn't the best, realize that you're not alone.

In fact, more people than not have financial struggles. Many live paycheck to paycheck. Some don't even have that much. They're unemployed yet seeking a way to better their lives by gaining knowledge to improve their situation.

If you've longed to change your life in some way but your first thought is that you don't have the money, you need to recognize that for what it is. It's an excuse. It's self-defeating behavior.

You've already decided that it's not going to happen for you because it's impossible. Impossible is only a word people use to apply to situations. It has no bearing on the determination of a person.

Determination beats impossible every time. If you're determined to change your life, then you will. Even if your personal finances are in shambles. You can juggle your money enough to be able to afford the knowledge that you need.

And if you literally don't have a penny in income, you can find the information by going to the library and reading books there or using their computers to study the information that you need.

You can connect with others who may know what you need to know, too. It never hurts to ask someone who knows what you'd like to know how they accomplished what they did.

You can barter what you know or have. If someone has the knowledge that you want and you don't have the money to pay to learn, ask what you can do for them in exchange for the information.

Whatever it takes to make your goals a reality, you have that power. You just have to find the right option. Successful people let nothing stop them. Nothing. They might hold a yard sale, do some odd jobs, sell some items they don't want – whatever it takes.

They tighten their belts. Anything that's not basic - such as food and shelter - isn't a priority. They get rid of wants and live just on needs - that which is essential to continue living - while they're gaining the information they want in order to level up.

If there's information that you want, you don't let anything get in the way of that. You find a way around whatever is blocking your path. You have to keep in mind that if you do nothing to change your life, then it won't change for the better and could even get worse. You'll still be right where you are a year from now. Or the year after that.

If You Have Difficulty Understanding One Teacher, Search for a Better One

It's true that a lack of knowledge can keep you from reaching personal or professional goals if you allow that to happen. Some people engage in self-help courses. Others take classes or formal education.

Whatever course of action you choose to take, the person who's important for imparting that knowledge to you needs to be one that's best for you. While anyone can claim to have the ability to teach, not everyone can.

Some people who teach others how to do what they do are full of charisma but their explanations on how to accomplish something leaves everyone scratching their heads. It's not enough to have the information.

That person must be able to impart knowledge in a way that you can understand it and be able to apply it in your own life. If you can't understand the teacher then you're wasting your time and money trying to learn from them.

Sometimes you may not understand the teacher because of a difference in your learning style as compared to their teaching style. An example would be a teacher who heavily relies on audio when you need visuals.

That's why it's important to keep your personal learning style in mind when you're searching for a teacher. This doesn't mean that you can't learn from someone who teaches using a style that's not your preferred method, but it will be harder.

It could also be that there's a personality conflict and that can impact your ability to absorb their information. An example would be if a teacher is too "by the book" and you're more laid back.

Or if you're someone who needs hands-on demonstrations and they don't offer that. Know when to call it quits and change teachers. If you've been paying attention to what's being taught and it seems like nothing is making sense, don't automatically assume that the problem is with you.

Instead, it could be a clue that you need help from someone else. A good teacher is someone who's open and doesn't mind your questions regardless of how many you ask.

They'll keep pointing you in the right direction. If you have a question because you don't understand something and the teacher brushes you off, that's also a clue that it'll be best for you to find a new teacher.

Look for a teacher who can break difficult topics down into manageable steps. Some teachers are big picture thinkers that don't break information down into small enough tasks. For example a teacher who tells you to install a program for a website but doesn't give you the action steps.



Chapter 6: Continual Failures

Any way you look at it, failure stings. No one wants to fail. But it happens. It might sound strange to discover this, but failure doesn't matter. What does matter is that you don't let it stop you from achieving your life goals.

Don't Let Repeated Failures Scar Your Dignity

A mistake that some people make is they allow failures to impact their self-worth. Even knowing that failures happen, some people still internalize them and instead of separating who they are from the failure, they link the two.

You must remember that you are separate from the things that you fail at. Don't beat yourself up when things don't work out. Give yourself credit for having tried to begin with.

Failure happens to everyone. All you have to do is search online for well known people who succeeded despite their failures and you'll get back over a million hits. What separated them from people who didn't accomplish their life goals wasn't talent.

It was the determination that their failures were not going to define who they were as a person. You can do that too. You do this by watching your mindset. Catch any negative self-talk and stop it.

Don't let it attack your dignity. If you think, "I am a failure," then you're entertaining a false belief. Many of these beliefs will rear up whenever you do encounter something that attacks your dignity.

You must correct that kind of false belief immediately. Replace it with something like, "No, this failure is just one way that didn't work for me," and then try again. Realize that there will always be a certain amount of discomfort each time you attempt to do something.

Any time that you step outside of your comfort zone or you try to make changes in your life, there will always be pain during the growth cycle. Failure is a growth whether you realize it or not.

You grow because you learn valuable lessons each time that you fail. What you have to do is accept that failure is a learning point. Understand that you gain mental strength every time you keep on going despite the number of failures you may experience.

Reaffirm your goals. This will help you to keep your vision as the focus of your attention rather than the feelings you may be experiencing from the failure. Even though the results weren't what you'd hoped for at this time, that doesn't mean what you want isn't in store for you.

Be careful that you don't internalize them and allow the failures to paralyze you. Sometimes a period of inaction can follow a failure because it makes you question your ability to move forward - especially if you've allowed some negative self-talk.

To push back against potential scars, value yourself. Accept who you are and what you're trying to do with your life. When you recognize and protect your self-worth by rejecting blame from yourself or others, then failures, no matter how many you have won't be able to leave a mark.

Quit Focusing on Faults and Recover from Setbacks with Determination

A failure is disappointing and the main thing that people do when there's a failure is they immediately start looking for fault. It's human nature to want to get to the bottom of something.

People want answers to problems and when failure occurs, they want to know the cause. Even if you do figure out that it was your fault or your partner's fault or your colleague or friend's fault, the problem still happened.

Knowing will do nothing except add to your emotional deck of cards. It won't change your frustration, your anger, your doubts or your fears. You don't gain forward momentum by stopping to find fault with yourself or others.

In the end, it doesn't matter what happened. What matters is what you do from the setback moment on. When a setback occurs, it can kick you right in the self-worth if you let it.

It'll make you question if you're on the right track or not. You'll find that you're second guessing yourself. Those are common reactions. Just because you experience a setback doesn't mean that success isn't going to happen.

You have to refocus your attention from the problem to the next step. Keep hanging on to the belief in yourself and in your determination to succeed. It might be easier to give in to self-doubt, to laying blame, but don't lose sight of why you began your journey in the first place.

Look back at the reason that you started on the path that you're on. Returning to your inner motivation will help restore the determination to look at your goals and not at faults.

There are some things that you can do to make sure that you recover from a setback rather than letting it hold you back. Accept the responsibility for what happened. Just acknowledge it and then dismiss it.

You'll struggle to recover if you hold on to any part of the failure or if you waste time rehashing it over and over. It's okay to want to understand why the failure happened as long as you want to know because you want to learn from it.

Learning from a setback can allow you to correct a problem that could cause future setbacks. Wanting to know why something happened so you can use it to further your goals is different from wanting to know who caused something to happen.

Recover with determination, not with a pity party. If you sit around and give in to discouragement, then you put your life on hold. It's normal for a failure to cause emotional upset.

Just don't compound the setback by letting self-pity keep you stuck. A setback doesn't stay a setback when motion is involved. Stay determined and reengage in the course that you've set for yourself.

Confidence Is Something You Have to Store Up for Days When You Fail

Confidence is the belief that you can do something. You trust that you have the ability to make your goals happen regardless of whatever circumstances you encounter. It's good to have confidence and many people do.

Until it's tested by failure. Then their confidence seems to dissipate as easily as the wind blows. All of a sudden the certainty you feel is gone. It evaporates in the face of the failure.

All your self-assurance is gone, and you find yourself doubting whether or not you possess the ability to keep striving toward your goals. When you experience failure, it affects your confidence because while most people plan for setbacks, deep down, many of them don't really expect them.

Failure wasn't something they thought could happen to them. Yet it has. And wise people understand that you can't predict failure. There are any number of things that simply go wrong and you can't predict that.

But there is something that you can do to prepare yourself. The key to getting through the days when you do fail is to already have a storehouse of confidence before that ever happens.

The way to create that buoy of confidence isn't difficult. You start by taking stock of every goal you've met and everything that you've succeeded at. Write these situations down if you need to.

Then think back to the setbacks that you went through during each of these times before you reached success. This helps you see that each time failure occurred, you rose to the occasion.

You handled it and you were able to move on. When you encounter failure, you'll still be able to hold onto confidence and it won't shake your self-worth. You'll be able to say to yourself that you've handled stuff in the past.

This is just one more hurdle to get through. I've got this will become your mantra. Before you face failure, take stock of all the abilities that you have. What you're good at. Look at how those abilities are going to get you through whatever failure comes.

Allow yourself to visualize the success. Before you begin pursuing your goals, learn as much as you can about what you need to know. That way, when failure hits, you'll realize that you already know how to deal with the problem and solve it.

Cultivate a positive mindset. When you store up positivity, you'll be able to rely on this during a setback. There will be a well of uplifting self-worth boosting thoughts to help you through.



Chapter 7: Health Concerns

Achieving your life goals is something that can be easily doable when things are going well for you. But when something like your health is a problem, then it can impact your ability to reach your goals if you don't have a plan in place.

When health concerns crop up, that doesn't mean that you have to put what you want to achieve on hold. It just means you have to work around the situation.

Achieving Your Goals When Energy Levels Take a Dive

When you have a health issue, one of the first things that can happen is it can sap your energy. It can be difficult enough just to keep up with day to day stuff much less working whatever plan you have for your life on top of that.

Low energy can make it hard to have the physical stamina that you need to keep going. When you have a health issue that lowers your energy level what you have to do is to examine any habits that you can alter than can stop energy leaks.

You may not even be aware that you're doing things that do dip your energy levels. People are creatures of habit even when they're struggling with their health. They like to keep up the same speed and do the same things they do when they're well.

But when your energy levels drop, you have to do what you can to conserve what's left. Start by looking at your schedule. You're probably overloaded with to-do tasks, especially at the beginning of the week.

When you're experiencing health concerns, you have to prioritize your to-do tasks and only do what's absolutely necessary to keep you moving forward. If you have a task on there that can wait a few weeks, then list it as a wait task.

Keep your focus only on what you know are going to bring in results. Or those things that must be done in order to take the next imperative step. You must look out for yourself physically.

You have to eat right, get the sleep you need and make sure you exercise as well as take time off to de-stress. Otherwise, this can add to the depletion of energy. Sometimes, the lowered energy isn't a result of a physical health issue.

Sometimes it can be related to mental health. When you've made goals and you're trying to reach them, it puts a high demand on your mental energy. If you add mental health issues, then that can compound the problem.

Certain habits impact your mental energy. These are things like not getting the right amount of sleep or emotional upheaval in your life. A diet that's not good for you physically can lower your mental energy levels.

Stress can impact your mental health and so can things like anxiety or depression. All of these are common in an everyday life but can grow when you've set goals for yourself that you're pushing to reach.

You can become emotionally and mentally exhausted. If you know there isn't going to be a quick fix to your mental health concern, you have to determine that you're going to keep going no matter what.

Perseverance can often be a good anchor to hold onto when you're battling stress, anxiety, depression or emotional exhaustion. Decompressing is important when you have a drop in mental energy.

Let go of performance pressure. This is known to deplete energy. Take supplements that help boost energy both physical and mental and this can also help you to keep going when you're not at your best.

How to Pursue Your Dreams Amid a Major Illness Diagnosis

When you get a major illness diagnosis, it can rock the foundation of your world depending on whether it's short term or long term. Pushing through and keeping up the same pace isn't realistic when you're facing a major change.

That doesn't mean that your desire or commitment is weakened. It just means that it's best for your body at the current moment to make some changes to the way that you pursue your dreams.

You'll still be chasing them, but in a manner that will keep what's best for your health as the top priority. At the moment, you have to accept whatever limitations you've been given and know that in the future, you'll be back to doing things the way that you used to.

The first step is to break goals down into steps that keep your health in mind. What's completely doable when you're 100% at your best health will be a struggle when you're not.

And what happens when you keep trying to chase your dreams the same way when you're that ill is that you set yourself up for failure. You might have the mental strength to push as hard as you have been, but your body won't let you.

While it can be extremely difficult to be a can-do person in a temporarily can't-do body, with some adjustments you'll still be able to stay on course. Just at a slower pace. It

might not be possible for you to meet the goals that you set for yourself within a month because of your health.

That's okay. Adjust your timeline. Give yourself an extra few weeks or an additional month. Not only can you push out goal completion dates, but you can adjust what's on your plate.

If you are currently juggling three to four big things that impact your dreams, drop cut it in half. You'll still be making headway. Instead of focusing your attention on the big picture, take your life one day at a time.

Do what you have the strength to do every day and don't sweat the things that you have to put off. Look for different ways that you can still pursue your dreams. This might be taking a path that you hadn't planned to take such as taking college courses at home instead of in person.

Don't be afraid to take whatever help you need to chase your dreams. You might need to use the services of an assistant. Or you might have to let family or friends pitch in and do what they can to help you keep chasing dreams.

That might not be the same level of progress you like but it's still moving forward. Learn to let go of what you wanted for what is at the moment. Don't get so fixated on a mental picture of what you'd planned that you can't accept that things are going to have to be different if you want to achieve your goals.

Give yourself whatever time you need to make adjustments and do whatever you need to do to keep striving forward. If that's getting more rest, take it. If it's taking more frequent breaks, do that. You will eventually reach your dreams.

Learn to Get Things Done Even with Everyday Health Struggles

The minute you get sick, it can be easy to lament and look at what you could be doing if only you felt better. The good news is that you can still move forward even when you're dealing with everyday health struggles.

The bad news is that you're still going to feel bad but at least you'll be accomplishing what you want. These everyday health struggles are more common than a major illness and can hit you at any time.

But if you're prepared for the times when your health might not be at its optimal level, you'll still be able to get things done. You have to begin by finding balance and timing that works for you during the illness.

When you're experiencing everyday health struggles you might have more energy at a certain time of day than another. You might feel energized at night and drained during the day.

Switch up your to-do list and work on your goals in the evening rather than when you first get up. Break the current goals for your dreams down into new achievable steps that take your condition into consideration.

You may have times in your life where your steps will shift depending on what your body or mind is going through. If you have a cold and don't want to go out of the house, then work on what you can from home.

You want to take care of yourself when you're ill but you also want to determine what you need to get done in order to keep proactive about your dream and keep moving toward that.

You have to decide what's realistic and what's not when you want to keep going. If you're in too much pain to do the more physical aspect of reaching your goals, then do whatever step is not as physically demanding until your health returns.

Adjust when you have to. If your everyday health struggle is an issue, instead of traveling for your business, video conference if you need to. If your goal is to strength train and you hit the gym for two hour workout sessions, go to the gym but if your health is bothering you, cut the session to an hour or less.

You won't lose any momentum and you'll be making progress versus simply staying home. Accept that you're not in top performing condition and give yourself some grace. Don't beat yourself up if you're moving a little slower or a task is taking twice as long as it normally would.

Remember that your current circumstances don't have to sideline you. You might have to be a little creative about getting stuff done to keep on track with your goals, but it can be done.



Chapter 8: Traumatic Past

When you experience trauma, it can leave physical as well as emotional and mental scars. People who've had trauma in their past can sometimes be closed off and hesitant about trusting other people.

These kinds of experiences can make you feel worthless and impact your ability to achieve your life goals unless you know how to deal with fallout from them.

When Childhood Abuse Shapes Who You Are for the Future

Everyone learns about trust and how the world operates as children. Whether their experiences are good or bad, it shapes who they are for the future. Those who had a normal childhood grow up with the skills to navigate the adult world.

Those who have a childhood where abuse was present are often missing some of those important and necessary skills. Because children who experience trauma often deal with things that are beyond their mental or emotional capacity, they learn their own ways to cope.

These wrong coping skills develop to protect themselves from what the mind or body is unable to deal with. The age of the child, the type of abuse and the duration of abuse will impact the ways in which they learn to live as adults.

Many instances of childhood abuse show up in adulthood as anxiety, low self-worth, depression, withdrawal from other people, places or relationships. Fearful of new places or people.

Not feeling safe. Hypervigilant. Angry. Big reactions to small things that remind them of the trauma. Addictions. Self-harm. You cannot help what happened to you as a child. None of it, regardless of what it was, what you did or didn't do, is your fault.

You were a child and you have no responsibility for how you were treated or what was done to you. If anyone asks, "why didn't you stop it, tell, get away" remember that's the wrong question asked in ignorance by someone who doesn't understand childhood trauma.

One type of childhood abuse is verbal abuse. This is defined as criticism or insults spoken to you with the intent to be destructive in nature. The problem with verbal abuse is that you internalize these words even though they're not true.

You take the "you are" plus whatever ugly thing was said and you turn it into "I am" plus whatever ugly thing that was said. You continue the job of eroding your confidence that someone else began when you do that.

Don't rehash someone else's words. Reject them with loving statements to yourself. I am beautiful. I am worthy. I matter. Verbal abuse says you are inferior. When in reality, you are superior to them.

Seek support from friends or from a therapist. Read self-help materials to help you retrain the wrong way that your brain has been taught to speak to you. Verbal abuse is just one type of childhood abuse that can cause pain and shape who you are.

Physical abuse as well as sexual abuse can cause a great deal of emotional turmoil. Abuse is about power. Someone else having power over you. While you bear no responsibility as a child for what you went through, it is your responsibility as an adult to deal with the lingering effects of the abuse.

You can be now what you could not then. Then, you were powerless. Now, you are not. Then, you were not in control. Now you can be. You are free. Healing from childhood abuse begins with rejection.

You must reject the hurtful ways in which the abuse affected you. It's not a simple matter of telling yourself that you're done and it magically happens. You must deal with what hurt you.

Ignoring it doesn't work. You need closure. You need to grieve for what should have been but wasn't. Start by not minimizing the abuse. Don't push it down. Face that you were hurt and that the blame is on the abuser.

Not you. Recognize defensive actions in your life such as pushing people away, not letting anyone in. Choose to not let the trauma have center stage by accepting that it happened and then letting go.

That doesn't mean you're saying it's okay. It means you're saying the past has taken enough from you. It doesn't get your present life, too.

Abusive Marriage

Marriage relationships are supposed to be loving and supportive. They're supposed to be with people who want what is best for you. Those who want your dreams to become reality simply because you do and they care about you.

Unfortunately, this is not the case with every marriage. Some marriages are abusive ones. Signs of an abusive marriage can be subtle such as gaslighting - manipulating you psychologically until you begin to question what you know is the truth.

You doubt yourself and question your own reality. An abusive marriage can be one in which a spouse accuses you of things you didn't say or do. Another sign is a partner who tears you down.

He or she is critical of your appearance, your accomplishments or your dreams. Your partner may be constantly checking up on you when you're not in the home and sometimes even when you are at home he or she may want to constantly stay in touch to see what you're doing.

He or she may hit you, shove you or perform other acts of violence that are abusive. Abuse in any form - whether it's verbal or physical - is not okay. It eats away at your self-worth and makes you question yourself.

An abusive marriage is one in which a partner chisels away at you until you lose who you are for who the other person wants you to be. You have to remember that you cannot ever please someone who has an abusive personality.

That's because the problem lies with that person and not with you. If you're in an abusive marriage, that situation as well as the lack of support from the spouse has the ability to get in the way of you reaching your goals.

It can slow you down because you're so busy trying to focus on surviving emotionally and sometimes physically that it takes most of your attention. You have little left of yourself to achieve what you really want to do with your life.

But that only happens if you don't take back control of your life. First, you have to realize an important truth. That is that no one has the right to make you feel like unworthy regardless of who it is.

No one has the right to control you. You don't need someone else's approval to live your life the way you want. To achieve your goals. No one has the right to verbally tear you down or to touch you in ways that are hurtful or that make you feel shame.

Take back control by getting out of any marriage relationship that is physically violent. A spouse who does this kind of behavior rarely changes. Your life and your dreams need to be protected.

Get out. Whatever it takes. You should be treated with kindness and love. You deserve that. Regroup and decide what you want in life and what you need to get there. Then do it.

You may only be able to take small steps like buying some material or taking a class but do it. Every small step leads toward the completion of your dreams.

Accident or Crime

Traumatic life events such as car wreck or other serious type accident can disrupt your achievements. So can things like being the victim of a robbery or assault. For some people incidents like these that are traumatic in nature can completely throw them off course.

They can't seem to find their forward momentum. That's because a traumatic event disrupts your sense of normal. It impacts your center of safety. The event happened and now you don't feel safe anymore.

You may experience things like anxiety because of the event. Some people go through a trauma and it seems all they can do with it afterward is relive what happened. The memories as well as the feelings associated with that event keep them stuck.

The incident has become more powerful than their ability to deal with it. They may find it difficult to cope with life afterward. They may have trouble going to work - trouble interacting with other people.

They may be emotionally distant or overly emotional. Yet, not everyone who experiences the same type of trauma react the same way. Some people seem to be able to put it behind them and move on to greater things.

Does that mean that their coping skills are better than the person who can't seem to deal with what happened? No. It's all in the way that someone processes trauma. For those who seem trapped by what happened it can be that the person has made the event the focus of their life.

They can't stop dwelling on it. Can't stop replaying the moment it happened. They hold onto it, not necessarily because they want to but because they don't know how to move on.

But you can move on from trauma. You have to begin by not letting the event have center stage in your thoughts or your conversation. You have to stop reimagining the scene and picturing yourself reacting a different way.

You have to stop dwelling on what could have been worse. All of this can slow or even stop you from achieving life goals. If you stay stuck, it's a lot harder to move forward with that weight hanging onto you.

When you begin to think about the event, realize that it's happening. Stop allowing it to have a stage in your mind. Turn your thoughts elsewhere. Thinking about what happened won't change anything.

It won't make the feelings or thoughts go away. Instead, look for ways that you can heal. Learn what you can do to stop letting it have control of your thoughts. Look for ways that other people who went through similar events were able to cope and then heal so they could move on.

When thoughts about the past event come to mind, do something else. Anything that breaks your concentration on the past. Refuse to let yourself live in the past and miss out on the present.

Chapter 9: Change of Heart

Your life is not set in concrete. You can change your mind. Change your direction. Whatever you want to do that takes you closer to reaching your goals. Don't let anything hold you back from having the life that you want.

In Career Choice

Sometimes people think that because they made a certain career choice that their life is on a course that cannot be altered. They feel that they made a decision and should stick with it.

But you are allowed to have a change of heart. You're allowed even to have an expensive education under your belt in a field that you no longer have any desire to be in.

It happens. And you don't know if you're truly suited for a certain career until you're actually in it. You may just decide that you want more than what you have in the career that you're in.

That's okay, too. Or you may decide that you want to go further in the career that you love but a lack of degree is holding you back. It's never too late to go back for a higher degree than the one that you have in the field you're in.

It's never too late to go back to college and get a degree in a completely different area. Worse than not making a move to redirect your life when you've had a change of heart is to stay where you are knowing that it's not what you really want - knowing it doesn't fulfill your dreams.

There are people who made the decision not to go to college at all. At that time, it was the best choice for their life and they knew it was the right one. But as time passes, so do desires and you might be someone who regrets not getting a college degree.

Some people will realize they regret not getting a degree and immediately take steps to go in the direction that they want. They'll head to college either in person or online. You might be someone who feels that desire to do something else but you believe that you're too old to have a change of heart much less attempt to make a big change like going to college.

The kind of thinking that limits you in any way is the wrong kind of thinking. Remove the mental barriers. You are never too old to change your life. The passing of time is not a deal breaker for chasing dreams.

If you feel that you're not skilled enough and want to get a college degree, then get one.

Maybe you're in a career right now and you are absolutely miserable. You dread getting up and heading to work.

You might feel as if you have no choice. You do have a choice. The only thing standing in the way of change is you. Get out of your own way. If you need a different college degree to get into the career you know you're passionate about it then do that.

If you need to go to college for the first time, then do that. It could be that you need to learn a particular trade or skill that has nothing to do with returning to college. There are ways to learn what you need to know to have the life that you want.

You can find a mentor. You can take courses. You can become an apprentice. You can change the course of your career for one that better suits you.

In Relationships

Some people have the belief that when you make a choice about a relationship, you're stuck with that choice. They may believe that because they've poured a lot of time into the relationship they should stick it out.

Or it could be that they've been with someone that all their friends and family love and they stay because they don't want to disappoint other people. Staying when you feel that the person you're with is the wrong person for you will leave you with a lot of regret.

Relationships begin and they're shiny and new. An abundance of feelings can blind you to signs that maybe you're not all that compatible. If you picked the wrong person to be in a relationship with, you don't want to stay out of a sense of commitment.

You are allowed to have a change of heart. When something doesn't work for you, it's best not to continue to invest in the relationship. Otherwise, you'll lose even more time than you already have.

Maybe you're someone who chose to stay single. You wanted to focus on other things in life rather than being in a relationship. You chose to build your career instead. Or it could have been that you saw other relationships and felt that being in one was nothing but trouble.

The passing of time has a way of changing a person's perspective. You gain knowledge and life experiences that you didn't have at the time you made your original choice. Now that you view things differently, you choose to leave the life of singlehood behind and get involved with someone.

It's okay to make a different decision about your relationship status. There are some signs that can help you determine that it's time to follow a change of heart with a relationship.

There is more bad than good in the relationship. Your emotions are often those of irritation, hurt or anger. You find yourself thinking about the way things used to be. If you're the one doing all the compromising.

You have to change who you are, what you think or believe or feel in order to accommodate the other person's beliefs or feelings. It's not good if you're in a relationship but staying only because you're holding out hope that the other person is going to change.

When the other person treats you in a way that's not in your best interest - such as not supporting your dreams, or not being considerate of your needs, it's time for a change. If you're the one carrying the relationship, move on.

You keep trying to find ways to solve conflict. Or to rekindle passion. Or to communicate and the other person doesn't put any effort into it. They go along simply because you lead the charge.

If a relationship isn't working for you it doesn't mean that you can't improve it. As long as your partner is willing and wants to see change as you do, then you can have what you want from the relationship. Do new things together. Keep communication open. Tell your partner what you need.

Other Life Choices

A change of heart isn't limited to career choices or relationships. You can have a change of heart toward other choices you've made in life as well. Living in a certain area is a big life choice.

It's not easy to move. It's stressful and time consuming. Maybe you made a life choice that you were going to live in a certain location. You chose the area because you wanted to live near your family.

Only now you have the desire to be somewhere else. Maybe you chose an area because your friends lived there. Or you moved there because a romantic relationship brought you.

You were fine in the beginning. But now you don't want to be there. You find yourself dreaming of other places you could go. Maybe you've even gone so far as to look up housing options in the area where you'd like to move to.

You feel regret that you are where you are. The same feelings can hit when you do ordinary things like making a major purchase. You might have bought a car that you truly wanted.

You spent weeks researching all the positives about the vehicle. Only now that you have it, you regret buying it. You wish that you could turn back the clock and then you wouldn't make the same choice.

Or maybe you bought a boat. You pictured yourself heading to the lake or to the beach every weekend. Only it didn't work out that way. You may be a boat person but not necessarily the type of person that owning a boat works out well for.

It could be that your major purchase was bigger than those. You bought a house or a vacation home. Now you feel stuck with a house that you don't want. These decisions can impact how you trust yourself to make future decisions.

You'll hesitate even when good opportunities, ones that can change your life for the better, come along. You're worried about getting involved in an opportunity that will leave you feeling the way you do after making major purchases that you now regret.

What you have to do is to set aside the negative drawback and look at the good that you have gotten from the decisions that you've made. You have to realize that just because you bought a major purchase that you later regretted owning didn't mean it was the wrong choice at that time.

It only means that you changed your mind. And it doesn't mean that there's no way to change it. No purchase is permanent unless you choose for it to be. You can sell the car, the boat or the house.

You're not stuck with it forever. So when an opportunity for you comes along and you want to do it but you're still feeling the sting of past choices, remember that if you decide the opportunity doesn't work for you, you can change that too.

It's always better to take a chance on something that might work out rather than to let it pass and then have regrets. You can always undo choices. But you can't always get back the same opportunity.



Chapter 10: Intimidating Competition

Being faced with competition as you try to achieve your life's goals can be intimidating. It feels that way because you compare yourself to them. When you do that, they come across as successful achievers while you're left feeling insecure.

What you have to remember is that where you are is where they are or where they used to be. There is room in the world for you to succeed as well if not better than your competition.

See Them as Resources

Don't view your competition as a threat. Instead, see them as resources. If you let yourself, you can learn a lot from your competition. You can learn where and why they experienced failures.

You can also learn how and why they achieved success. By looking at them as resources it will save you from making the same mistakes that they did. You'll gain the advantage of being able to do more with your time and money if you already know what didn't work and what did.

Your competitors will be people in the same area that you've set your goals in. If you have a business goal and your area is in finance, then you wouldn't necessarily study someone who is in the area of party planning.

You have to compare things that are alike to get an accurate picture. Figure out what habits the competition has that has helped them get where you'd like to be. It could be that they've made some changes in their lives to gain more time to do the things they want to do.

Or it could be that they've changed the way they eat so they've lost the weight that you'd like to lose. Or maybe they started a business on a shoestring budget and you're trying to do the same thing.

Look at what steps they chose to get where they are. Besides habits, you want to look at what motivated your competition. Find out what it was that kept them going even when things may have been difficult for them.

Seek out their web presence. You can often find a wealth of information like this. Many people will talk about their habits or the steps they take to reach a goal on their social media sites.

You'll be able to see how they engage with followers. If it's a business that's your competition, check out what it is they're doing that appeals to customers. Why it is that the customers keep coming back.

Look at how they've set up their business and what they used to grow that business. Pay attention to what methods they use for their shopping carts, what selling points they highlight for their products or information.

Look at how they've built a subscriber list or how they get their audience to talk positively about them online. If the person you see as your competition is someone who was able to retire young and that's your goal - study what they did.

Uncover what opportunities they said yes to and which ones they walked away from. Research what kind of training, education or skills this person relied on to create the life that they now have.

Look at your competition to see if they went it alone or they had assistance from someone else. Sometimes the success of another person is highly dependent on the team of people they have working with them or for them.

By learning from the competition rather than letting yourself be intimidated by them, you'll gain valuable insight that can help you achieve your own goals.

Better Yourself to Beat Them

Once you study your competition, you'll know what their strengths and weaknesses are. While some people might believe that a competitor is at the top and there's no way to be better than that, they're wrong.

You can do things better, faster and easier if you have the skills or education that puts you ahead of the competition. When you improve yourself, then you'll be the one on top and you'll know what you need to do in order to stay here.

Some competitors reach the top and then they get so busy staying focusing on what's new that they forget what already is. If it's a business goal that you're trying to achieve, your way of doing things better is going to be to make sure that you don't lose sight of your existing customers just because you're looking for new ones.

Too many successful people forget that their pre-existing customers are the reason they're successful. They might begin to blow off their concerns or be slow to answer. They won't really care if that customer goes away because they feel they can just replace that one customer.

But what happens is one unhappy customer turns into another, then another. Before they know it, they have a whole lot of unhappy former customers talking about them on social media.

Be better by making it a priority to take care of your first tier customers. Make sure they get what they want when they want it. If you focus heavily on customer service, you're going to keep the customers you have as well as draw in new ones.

People want to do business with those who care about their needs. Prove to the customers that what your competitor can do, you can do better than that. Show that you can do it faster and easier as well.

Customers want the quickest, easiest way to accomplish their own goals. Whatever your competitor offers, makes yours bigger. Give them more. Understand what it is that they want whether it's more product for the same cost or increased usability of what they do buy.

Can one product perform more than one task for them? When you know what your customers want, you can adjust your strategy to meet that need. Increase your skills and knowledge as part of your strategy.

Know more about the product or information than your competitor does. Understand all the ways that what you're offering can benefit your customer. Look for ways to get this point across that your competitor may not have tapped into.

You can beat the competition by learning how to approach your service or product through the eyes of a customer who's just now striving for their goals. Be a better instructor or mentor to the customers than your competition is.

It could be that you may need to learn about public speaking or how to conduct a webinar that holds attention. Better yourself so that you can show your customers how they can be better.

Set Yourself Apart

There are set ways to do things and many people choose these traditional, accepted or so called proven ways in both their personal and professional life. So what happens is when one person is successful, the next person comes along and tries to emulate everything exactly as the success story did.

While it's good to learn from a competitor and understand why they succeeded, staying on the same path can be a bad thing. When people hear something over and over that's the same information, product or concepts they can develop information blindness.

This means that you too will blend in to what's already out there unless you choose a different path. The interesting thing about wanting to be successful is people tend to work hard to try and blend in because they want to face judgment or ridicule.

For example, some of your friends and coworkers swear by a certain diet. But every time you've tried it, you haven't experienced the same results, if any. You're frustrated and discouraged and you want to try something new.

But you're afraid what others will think you try a new, uncharted diet. By blending in, you can stop your own growth. You have to give yourself permission to do things differently and explore alternatives or better options that others may not have tried and may not understand.

Just because something has always been done a certain way on the path to achieving goals doesn't mean that it's the best way for you. Instead of being a follower, choose to create your own way.

You'll develop new insights that your competitor may not have seen. Instead of looking at ways that are, look at ways that may be in the future.

Every area of life - from finances to health to relationships - is always shifting as time passes.

New ideas are put into place, new theories and new technology develops. Look to be on the cutting edge of whatever is new that helps you achieve your goals. Focus your attention on untapped areas of growth in the direction of your goals.

Treat new things as an experiment and don't attach yourself to the results. This way, you can keep what works and implement it and let go of what didn't work.

Don't be afraid to be bold when trying something new. Challenge yourself to reach for more than you thought possible.

I hope you found this self help report helpful to you and that you will put it to good use in crafting the life you dream of.

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Helene Malmsio

May you always have Love to Share, Health to Spare, and Friends that Care!



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