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Foreword

If we formulate limiting beliefs about what it's possible for us to accomplish, then our response will be to bind the actions we take. As a result we likewise limit the results we get.

If we believe we're likely to fail, our subconscious will get to work to produce actions which support this. If the going gets tough (and it commonly does), we won't go the additional mile required to succeed; an initial failure simply supports our notion that we were going to bomb all along and we stop.

On the other hand if we trust we're going to succeed, then we likely will.



Personal Mastery Methods

Attain True Control By Mastering Yourself!

Chapter 1:

Have A Truthful Look

Synopsis

Among the most crucial things you need to do to accomplish any sort of success is to be really truthful about yourself. You have to comprehend who you truly are.



Know Who You Are

Now, if you can't even run up the block, you can't begin believing that you are able to win a gold medal in running, can you? Likely you are able to if you practice, but for sure not with what you are now.

This is what is exceedingly crucial to you when you start. You have to comprehend your strengths and your capabilities. Realizing that is a really significant step of believing in yourself.

There are individuals all around you accomplishing something or the other. A few are experts at playing a musical instrument, a few are really brilliant with accounting, and a few are awesome at housework and so on.

When we see such individuals, we do get impressed and we do say something, "I wish I was like him or her." This is general human tendency. However that doesn't help us if we're attempting to foster our belief in ourselves. If we are to accomplish that properly, the most crucial thing we need is to know what we're truly capable of.

Take a minute to think. Think what your fortes are. Think what you are able to do. We're not talking about things that you're an expert in, even some amount of knowledge in that certain area will do. Then take a blank piece of paper and put down these things. Then set them in order.

The first 3 things ought to be the things that you truly do well, followed by matters that you are able to do fairly well, followed by

things that you may barely do but you may learn and improve. Take a look at this piece of paper. Keep it with you always. This is what you're capable of. It's a piece of what you are.

This realization is exceedingly valuable to you when you're trying to make a self-assessment. You have to know what you can do and what you are able to improve upon. If you're trying to become a master at something, it's really important to be sure of yourself and not live under illusions.

Remember that you shouldn't take what individuals say at face value. Somebody may tell you that you paint well, but that individual may be prejudiced. You have to value yourself.

Likely entering into a competition will tell you where you stand. At the same time, don't shoot yourself down overmuch either. If you're good at something, you're good at it. Don't get overworked that you aren't as good as the legends. You are able to always improve.

The most crucial thing is to value yourself. When you know your limitations and your potentials, you know you are able to stand much better on your own.

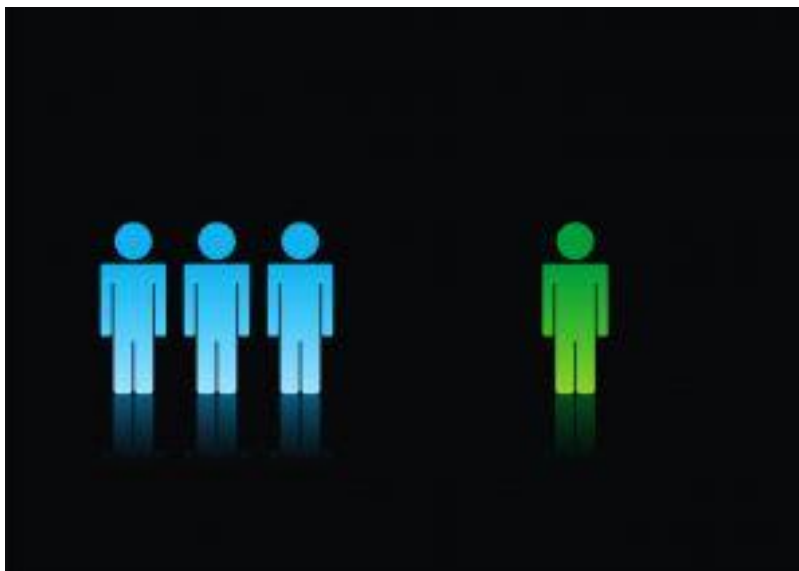
Chapter 2:

You Have To At Least Try

Synopsis

Misgivings may take a severe toll on our life, and the worst part is that we're an inherently anxious species. Even if it is about purchasing something at the mall, we consider it a dozen times whether it will be a great buy or not.

We do the same sort of reasoning in everything that we do. Even if we have to attempt something new, we become anxious. In most cases, we let our misgivings rule us and then we don't try that certain thing at all.



Give It A Shot

A lot of individuals lose out on life because they do not attempt something they think will be too hard. They don't try because of assorted preconceptions and complexes.

They may feel that they are not up to executing something, but this could be a view of other people and not of themselves. However if you bear the correct belief in yourself, you will understand what you are capable of, and you will not cringe when attempting new things.

Think of an individual who knows that he can do well in a certain racing contest. He hasn't raced previously, and so there will be a lot of individuals to say that he is languishing his time. Most of us, if we were in his place, would take such criticism and think that we truly cannot accomplish that, and we don't even make the attempt.

However suppose this individual has belief in himself. He knows that he is able to do it, even though he hasn't showed the world so far that he may accomplish that particular thing. So he surges on.

He puts in a great deal of practice. He's propelled by himself, and that's the most beneficial motive you could have. Whether he wins or loses is a different matter entirely. What is significant is that he tried.

The crux of all this is, don't take other people's critiques blindly. They don't know you. They don't comprehend what you feel. You are the only individual who knows you.

You father doesn't, your mom doesn't, your teacher doesn't, your lady friend or boyfriend doesn't, your spouse doesn't, your employer doesn't.

It's solely you who has your self-worth and within the realms of this, you are able to arrive at your decisions and maybe even succeed.

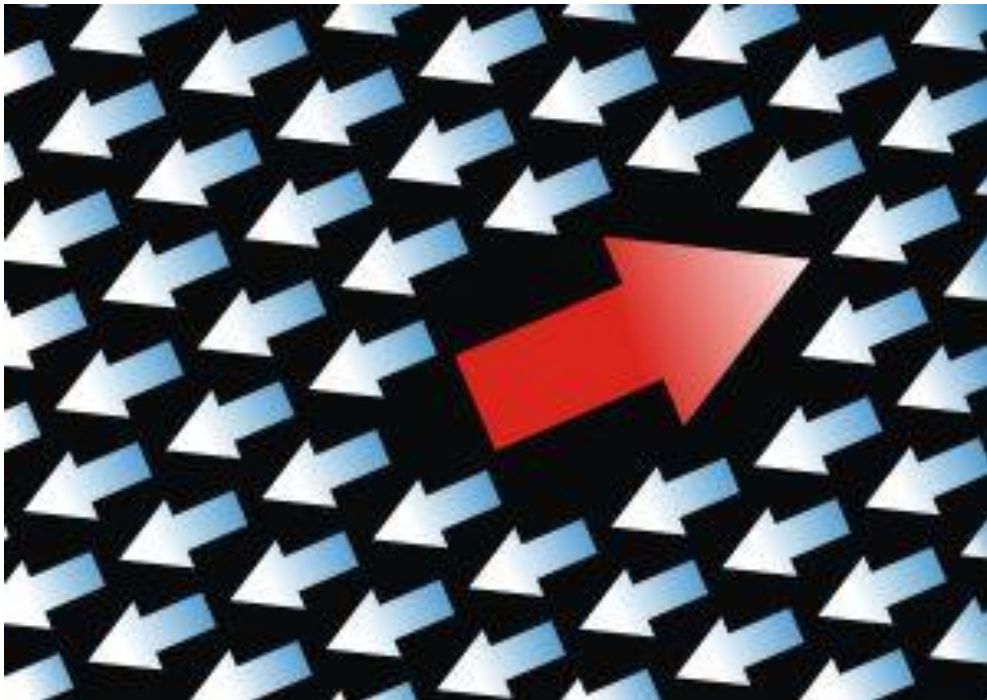


Chapter 3:

1st Steps To Realizing Your Goals

Synopsis

You are now thinking as unlimitedly as conceivable. As there shouldn't be any boundaries on the goals you set yourself, your visions might appear insurmountable to most, but they should not seem that way to you, as now you have to start realizing them.



Get Moving

Arrive at an appraisal of what you'll require

This is your basic step. Sit down and analyze what you'll require to bring your plan to fulfillment. This may be a really tall order - the things that you'll require may seem unattainable to you at present.

This is step one of the procedure, although, and most individuals fail at this. All the same, don't restrict yourself. Make a list of the things you'll require, however hard they appear at present.

Arrive at an appraisal of what you have

You will already have some things that will be valuable in the achievement of your goal. You may not be able to see them probably, but these things will be with you.

Sit down and think. Perhaps you know somebody indirectly who may assist you with something. Perhaps you are eligible for a financing option that you don't know about.

Perhaps you have some materials that you are able to utilize for constructing whatever you are thinking about. Think in depth about what you already have. It brings you closer to your goal.

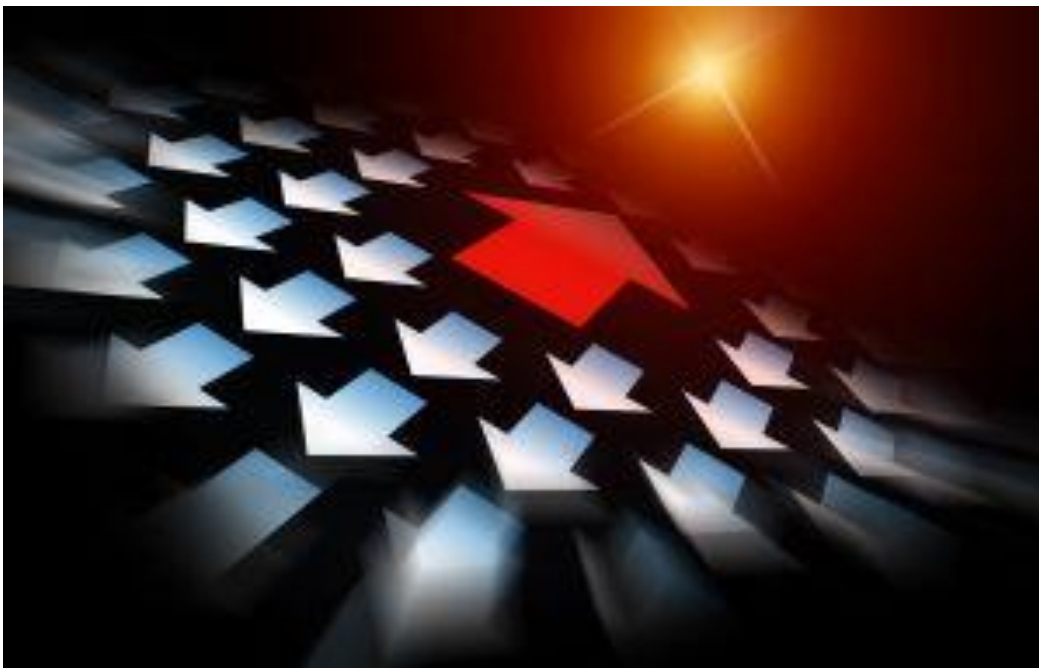
Study, search and reread

Studying is important. See what others have done in similar conditions. Read about the lives of famous individuals. See what you are able to accomplish. This can give you a lot of inspiration.

Strategize

Now, it is time to establish your strategies. How will you go through in your mission of achieving your vision? What will help you and what won't? Set milestones for yourself. See how you are able to reach some milestone A to milestone B.

Each step may need strategies. If you are zealous about this, you'll be soon having a proper blueprint of how you can go about matters. Again, remember that you have to not restrict yourself.



Chapter 4:

Build Your Confidence

Synopsis

Even as nothing in the world remains as is, your belief in yourself should not remain as is either. It has to keep developing.



Keep Growing

You don't stay unchanging at any phase in life. You continue learning fresh things, acquiring more experiences, diversifying your perspectives of life, meeting new individuals and so on.

Your capabilities are perpetually increasing. It is not simply about the academic and professional qualifications that you acquire. It's about everything in life that you accomplish.

Whatever you do, you're adding it to your repertoire of capabilities. You're accomplishing new heights of success and even if you are failing in things, you're stretching your own limits every time.

That is why you have to always keep evolving your belief in yourself. If you were able to do a certain thing a few years back, there are all chances that you are able to do that same thing better now.

If when you began with your job, you could meet a deadline with a piece of work inside three days, likely with all the efficiency you have acquired by now, you are able to do the job inside one day. You have to realize that your capabilities are perpetually shifting and so should your belief in yourself about accomplishing things.

Take the illustration of a guitar player. When he must have begun, he must have utilized a very elementary four string guitar. At that stage, he may not have thought he may master even that. But just about a month of diligent practice later, he may be ready for a 5 string or even a 6 string guitar. Perhaps when he looks back now, he will even laugh at himself at how he used to think that a four string could be so hard.

We are like that. Our belief in ourselves is subject to time and our own experience. As our life progresses, we learn fresh things and hence our belief in ourselves should become stronger as well.

Bearing a practical view of yourself is really crucial. But it's likewise really important to know that you are becoming better all the time. So, let your practical view of yourself be dynamic.



Chapter 5:

Tell Yourself You Can

Synopsis

Give it a thought - what is the following step after you are totally sure what you are capable of achieving, i.e. after you are totally practical about your self-worth?



Reassure

Once you begin believing in yourself altogether, you become more confident. You don't mind the detractors and the obstacles. You start telling yourself, "I know I may accomplish that, let them tell anything they want." You are your own best friend and motivator. This is what confidence truly is.

But it doesn't cease there. Your confidence plows you on to in reality accomplish the things that you believe in. Think about this. You believe that you can drop off ten pounds in a month.

You believe so staunchly in this that you become really confident that you are able to do it. Your confidence now becomes your self-control and you pull all stops in accomplishing your goal.

Because you believed so intensely in it, you'll actually be able to accomplish it. You will in reality knock off those ten pounds. See what occurs? Your belief made you confident and hence you accomplished.

This is true in each facet of your life. Like in the example we took earlier - playing the guitar. It works there as well. You trusted you could play it, you became confident and you are now able to play a song wonderfully. Now what?

Now you attempt additional things. You attempt other songs. You believe you are able to accomplish it. With every new song that you learn, your trust in yourself is reinforced.

You attempt more difficult songs. You keep on progressing and pushing your own limits because your belief in yourself is on an expansion spree.

And then one day it occurs. Somewhere along the line, you start making your own music. You might probably even do well. You make individuals surprised when you riff so well. These were the same individuals who criticized you earlier, but you knew what you could do. They now stare in awe at you. They call you a master at what you accomplish.

It happens with everybody who accomplishes success. They chase their belief with supreme confidence and they get what they want. They shun their debilities and criticism.

One day, when you truly become a master, these individuals will be eating humble pie. They will carry on criticizing somebody else, but you are the one who will have accomplished what you believed in.



Wrapping Up

We have to always be sure of what we want to do and what we can do and make our decisions that way. Mastery lies in understanding our capabilities and using them to the hilt.

A person who constantly does that will always be taking strides in the direction of becoming more and more proficient at that thing.

But, of course, practice is important. We can never undermine its importance. You have to realize that. You have to also realize that you have to learn from your experiences.

However, it all starts with one common thing – believing in yourself in the most realistic manner.

Your awareness of yourself is the most important ingredient – even the first ingredient – in the achievement of mastery.

If you want to excel at something, you have to understand that you will be able to do it. This realization cannot be put in you by someone else. You have to find this out yourself.

Do not shackle yourself with the known, the accomplished, and the talked-about. Look northward, where no one has achieved yet.

It is only when you dare to think about un-trespassed territory will you be able to accomplish and stay faithful to your vision, however

much outrageous it may appear to you and to other people at the moment.

You are able to now understand yourself better. Before reading this eBook, you likely only had a distorted and ambiguous view of yourself, but now you know how you are able to get to understanding yourself better.

To believing in yourself better.

That's the number 1 step toward mastery.

