

YOUR INNER GREATNESS



A COMPLETE 8-PART HOMESTUDY COURSE
TO UNLOCKING YOUR TRUE POTENTIAL

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You Have Greatness Within You

Virtually everyone has dreams and desires within them that they would like to achieve, but many question whether they have the ability to achieve those dreams and desires. They lack the self-confidence in themselves and their abilities to believe that their dreams and desires are achievable. They often think that their dreams and desires are just wishful fantasies that can't be realistically achieved. In order to achieve your dreams and desires, you must realize that you have the capability to achieve them, you have the greatness within you to achieve those dreams and desires.

Everyone is capable of achieving great things and accomplishments, but many times in our society, we are held back by one or more obstacles that prevent us from realizing this capability. The obstacles can vary; one such obstacle is that we are instilled with a limiting belief when we are very young that we can only achieve so much in our lives. It can be if we come from a poor family with very limited means and resources that we can't get enough education and/or enough opportunity to raise ourselves out of poverty and into a higher wealth status. Our family has been poor for so long and our opportunities so limited that we just come to "accept the fact" that we can't break out of that status and must continue to maintain that status.

Another obstacle is that our family has had many people enter into a specific field, and due to pressure from family members, we may feel that we have to enter that specific field as well, even though our true talents and greatness may lie within another field or occupation. If all of the members of a family have entered the military, a family member who doesn't feel it is the best fit for him/her may still attempt to follow in his/her family's footsteps and attempt to make a career in the military because other members of the family have done so successfully. To do otherwise may be considered an offense to the family or be looked upon as turning one's back on the family, even though that person's best talents and greatness lie in a career outside of the military.

It is obstacles such as these that often prevent people from finding the real greatness within them, that leads them to choose paths that they manage to do well enough, but that really don't fulfill or satisfy them as another career path or life could do for them. That is unfortunate, as our true greatness will lead us to skills and career paths that both fulfill us in terms of what we want to do with our lives and being able to make the greatest difference in the world that we can. Fortunately, we don't have to be bound by these obstacles, and we definitely shouldn't if we want to find our true greatness and achieve the most success and accomplishments in our lives.

As human beings, we are most capable of doing our best work when we do something that inspires us, that truly motivates us to do our best work. Too often in our society today, many people just go through the motions of the tasks required by their occupation, just to obtain a paycheck in order to pay their bills, support their families, and keep a roof over their heads. In truth, many of those people are NOT satisfied by their current occupations, but they tolerate them and put up with them because they are skilled enough at the positions for the businesses to keep them, the salaries paid are high enough to maintain a decent or better quality of living, and the situation is better than having no work at all. However, in truth, many people are not satisfied, and they are not tapping into the greatness within them because they haven't found their true calling and the occupation or tasks where their best skills and passions lie.

Therefore, it is important that we take the time and effort to try many activities and challenges in our lives to find out where our true skills and interest lie. This is often easiest to do in school and why many incoming college freshmen take their time to try many courses in an effort to determine what they are interested in and what they are good at. This is often why they do not declare a major until the end of their sophomore years (though some intensive career choices, such as business or medical degrees,

can require them to declare by the end of their freshman year). However, if you are not a student (i.e. are older than a student), that doesn't mean you can't take on new challenges and activities to see if your best skills and your greatest interests lie elsewhere than what you are currently doing with your life.

For instance, you can volunteer for various charities that involve tasks and challenges that are outside of your "comfort zone," what you are most used to doing. For example, if you are involved in the business world, such as an accountant, marketer, or chief executive officer (CEO), volunteering to help homeless people will likely involve different skills and attributes than you'd normally do in your everyday occupation. For instance, you may be cooking food, carrying supplies, and building homes, tasks you would not do in accounting, marketing, or business management. Volunteering can help to add new skills to your profile, plus it can give you insight into you as a person and help you find out if you can make a greater impact on our world in another way, find your true greatness within you and use it to help the world, and yourself as well.

Many people are afraid to go outside of their comfort zones and push themselves to do other things. One reason why is because they just don't like feeling uncomfortable; as human beings, we like comfort and we like things that are familiar. We just have a tendency to avoid unfamiliar situations, partly out of natural

instinct, and partly out of fear of the unknown. Another reason is that we are afraid that we will perform poorly at these new tasks and challenges we sign up or volunteer for, and as human beings, we are often fearful of performing poorly at tasks, partly because we are afraid we'll get replaced by someone better in a work environment, and partly because we just don't like performing poorly at something, as this brings down our self-esteem and self-confidence. A third reason is that, if we are performing poorly in front of others, we fear we may receive ridicule and/or criticism by them because we performed poorly in front of them.

To find your greatness, you need to overcome these fears and hesitations. It's natural to feel these tendencies; even some of those who have done great achievements and accomplishments (i.e. found their greatness) have admitted they've felt butterflies or apprehension over trying something new, performing in front of other people, and/or just doing something different from what they are accustomed to doing. However, they found the courage and desire to overcome these fears and push themselves to do these different tasks and activities in order to expand their skill set, learn more about themselves, and determine where their true greatness lies. The key point is that, you can also do this; it is not limited to the successful or famous, as they were in a similar situation as you are now, just looking for their calling or greatness to help enrich their lives and enable them to provide the most value to the world.

You need to remember that no one is good at every activity that they do; most people need time to master a new skill or learn a new activity effectively. Therefore, you should not feel as if you are out-of-place or deficient because you try something new; in fact, you should be commended for doing something unusual and out of your ordinary routine because many people don't even bother to do so (and why they often don't find their greatness).

Additionally, if people would happen to ridicule or criticize you for trying and learning a new skill, that reflects poorly upon them, not you. You're trying to better yourself to have a more enriching life and to make a better contribution to the world, both of which should be commended. It is likely that most people will welcome your effort to learn something new and to improve yourself rather than ridicule and criticize you for attempting to learn something new and not doing well with it at first.

It is said in Malcolm Gladwell's book *Outliers* that to become an expert at something, you need to spend a minimum of 10,000 hours (i.e. 20-hour days over a period of 10 years) of focus and practice on that topic. Very few people will reach that status, so this is another reason why you should not allow the criticism of a few people to deter you from trying something new, as it's quite possible that those people are not "experts" themselves according to that definition. Additionally, even "experts" by that definition do not know everything, as they can always learn something new

about their field of study as well, so these facts should reassure you in your effort to try new challenges and activities in an effort to expand your skill set, increase your knowledge of yourself and your abilities, and find the greatness within you.

By trying new activities and tasks, you should get a better understanding of who you are as a person and what drives or inspires you to increase your effort to do the very best work that you can do. First, you should learn your strengths and weaknesses of what you do well and what you struggle with. This will give you a better indication of what tasks/occupations you want to work with to achieve your inner greatness. Second, you will learn more about what inspires you to achieve greatness. What causes or goals do you want to achieve with your skill set that will drive you to go those extra steps to achieve them? This will also lead you to find out what you should be doing to achieve your inner greatness that will lead to a more fulfilling life and lead to greater contributions to the world.

Third, you will learn how to deal with adversity and setbacks by trying new activities and challenges. Life is often full of them; by dealing with adversity and setbacks during a new challenge or activity, you will learn the skills and attributes needed to handle more challenging setbacks in life, such as the loss of a loved one, the loss of a job, or even the loss of your home due to some disaster (fire, tornado, hurricane, flooding, etc.). When you willing

put yourself out there to try to do something new and don't do it very well, you have to deal with the unfamiliar and uncomfortable situation of not doing something well when you normally do your usual tasks well. This says much about your character and your willingness to improve your skill set and your effort to find your inner greatness, what you were truly meant to do to make the greatest positive contributions to this world.

Also keep in mind that no one is born great; they have to work at it in order to bring out that greatness within them. While some people figure out what they are most capable of doing and like doing at a young age, many people don't really figure out what they are best at and most like doing until they are older. This is why many people in their 40s, 50s, and even 60s change professions and embark on a new "path" in life, looking to find a happier, more satisfying way of life that brings more positive contributions to their world. Many times, this is due to some activity they've been involved with on the side, such as volunteering for a cause such as the environment, or volunteering in their hometown and enjoying conversing with people and helping out those in need, etc.

This is why it's important to always expand your horizons and take on new tasks and activities- you never know when one such task or activity will open up your eyes to a new path in your life that can lead to greater enrichment for you and lead to you

making greater contributions to the world. It can lead to you finding your true inner greatness that is within you, just waiting to be discovered and utilized to the fullest extent possible.

Therefore, all people have greatness within themselves, but it is often difficult to find out what that greatness is and how it will manifest itself to where it makes the greatest contributions to our world. Many times, it's due to limitations we ourselves and/or our society put on us, such as not believing we can change our status in the world or not wanting to do something different than what other family members have done. It's also due to our own fear of trying new activities and tasks, partly because we don't like to do something unfamiliar to us out of fear of embarrassment of not doing it well, plus the fear of being ridiculed by others because we didn't do that new task well.

In truth, when we allow ourselves to be bound to our lives out of fear and avoid trying new tasks/challenges, we are limiting our own greatness because we'll never know where our true talents lie and where our greatest passions and interests are. We may do our current tasks and occupations well enough to get a paycheck, support our families, and put a roof over our heads, but those tasks and occupations may not give us the emotional and mental satisfaction we really want out of life, plus they may not give us the opportunity to show the greatness we truly have within

ourselves, including the opportunity to provide our best contributions to the world.

This is why we must always strive to try new activities and tasks in an effort to expand our skill set, to learn from the failures and difficulties of undergoing the new activity/task, to learn where our strengths and interests lie, and to grow as a person. No person knows everything; even experts in a field of study don't know everything about it. To truly reach our greatness and our maximum potential as a human being, we must always be willing to grow, try new activities/tasks, and learn from the experiences we encounter, including the mistakes we make. Just doing the same mundane, usual tasks we always do will limit our potential and greatness as an individual, as we'll never know whether we were capable of doing another task or occupation better, making better contributions to the world, and receiving the richest fulfillment from our work.

How To Overcome Your Limiting Beliefs

Virtually everyone wants to achieve the greatness they were “destined” or made for. They want to be great at the activities, tasks, and/or occupation(s) they choose to pursue. They don’t just want to be capable of doing the job; they want to be so good at it that they achieve their goals (i.e. money, fame, recognition, etc.), get recognized by others, and help make positive contributions to the world. Unfortunately, many people don’t ever achieve the greatness they were destined or made for because of limiting beliefs that make them believe they either can’t reach this greatness or they believe they are not worthy enough or deserve to have this greatness.

Many people believe that they can’t reach the greatness they want to achieve because they don’t have the capability of reaching this greatness. They believe they are somehow deficient or lack some quality or qualities that will enable them to achieve this greatness. They believe they have to have these special qualities in order to achieve the greatness they want to achieve in life. They believe that the people who have achieved this greatness and their best potential had some special skill or insight that enabled them to reach this greatness or best potential.

The truth is that the people who reached this greatness or best potential didn't have any special skills or insight to reach that level of greatness or potential. All they did was reach past the doubts or limiting beliefs they had and pushed themselves toward that greatness that was destined or intended for them. They just put in the hard, continuous work necessary to achieve it, even when it looked they had fallen short or couldn't reach it; that's the only thing different between the people who have reached that greatness or potential and those who haven't.

The people who reach greatness are not deterred by others who tell them that they can only achieve so much and have to be satisfied with what they have in life. They are not deterred by setbacks or failures, factors that stop many people from pursuing their dreams and achieving their greatness because they believe the failures are a sign that something can't be done. The people who reach greatness keep striving for it even when it seems they have little to no chance to reach it. This is what enables them to obtain that greatness, while others fall short of it.

Another limiting belief of people who don't achieve their greatness is the belief that they are not worthy enough or deserving enough to achieve that greatness. They believe that they aren't a good enough person or that they should not have such recognition, praise, and success because they are not worthy enough to receive it. This can often come from a childhood upbringing of

appreciating what you have, not seeking fame or fortune, and making do with what you have and being satisfied with it.

Such an upbringing, while teaching humility, can limit a person's desires and dreams of finding that greatness and achieving all he/she can in life because he/she thinks it is bad or undesirable to have the drive to achieve everything he/she can and being the greatest and best he/she can be. While the parents or grandparents who employ such a philosophy on their children or grandchildren are usually doing this with the best of intentions, it unfortunately limits their outlook and thinking to where they feel they should just get a decent job, work hard for their families, and appreciate what they have. They never really consider that they could have more and should have more if they were only willing to continue striving toward their dreams and desires, to really work hard to find the greatness within them and achieve all that they can achieve, both to improve their own lives and the world at large.

The truth is that it is not bad to want to achieve the greatest potential you are capable of achieving, to want to reach that inner greatness within you, both to help yourself/family and the world. Utilizing your best gifts and putting forth your best effort is something to strive for, something to really exalt your appreciation of life and the opportunity you've been given to make a better life for yourself and a better world for everyone. The fact you receive

money and recognition for doing such things and striving to achieve your best potential should not be looked upon as negatives, as you need money to survive and thrive in this world, plus receiving recognition for a job, career, and life that is managed well should not be considered a bad thing.

To overcome your limiting beliefs, you need to have self-appreciation for yourself and feel you have self-worth. In other words, you need to appreciate yourself and the skill sets you bring, as well as realize that you are worth improving yourself and worth achieving as much as you possibly can while you live. You need to have confidence in your own abilities and have confidence in the fact that you deserve to improve yourself and make the best contributions to this world as you can.

Making yourself better and making the world a better place should never be looked upon as something bad or something that is undesirable. On the contrary, improving yourself to the point of reaching your best potential and making a positive impact on the world at large that benefits humankind, all other lifeforms, and the environment should be looked upon as a worthy goal and one you should be encouraged to undertake with all of your intensity, focus, and determination.

Many of humankind's greatest inventions would never have come into existence if people weren't willing to push through their

doubts and limiting beliefs, even when they were ridiculed or questioned for attempting to create something extraordinary or remarkable for humankind. Such inventions as the light bulb, the telephone, the automobile, and more would not have come about if their inventors had given up hope because the process to achieve them was difficult or because other people had doubts they could do it. Even learning about the world at large, such as physics and explaining how specific aspects of life work (such as gravity) often take much hard work and working through challenges and doubts in order to be reached.

Yet, the inventors of these items and the creators of these theories and explanations didn't let limiting beliefs stand in the way of their drive to find the answers, to build the devices and theories that are used in the world today. Building these devices and theories didn't come easily, and there were many doubters along the way to where the inventors could have given up, but they didn't, and what occurred? They were recognized for their inventions or revelations, they received fame (and often fortune as well), and the world benefited as a whole.

Such a process has been occurring pretty much since the beginning of humankind on Earth. Even the cavemen who roamed the Earth thousands of years ago had a drive to become

better, to improve the lives of those around them. They went from dwelling in caves to building huts, to building better weapons so they could hunt better in order to survive better. The innate human instinct is to always strive and become better than what we currently are; striving to become better, improving oneself, and achieving greatness is part of our genetic makeup. There is no reason to think that it is bad to achieve more and become better than what we are, especially when others will likely benefit from our achievements and accomplishments as well.

Therefore, you need to have a belief that you are worthy of achieving great accomplishments in your lifetime, as well as believing that you have the capability of achieving these accomplishments. You need to realize that people who have already achieved and are achieving their greatness are no better than you are, nor any worthier than you are to achieve greatness. You just need to strive for that greatness and continue to do so regardless of any setbacks and doubters that you encounter, just as the ones who have and are achieving greatness have.

One way to help overcome these limiting beliefs is to see the idea of improving yourself as a personal challenge. Turn the idea of improving yourself into a game and see how much better you can improve yourself. The time length you have is your lifetime to see

how much better you can improve yourself. The object is to set goals that you want to achieve for yourself within your lifetime. The rewards for doing a good job at improving yourself is the satisfaction of achieving the goals you have set for yourself and receiving the recognition of others for achieving those goals. Money and other benefits such as promotions and awards are “bonus items” or “perks” you’ll receive as you continue to accomplish the goals and rack up the achievements you complete.

Another way to help overcome your limiting beliefs is to ask yourself how you differ from other people. Why do they rate higher than you do and why do they deserve to be successful and you don’t? Why are they better than you? By asking these questions, you should realize that these people are really no different than you are. They are human beings, with a heart, a brain, arms and legs, hair, and other features you find on humans. They have the same structure and mental capacity that you do. Therefore, you should come to realize that they are no different from you and, thus, have no more right or benefit to be more successful than you. Therefore, you also have the right to achieve the most success for yourself and the ability to find your inner greatness that can benefit yourself and the world, just as they have and are doing. All you have to do is to apply the same

drive and persistence they have to experience similar success to what they are experiencing.

Another way to overcome your limiting beliefs is to ask yourself if improving the world for others is a worthy cause. Most people would say “yes” to that. Most people would see that helping their fellow humankind enjoying better lives because of your contributions to society is a worthy cause and one worth pursuing. Most people would not see helping others as being “selfish” or as a cause being unworthy, as helping others is seen as a positive contribution in many cultures, societies, and religions throughout history, including today. This is all the more reason and impetus you need to convince yourself that improving yourself and your skill set is a worthy and noble goal to improve your contributions to society at large so that other people can benefit.

The same process as the one above can also apply to the other lifeforms on Earth, as well as to the environment. Would most consider making the Earth a better place for the animals and plants be a worthy cause to pursue? Most would. Would most consider making Earth’s environment better for all life on it now and for generations to come a worthy cause to pursue? Most would. Your desire and effort to improve yourself in an effort to improve the environment to benefit all of life on Earth now and for generations should provide you with the impetus you need to strive toward your own greatness and achieving all of the goals

you can in order to improve the environment and making life better for all on Earth, both now and in the future.

Therefore, you have learned that limiting beliefs center around the ideas that people either can't reach their greatness because they lack something others who have achieved greatness possess, or people can't reach their greatness because it is undesirable or because they are unworthy to do so. People who believe they can't reach greatness because they lack something others who have achieved greatness possess. However, if you look at it rationally and really think about it, these people are no different from you. They are not smarter, faster, have some advanced ability you don't. All they had was a persistent desire to continue improving themselves and striving for their goals and objectives, even when others doubted them and/or obstacles popped up and stood in their way.

Therefore, to overcome that limiting belief, you need to trust in your own abilities and gain a persistent desire to always strive for your goals, even when it seems the whole world is against you. Do not fall into the trap of, "well, the universe is telling me that I should not have this" or "the universe is telling me that my goal is impossible to reach." Most great goals are not that easy to reach, but that doesn't mean they can't be met. After all, if the inventor of the telephone and the light bulb had gone by that limiting philosophy when they experienced challenges and naysayers, we

wouldn't have those items today, and life on Earth would be much different and more challenging for humankind.

The second main limiting belief is that people think they are unworthy to reach the greatness they can have and/or it's undesirable to achieve it because they were taught to appreciate what they have and settle for what is appropriate or what they can get by on. While such a philosophy can help people to be humble, it also limits their potential to be all that they can be, to reach that greatness they can achieve if they strive for it. It is important to realize that striving for greatness and achieving all you can be not only benefits you, but it often benefits the rest of humankind as well, as well as other life on Earth and even the Earth itself.

Inventions, ideas, and work (such as social work, volunteer work, conservation work, etc.) have helped to preserve human life, animal life, plant life, and the environment on Earth. All of these are worthy goals that most would approve of working towards. It should not be considered "bad" to work towards such goals, nor should you feel unworthy or undeserving of working hard to improve yourself to be all that you can be. Working toward improving yourself is a part of our culture and our DNA; caveman and the earliest humans continued to progress to improve themselves and their societies' way of life. This improved the way

they lived, the way they hunted, the way they communicated with each other, etc.

Without working to improve themselves, the human race would have never evolved to the state it is at today. Therefore, if those humans were willing and capable of improving themselves to enhance the life of all around them, isn't it also a worthy goal for us to do the same? Don't we also have the same and even better capabilities than they did, better resources than they did, to achieve our greatness and achieve the goals we wish to achieve, to better humankind as they did?

You know what the answer is, and that's why you know that you are certainly worthy and capable of pushing past your limiting beliefs and achieving the greatness that is within you.

How To Develop Self-Awareness

Self-awareness is defined as the ability to perceive aspects of our personality, behavior, emotions, motivations, and thought process without self-criticism. In other words, it is our ability to recognize ourselves without judging ourselves in a negative way. Some define self-awareness as paying attention, which means that self-awareness is the ability to pay attention to ourselves and know what we are about.

Self-awareness is a critical skill to develop, but it is not usually a skill that is focused upon in school. Most children or teenagers don't even realize what this is until they reach early adulthood, though they do experience some self-awareness as they join activities, select classes, and even majors as they attend junior high school, high school, and college. Yet, most children and even teenagers are not entirely sure of who they are, what drives them, what they stand for, and what really matters to them. They really don't know these qualities until they get to college and even beyond college when they go out into the workforce for the first time, get their first real place to live, and really set out on their own path and life.

As mentioned above, children and teenagers get some sense of self-awareness as they go through junior high school, high school, and college. They get a sense of self-awareness based upon

their own behaviors, how punctual they are to classes and appointments, the friends they hang around with, the subjects and coursework that really interest them versus the ones that don't interest them, the extracurricular activities they choose to participate in, the types of jobs they take up to earn extra money and to save for college, the types of colleges they apply to, and more.

Essentially, they get an idea of how studious they are, how well-mannered they are, what drives them to succeed, what interests them, what matters to them, what people they care about, what they like to think about and do with their spare time, what they want to wear, how they want to wear their hair, and more. However, true introspection for most people doesn't really take place until they are in college (presuming they attend) and after they graduate from college. They start to figure out what causes really matter to them, what topics in the world interest them, what they really stand for, what they want their living quarters to look like and represent, what organizations they want to be a part of (including fraternities/sororities and extracurricular organizations, etc.), what people they want to associate with, what people they really care about, what those important people think of them, etc.

This continues after college in terms of what occupations they have, what people they associate with, what significant other they join up with, what type of automobile they drive, what organizations and causes they join up with, what neighborhood they eventually move to, how they conduct themselves in their personal relationships and with their future children, etc.

All of these says something about them; if they are actually aware of what these characteristics say about them, then they are self-aware. Self-awareness is being aware of how a person actually is. It is NOT what they perceive themselves to be if that perception is actually false, what some call a self-image. For instance, if a person sees himself/herself as being punctual, but is often late to appointments and/or meetings, this is a self-image that isn't true; it's not self-awareness. Another example is if he/she sees himself/herself as a leader, but in truth, he/she lets others lead and he/she follows- again, this is self-image, not self-awareness.

Therefore, self-awareness is actually paying attention and recognizing who you are, what you stand for, etc. It is important to develop self-awareness and truly knowing who you are so that you can achieve the greatness you are capable of. The only way you're going to do this is if you know who you are and what you stand for so that you can do tasks and take up occupations that allow you to focus your energy and efforts on matters that you

believe in and that mean something to you. Such matters differ for everyone; something related to his/her own family will matter to one person, something related to his/her career will matter to another person, something related to the environment and nature will matter to a third person. There is no right or supreme answer for all; it all varies based upon who you are as a person, and recognizing the differences and knowing what you stand for and who you are is self-awareness.

To develop self-awareness and truly know who you are takes some effort and a commitment to actually listen to your feelings/emotions and find the truth about yourself. As mentioned before, it is not your self-image, what you think you are; self-awareness is actually knowing who you are and what you stand for and believe in. First, you need to be aware of your true emotions, how you really feel about specific decisions and how you are living your life. Are you truly living according to your own emotions, or are you attempting to live up to someone else's standards (including your significant other, your children, your parents, etc.) and rationalizing it as being what you truly want and believe in?

Really examine your feelings (what some call, "exploring your gut") and see if they align with what you are doing. How do you truly feel about the way your life is going, what you are doing, how you portray yourself to others, etc.? Are you truly happy, or is

your gut and chest giving you signs that you are not happy with what you are doing and how you are portraying yourself to others because it's not being true to what you stand for? For instance, if you are wearing the latest fashion trends because everyone else is doing so, but you prefer simple casual when you are not working, that would be not living up to your own beliefs, your own emotions, but rationalizing that it's better to wear clothing similar to what everyone else is wearing. Really recognize how you are feeling about what you are doing in life.

Second, you need to keep track of your feelings. It's wise to make notes of how you are feeling positively and negatively over the course of several days and even weeks. You can do this in a notebook, in a journal, in a text file or spreadsheet file, etc. By doing this, you can spot patterns and trends in your feelings. This will enable you to better define what really drives you, what inspires you, what you stand for, and what fears or limitations you are having that is keeping you from doing the work you've always wanted to do and to achieve your greatest potential.

Third, you need to monitor areas of your life where you believe you can make the greatest impact on designing the lifestyle you truly wish to have. You also want to monitor your energy throughout the day, taking note of the periods where you have the highest levels of energy. This means the periods where you are the most focused, the most energized, and have the ability to do

your best work. One additional advantage to tracking your energy will be that it will give you information on what motivates you and what drains or depresses you.

It also helps to meditate regularly. This can be formal meditation where you focus on your breathing, but it can just as simple as taking a few moments a day to stop what you are doing, relax, close your eyes, and just breathe easily for a few minutes.

Reviewing your day and what you are doing each day can also help you to become more self-aware. Take some time to ask yourself some questions. Such questions you can ask yourself include

What you are trying to achieve in life?

How you are going about attempting to achieve those goals?

What tasks are working to help you to achieve those goals?

What tasks are just slowing down your progress?

How can you change the tasks that aren't working so they can better help you to achieve your goals?

Doing mundane tasks that don't require a great deal of concentration, such as common household chores, can also be a great way to relax and unwind from the everyday grind of your occupation. While you are going through the routine of washing and folding clothes, washing the floors, wiping up the table, washing the dishes, etc., your mind can subconsciously think about how your life is progressing, how you feel about your progress, and what you can do to improve your progress, especially if you feel uneasy about that progress.

There are many successful people who write down their key plans and priorities in order to see if they are making progress on their goals, if they are getting lucky, and/or if they are not getting better at progressing toward their own goals. Noted billionaire and investor Warren Buffet writes down a journal entry detailing why he is investing in a specific company; he then can go back at a later time and review the reasons he invested in the company to see whether the future outcomes of that company's stock can be attributed to sound judgment he exhibited or if it was just luck that led to good fortune.

Another noted person who personally assessed himself for years is respected investor Li Lu. Like Benjamin Franklin before him, he would keep a "balance sheet" of the assets and liabilities of his personal traits. Any time he felt he would learn a new strength from another person to add to his "profile," would be added to his

“assets,” while the “liabilities” would be any weaknesses he saw in himself. He could then assess the “net worth” of his character over time to see if he was growing as an individual or if he was falling short of the person he wanted to be.

Another way to become more self-aware is to take a psychometric test, such as the Myers-Briggs or Predictive Index. Most psychometric tests are based on the fact that there are no particular right or wrong answers, just a consideration of a set of traits of characteristics that most accurately describe a person versus other people. One such test is where you are asked if you are driven more by action or passion, and if your success is described better by instincts or analytics. Taking such a test can help you to take a better look at yourself, see what drives you, and what helps to define you as a person.

Even in self-awareness, it helps to get feedback from people other than ourselves to assess who we truly are. This means that we should look to family, friends, and colleagues/co-workers and ask them to provide honest, objective assessments of who you are as a person, what they see and think of when they look at you and when they analyze your life, your actions, and your achievements. Encourage them to be honest, as they may be afraid to give you an honest assessment, as chances are that not all of it will be positive and you may not like hearing some of it, but knowing what your weaknesses and flaws are can help you to be

aware of them and help you to improve those areas so that you become a better person and become more of the person you want to be.

In the workplace, having a good feedback system can help all become better aware of who they truly are, what strengths they have, what weaknesses they have, and how to go about emphasizing one's strengths and addresses one's weaknesses.

Self-awareness is key to doing your best work, and it's also a key to being a good leader. If you don't know who you are, what you stand for, and what your strengths and weaknesses are, you will be unsure of how to consistently act, and people will not follow someone who is unsure of himself/herself, as they look for guidance and reassurance from a leader by his/her strong actions and beliefs. Someone who is not self-aware of himself/herself will not provide the comfort and reassurance most people expect from a leader.

As mentioned, self-awareness is defined as the ability to perceive aspects of our personality, behavior, emotions, motivations, and thought process without self-criticism. In other words, it is our ability to recognize ourselves without self-criticism. It's NOT what we want others to perceive us to be (known as self-image), but what we actually ARE, how we act, and what we stand for that others see.

Most people don't have an idea about their true selves until they get to junior high school, high school, and college. Beginning with junior high, we start to get some independence in terms of what courses we choose to pursue, what friends we associate with, what groups or organizations we want to belong to, what clothing and hair styles we want to have, etc. This continues further in high school where we can choose more of our courses, how we choose to manage our time via study halls, what types of first jobs we get, what clubs, organizations, and causes we get involved with, etc. Then, as we enter college, we learn more about world issues, what causes truly inspire us, what career we want to pursue, what we wish to do with the free time we have, how our living quarters are arranged, etc.

All of these actions and experiences help to define us, help to let us know what truly inspires us and motivates us to do our best work and have our best focus. We learn what actually inspires us and that some of the inspiration we had earlier in our lives may have been due to our parents, our early teachers, our friends, etc. rather than from our own being. We learn what we want to become in life and what we want to represent to others.

Being aware of your true feelings is key to becoming self-aware. Some call it "listening to your gut." Do you feel a sense of calm and happiness by what you are doing in life, or are you anxious and irritated because you're not satisfied by what you are doing?

Paying attention to these feelings and really analyzing the actions you are taking in life will really help you to become self-aware of who you really are, what you stand for, and what you want your legacy to be (i.e. what you want your family, friends, and colleagues to know and remember you as, both while you are alive and after you are gone). Becoming self-aware can really aid you in finding tasks and occupations that will enable you to employ your greatest skills, achieve your greatest goals, and truly feel the most satisfied from the actions you take in life, as you will be truly living as the person you want to be.

How To Build Self-Esteem

Self-esteem is defined in psychology as a person's overall sense of self-worth or personal value. It is often seen as a personality trait and can involve a variety of beliefs about oneself, including one's own beliefs, emotions, behaviors, and appearance.

One definition of self-esteem says that there are three main components that make it up:

It's an essential human need that is vital for survival and normal, healthy development.

It arises automatically from within oneself based on a person's consciousness and beliefs.

It occurs in conjunction with a person's behaviors, feelings, thoughts, and actions.

Noted psychologist Abraham Maslow said that self-esteem is one of the basic human motivations, making it a key element in his hierarchy of needs. He said that esteem from other people AND from within oneself are needed for a person to grow as an individual and to reach self-actualization.

There are many factors that can influence self-esteem. Genetic factors that can help shape one's personality can influence it, but it's often our experiences and environment that influence our self-esteem the most. When we are in a positive environment and receive much support from people, especially family, friends, and colleagues, our self-esteem is likely to be much higher than if we are in a negative environment where we often hear criticism, insults, and negative comments.

Therefore, our environment and our experiences play a critical role in how our self-esteem is. Good or positive environments and experiences tend to raise our perception of ourselves and our abilities, while bad or negative environments and experiences tend to lower our perception of ourselves and our abilities. We, as human beings, like to be encouraged by support and by an environment that supports our actions and our thoughts; this is why we will usually be more efficient and more productive in an environment where we are supported and we feel comfortable in.

For example, if you are in a work environment where your boss and your co-workers encourage you to share your ideas and allow you to explore your creativity, you will be likelier to work harder and come up with better ideas and strategies to benefit the company. Conversely, if you are in a work environment where your boss despises suggestions and mocks you in front of your co-workers, who are jealous of you and talk behind your back,

you will be less likely to be as focused and committed to the company, which will lead to fewer ideas and less innovative strategies.

Self-esteem is key to you doing your best work and is key to achieving the goals you want to achieve, as well as bringing out your inner greatness to the world. When you are backed by support from people around you, that encourages you to focus harder, work harder, and do everything possible to succeed. When you are surrounded by people who despise you and try to stand in your way at every turn, it can affect your self-esteem to where you start to doubt yourself and think that you can't do the tasks you thought you could do before.

Therefore, it is critical that you build your self-esteem and keep it at a high level throughout your life as much as possible. There will be times in your life that your self-esteem won't be as high as at other periods, a situation that occurs in just about everyone's life, even those with positive outlooks on life, but it's important that you keep those low periods to a minimum and have your self-esteem rebound as quickly as possible so that you can do your best work, achieve as many goals as possible, and achieve your best potential possible.

Obviously, it helps if you grew up in an environment where your parents, stepparents, grandparents, or other adults in your life

were positive and always encouraging you to trust your abilities, try new activities, and not judge you on how you perform or look. In other words, they weren't critical of your performance no matter how you did; if you tried out for the baseball or softball team and didn't make it, they don't look down upon you for not making the team. Instead, such adults would tell you that you did your best, it's nothing to be ashamed of, and they're proud of you for putting your best effort forward to make the team. This would likely encourage you to keep your head up high, to strive hard to achieve other goals, and even try out for the team again next season.

Such an environment would help you to try out for more activities and organizations inside and outside of school, try new hobbies, be willing to take courses that may be challenging but also give them an advantage over others in their profiles when being considered for high schools and colleges, etc.

Therefore, if you are reading this and are a parent, grandparent, or custodial guardian, take heed of this information to ensure that your young ones have that type of supportive environment. Avoid criticism when they make mistakes, as everyone does make mistakes from time to time. Mistakes can be learning experiences that can improve them and their skills if you go about the right way at looking at mistakes. Don't focus on the negative with making a mistake; analyze what the mistake was, how the action

was done incorrectly or improperly that led to the mistake, and then determine what action or actions need to be taken in order to prevent the mistake from occurring again.

Such a supportive environment will help your child to grow and develop as a person and enable him/her to have much self-esteem, which will serve him/her very well in life. It will encourage him/her to have much confidence in his/her own abilities and to be able to handle difficult situations and challenges so that his/her self-esteem remains high and he/she believes that the difficult situation or challenge can be handled by him/her.

Now, if you didn't grow up in a supportive environment, chances are high that you have had issues with self-esteem. You may have questioned your own abilities to handle certain situations. You may have been ridiculed for not doing something properly because your parents, grandparents, or other adults were always complaining and yelling at you for doing something wrong. They may have even said derogatory comments about your intelligence, your looks, your appearance, your mannerisms, etc. When you hear disparaging comments like those over and over again, it can be very hard to keep your head up high and believe in your own abilities.

Of course, supportive and unsupportive environments aren't just at home, but also at school, in the workplace, at the gym, at

various organizations, etc. Wherever you spend time at, such environments can help to build or weaken your self-esteem. If you go to school and run into a group of students who don't like you for whatever reason (your clothing, your mannerisms, your intelligence, etc.), they may start to pick you out of a crowd and tease you in front of others. They may try to ridicule you in an effort to embarrass you in front of others.

Over time, this is going to weaken your self-esteem because you are always in an environment that is mocking you, making fun of you, and basically criticizing you for whatever reason they choose to mock and criticize you. It's hard to focus and put in the effort necessary to do the tasks needed to reach your goals and your inner greatness if you are always being ridiculed and mocked for who you are and what you are about.

However, whether you grew up in a supportive or unsupportive environment and/or you (or your child) are (is) dealing with a supportive or unsupportive environment, there is hope to raising your self-esteem to the level you need to reach in order to have the focus and confidence to attain your goals and reach your inner greatness. There are several steps you can take to boost your self-esteem, have more confidence in yourself, and increase the chances of attaining your goals and reaching your full potential.

First, you need to have confidence in your own abilities. Reflect back on what you have accomplished and what you have done well. This can be doing well in schoolwork, building something in a project, helping others who are in trouble- virtually anything where you were successful and were proud of doing. Think about what it took to reach that accomplishment, including the focus, determination, and effort needed to reach that achievement.

This shows you have the capability of doing great things, that you have everything you need to be successful in life, in reaching your goals, in finding your inner greatness, and achieving your fullest potential. You need to keep this in mind whenever you are in an environment that knocks you and mocks you for being who you are, what you stand for, and how you go about doing things. This will help to keep your self-esteem even in poor environments to boost self-esteem.

Second, try to find a more supportive environment where your self-esteem can get a rest and a boost from the corrosive environment you are currently in. If possible, try to remove yourself from that environment entirely. This will help immensely in boosting your self-esteem immediately. However, this isn't always possible, such as if your current occupation and work location involves an environment where people are adversarial and don't try to boost each other up in terms of their work ability and potential.

If it's not possible to remove yourself from a corrosive, destructive environment entirely, then deal with the situation as well as you can by keeping your focus on your work and ignoring the insults and ridicule of others as much as you can. Try to take breaks during the day away from your co-workers and boss; go outside and take a walk, or even spend time alone in the bathroom or in the cafeteria- virtually any place where you can spend time alone, gather your thoughts, and gather your strength to deal with the abusive environment.

After your workday ends, go home and put on some relaxing music, put on some comfortable clothes, and enjoy a favorite activity. This can be reading, working out, playing a mobile game, watching a movie, texting or calling friends/family, talking with your significant other or close friend, etc. If you talk to someone, you can tell him/her about your day, the good and bad in it (and return the favor by listening to him/her talk about the day he/she had), and let out any frustration or concerns to them so that you can rid yourself of the negativity from your environment and boost up your self-esteem again.

Working out/Exercising can also help you to release the negativity from your work environment and enable you to recover and boost your self-esteem. Yoga/Meditation can also aid you in purging negativity from your mind and thoughts and enabling you to strengthen and boost your self-esteem.

Ideally, you want to move to more supportive work and social environments so that you can be more free to express yourself as an individual and be supported in your efforts to achieve your goals and improve yourself as a person. You really do not want to stay in a caustic, abusive environment for any longer than you need to.

Many people who are not fond of their workplaces claim that it can do much more damage to you mentally and emotionally than one may realize. Additionally, they say that it is not worth staying in that environment, even for high pay. They usually say that it's worth being in a better work environment for lower pay than it is staying in a caustic, abusive work environment for higher pay, as the emotional and psychological cost of working in such an environment can take a toll on other aspects of your life, including your mood, your health, your relationships with others, and more.

Self-esteem is a person's overall sense of self-worth or personal value. When you have high self-esteem, you have a high sense of self-worth, you feel worthy of your abilities and feel confident that you are capable of doing many great things in life. When you have low self-esteem, you have a low sense of self-worth, which makes you feel down on your abilities and your ability to get things done. You question yourself, your decision, and your own self-worth. You even question whether you are "worthy" enough to even have a decent life, let alone a life that is full of possibilities

and potential. In short, if you have low self-esteem, you will have a hard to impossible time reaching your inner greatness.

While self-esteem can be impacted by genetics, the most common element that affects your self-esteem is your environment and the surroundings you are in. Specifically, it depends on your experiences and the people you are often around. When we are children, we are often around parents, grandparents, other adults, and siblings (if any). If these people are encouraging us to try new things and not criticizing us for who we are, what we stand for, or when we make a mistake, those are the signs of a supportive environment that can help to raise our self-esteem and make us feel good about ourselves and our abilities.

Conversely, if those same people are always ridiculing us for who we are and what we stand for, and if they are mocking us often, especially after making a mistake, those are the signs of an abusive environment that helps to damage and lower our self-esteem. This tends to make us feel less confident in ourselves and our abilities, and it makes us feel less secure in who we are and what we stand for.

It's not just the environments where we grow up that affect our self-esteem; work environments and other locations we're in can also affect our self-esteem. Again, being in positive environments

with people who try to encourage us, support us, and accept us for who we are help to raise self-esteem, while being in negative environments tend to lower it.

Having high self-esteem enables us to focus better, work harder toward our goals, and enable us to reach our inner greatness so that we can have the most fulfilling life possible. Conversely, having low self-esteem makes it much harder to focus, harder to complete the tasks we need to accomplish our goals, and much harder to have a satisfying, fulfilling life.

The best way to maintain high self-esteem is to be in a positive environment as much as possible. When this is not possible, it's important to spend some time with yourself to recover from the negativity around you, then relax and let out the negativity when you get out of that environment. Doing this can help you to boost and maintain high self-esteem, which will enable you to sharpen your focus, strengthen your resolve to complete the tasks you need to complete to accomplish your goals, make it likelier you will reach your inner greatness, and be able to have the most satisfying and fulfilling life you can.

How To End Your Fears

Fear is defined as an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat. Fear is an emotion that we prefer not to have because it feels unpleasant to us and causes us to react in ways where we often don't perform at our best because we can't focus as well on the task at hand due to our fear.

This doesn't mean that all fears are bad or negative. Throughout human history, fear has helped humankind to survive and evolve. Cavemen were afraid of dinosaurs because of the harm they could cause; therefore, cavemen avoided them as much as possible and devised weapons to try to defend themselves when a confrontation couldn't be avoided. Today, humans are fearful of volcanoes, hurricanes, tornadoes, and earthquakes because of the devastation they can do and the loss of human life that can result from these natural disasters. As a result of that fear, humans have devised early detection methods, communication systems, and evacuation strategies in an effort to try to minimize the damage and prevent the loss of human life. Therefore, fear can help humankind be better.

However, when we have a fear, it often paralyzes us to the point where it's hard to stay focused and perform at our best. We often

worry about whatever is behind that fear, such as afraid of giving a presentation in front of our clients, peers, and/or superiors. While fear can help to improve ourselves in some ways, it often stands in our way of achieving the goals we want to achieve and reaching our inner greatness. This is why we must find a way to overcome our fears and not let them stand in the way of our greatness and our best possible potential.

First, we have to understand what is behind our fear, why we are afraid of whatever is behind that fear. This is really the only way we are going to overcome that fear and its obstruction to our goals and inner greatness. Why do we fear what we fear?

For example, if we fear giving presentations, it may be because we are apprehensive about appearing in front of crowds. It may be because we think we are incapable of capturing their attention and getting approval from them as we give the presentation. It may be because we are afraid of making a mistake.

In fact, making mistakes is a key element behind most fears. We are afraid of making mistakes in our line of work, in the tasks we do, and in everyday life. Society has largely taught us that making mistakes is not a good thing to do, often resulting in negative consequences. As a result, we do our best to avoid them, but we often fear making them because of the negative consequences that can result.

Therefore, societal influence and pressure is a key reason why we fear mistakes, and a key reason why we have fears. We want to live up to everyone else's standards and expectations; as a result, we try our best, but often become nervous and fearful that we won't achieve as much as we are expected to. This constant fear comes from the fact that we want to belong, we want to be accepted by others for who we are and what we do. When we fail to live up to those expectations (such as making mistakes), we fear rejection by others and isolation by others as a result.

Being rejected by others and being isolated by others is also behind many fears. For instance, when we have to take on something challenging by ourselves, we often feel a sense of dread and even panic because we stand alone. This is why it's challenging to stand up for a cause when you are one or just a few against a larger group that stands opposite of your position. When we are rejected due to our status, our clothing, our mannerisms, or for any other reason, we become fearful and even dejected because of that rejection and the resulting isolation. We feel there is something wrong with us because we are rejected by other members of society based on our looks, status, clothing, mannerisms, and/or other reasons. We then become more fearful to show our true selves, often preferring to conform to the "norm" and blend in with everyone else out of a fear of showing our true selves out of fear or rejection, isolation, and even ridicule.

Just as with making mistakes and other types of fears, when we are fearful of what other people think of us and reject and even ridicule us or ignore us, it takes a toll on our focus, our self-confidence, and even our self-worth. It's harder to put the focus into the work we need to accomplish in order to achieve our goals. It's harder to accomplish great things when we are always fearful of what other people think of us. It's harder to achieve our inner greatness and have the most satisfying and fulfilling life possible.

Therefore, it is essential that we move past these fears and end them so that they no longer stand in our way of our goals, dreams, and aspirations. How do we go about doing this?

First, you have to be aware of your exact fears. What exactly is making you afraid? Is it a fear of making mistakes? Is it a fear of being rejected by others because of who you are and what you stand for? Is it something else? You have to know exactly what you are fearful of before you can successfully address that fear.

You have to be curious in what is causing your specific fear. You have to know exactly what thoughts and situations are causing that fear, when exactly you feel that fear, and your usual response to that fear, including how it's impacting your life.

Knowing and understanding your fear can help you to learn why you have this fear, as well as rationalize a way to end the fear. If you are afraid of public speaking, you may wish to take some communication courses that allow you to make speeches in front of a small group in order to gain more confidence in public speaking so you can do it in front of larger groups and in more critical situations. If you are afraid of making mistakes, rationalize that making mistakes actually helps you to learn how to improve yourself as an individual. Virtually no invention or discovery was found the first time the creator tried to find it; he/she had to go through many tests and tries (i.e. mistakes or failures) before finding the invention or discovery. This is further proof that mistakes are not bad in themselves, unlike what society often tells us, but only if we learn from them and learn to improve ourselves by analyzing them and learning how to avoid similar mistakes in the future.

If you are afraid of others rejecting you because of your looks, your clothing, your status, or any other reason, think about why their opinion matters to you. Does everyone feel this way about you? It's very likely they do not. Therefore, find and associate with people who accept you for who you are and who do not ridicule you. Chances are high that people who ridicule you and reject you are not people you want to associate and hang around with anyway, so don't fear as if you're losing out on something because these people don't want to hang around with you; see it

as a positive that you're not wasting your time with people who have a narrow vision of what their friends have to be in order to spend time with them.

In fact, when you have a fear, attempt to see the fear in a positive light. For instance, if you fear public speaking, instead of fearing you're going to make a mistake and do poorly at it, focus on the idea that you're going to speak well and that the speech will be a success. Many say that thinking positively leads to positive results. Oftentimes, when we think something is going to happen, it most often does. Therefore, if we think we're going to speak poorly and make mistakes, chances are high that we are going to find a way to make it happen. However, if we are confident in the material we plan to speak on and think positively and confidently about the speech we're going to make, chances are high that the speech will go well.

When you have a fear, it's often helpful to acknowledge it in one or more ways, to get it out into the open so that you can analyze it and find ways to overcome it. Talking with a family member or close friend can help you to determine why you have this fear and how to best overcome it.

A family member or close friend can reassure you when you are fearful of something that you can overcome the fear and do great things. For instance, if you are fearful of speaking in front of a

crowd, he/she can help you to become more confident at public speaking by helping you with your speech and giving advice on making it better. Many times, a family member or close friend can see how our fear forms and why it's something that should not stand in our way of our goals, as they may reassure us that we are stronger and better in the task we fear than we think. They can often rationally see our strengths and our abilities better than we can; where we fear ourselves as being a poor public speaker, they can show us that we are much better than we think and point to past examples where we have spoken well in front of large groups.

Another good way to acknowledge and address a fear is through a journal or diary. By keeping a daily log of our thoughts and fears, we can actually see what the fear is and what thoughts are leading us to have this fear. We can also rationalize a way to overcome this fear and not let it stand in the way of our goals and achievements.

Sometimes, reading up on the type of fear we have or on situations we are dealing with and seeing what other people have done in such situations can help us to see that there is a way to overcome our fear and not be hampered by it. This can be in the form of reading a book (whether its biographical, motivational, inspirational, etc.), reading blog entries by someone who is

dealing or has dealt with a similar situation or similar fear to yours, etc.

Sometimes, we may need professional help to overcome a fear that we have, one we cannot solve on our own via a journal/diary or via talking with family members and/or friends. Sometimes, we need to see a therapist to discuss any challenges and issues we are having that lead to this fear. A therapist is sometimes needed to dive deep into the issues that are leading to this fear and help us sort out why we are having this fear and develop a plan to overcome this fear.

There are also noted techniques you can try in an effort to overcome your fears. One such method is Emotional Freedom Techniques, or EFT. There are meridian points on your body that you can tap using your fingertips. Do this while you are thinking about a fear, and the power of that fear over you is reduced greatly and sometimes altogether.

Another noted method that can help you overcome fear is the Sedona Method. The Sedona Method involves you asking yourself a few simple questions while you focus on your fear. This can help to reduce and eliminate the power that the fear has over you. Another similar method to The Sedona Method in that you ask questions while focusing on your fear is known as The Work.

While this method doesn't work for everyone dealing with fears, undergoing hypnosis is another option. Programming the right thoughts into your mind and eliminating negative thoughts and beliefs can help you find a way to overcome your fears and not let them hamper your focus, work, and efforts to achieve your goals and your best possible potential.

As you can see, there are many ways to overcome fears, which are unpleasant emotions caused by the belief that someone or something is dangerous, likely to cause pain, or a threat. Fears are something we do not like to experience because they make us uncomfortable and cause us to lose focus in what we are doing, making us less efficient and effective in our everyday lives. While fear has helped humankind to evolve and become better, it can often lead to paralysis for us and avoiding to do the necessary tasks we need to do in order to achieve our goals and find our inner greatness.

We have to really focus on why we fear something in order to understand the cause of our fear and how to go about overcoming it. Fears often occur because we are afraid of making mistakes. Society has taught us that making mistakes is bad and can lead to negative consequences. While that is true to an extent, it's also true that mistakes can be valuable experiences to learn and grow from to improve ourselves as individuals.

We also often fear the rejection, isolation, and ridicule of others, either because of mistakes we make in front of them or because we are different from them in terms of status, hair, clothing, mannerisms, etc. We, as human beings, feel a need to belong and don't want to be isolated from others based on being different. This is why in many cases, people will conform to others' way of thinking and even being in terms of similar hairstyles, clothing, mannerisms, etc.

To rid ourselves of fear and to enable us to regain our focus and efficiency, we need to see the fear in a positive light. We need to think positively instead of negatively when we think about a fear. If we fear public speaking, instead of thinking we're going to do badly, think that the speech will be a success.

It often helps to get the fear out in the open. Talking about it with friends/family and/or writing about it and any associated thoughts in a journal/diary can help us to learn why we have that fear and find a way to overcome it.

Methods such as Emotional Freedom Techniques (EFT), the Sedona Method, and The Work can provide relief and comfort from fear. EFT involves tapping on meridian points on the body to reduce fear, while the Sedona Method and The Work involve asking questions while focusing on our fear to help weaken its paralysis and power over us.

Finally, a therapist may be needed if the above methods don't work to reduce or eliminate the fear to where we can function efficiently and effectively to achieve our best work and reach our greatest potential. Everyone has fears, but the power to overcome them is within our grasp, and doing so is essential to achieving our best potential, reaching our inner greatness, and having the most satisfying and fulfilling life possible.

How To Become an Unstoppable Action Taker

In order to achieve the goals we want to achieve and to reach our inner greatness, we have to be willing to take action toward our goals. Sir Isaac Newton's first law of motion says, "an object in motion stays in motion, and an object at rest stays at rest unless acted upon by a force."

This means that unless we take action toward our goals, we aren't getting anywhere. We will not improve ourselves as an individual, we will not add to our legacy, we will not achieve the accomplishments we want to achieve, and we will not reach our inner greatness if we don't ACT on it. Thinking about it alone will not do it; yes, thinking can help lay out the foundation of how we can accomplish something, but unless we actually DO the steps to make that happen, it's NOT going to happen. The "force" Newton talks about in his first law of motion has to be us if we want to progress as an individual and in this life.

Unfortunately, many people stop short of taking action to achieve their goals and reach the accomplishments they want to achieve. There are many reasons why they stop short. One common reason is that they don't believe they have the capability of achieving those goals. They think they're not good enough; those

that have done it have some special ability or knowledge that they lack. As a result, they hesitate and don't do the actions or do them haphazardly and without any confidence because they believe that they don't have the skills or and/or ability to achieve what successful people have achieved or are achieving.

The truth is that people who have achieved and are achieving their goals are no more special than you are. They don't have some magical power or ability to achieve what they have achieved. All they were willing to do that you and others don't is the willingness to take action to achieve the goals they want to achieve.

Another common reason is that it takes too long and too much effort. As a result, most people put off hard activities until a later date. They'll often say, "I'll get to that tomorrow." But, they usually don't, saying they'll get to it "the next day." This pattern will continue until they put off doing those difficult, important tasks until they can no longer put them off or put them off to eternity and never complete them if they can afford to do that.

Most worthwhile goals usually take a good deal of time and effort to achieve. However, the reason you and others can't reach those goals when others can is because they were willing to put in that time and effort. In our fast society today, many people want instant fame, instant wealth, instant power. However, that is

unrealistic in the vast majority of cases; those that have the fame, the wealth, the power, didn't get it overnight, even if the media sometimes implies that they did. The point is that it took a great deal of time and hard work for those successful people to get where they are today, and likewise, it will take you a similar amount of time and as much effort to accomplish your goals. There really is no way around it.

The only question is when you will start to do the tasks necessary to achieve those goals. Again, it comes down to taking ACTION. Thoughts, wishes, desires will not get the job done- you must actually DO the steps needed to accomplish the tasks necessary to achieve those goals; there is simply no other way to do it, so delaying the action necessary to achieve those goals and make those dreams happen is only delaying yourself of the success, fame, fortune, power, and recognition you are looking for.

Another common reason why people don't take action is because they are afraid of making mistakes. They will often want to overanalyze the situation, trying to get more insight into the situation so that they can improve their response and not make a mistake and/or make things worse. This can often lead to people procrastinating and putting tasks off in an effort to "get more information" to provide a better solution or answer.

The truth is, most successful people make MANY mistakes over their lifetimes to get where they are at today. They weren't successful in their fields on the first try; there were many failures along the way. The only reason they turned those failures into one or more successes is because they kept working toward their goals, kept performing actions and doing what was necessary to make that goal happen.

It is said that out of ten attempts to get something right, only one of the ten is actually successful. That means that nine times out of ten, the project is a failure. Yet, the successful person doesn't stop because of a failure; instead, he/she sees it as an opportunity to grow and learn what doesn't work so that he/she can put more effort into a method that does work to reach his/her goal. This is what successful people do to make their dreams and aspirations come true, and you can do the same.

The bottom line is that successful people keep working, keep taking action. You must do the same in order to achieve the goals and success you want to achieve. There are no shortcuts; there may be ways to speed up the work, especially learning from others who have come before you, but if you're expecting instant wealth, instant fame, instant power without doing any work, it's NOT happening.

Therefore, you need to become a consistent and unstoppable action taker in order to make your dreams and aspirations come true, as well as to reach the inner greatness that is within you. Reaching any of these will not be easy, and they will not happen overnight; you must work at them continuously in order to succeed. This is why it's essential you become an unstoppable action taker.

One of the best ways to become an unstoppable action taker is to just step up and do the action or task that is needed to be done. Now, this doesn't mean you don't analyze and prepare for the task, but when enough analysis and preparation has been done, you need to go and do the task. There comes a point in time when there are "diminishing returns" to analysis and preparation; at a specific point in time, you can't analyze anything further to gain more insight on what to do, and you can't prepare yourself any more after a specific period. It is at this point in time you must ACT, you must complete the task that needs to be completed.

Remember, ACTION is what leads to your goals and accomplishments, to your success and your inner greatness. Thinking about it, analyzing the situation, preparing yourself for the moment will not lead to the goals and accomplishments, to the success and inner greatness, to the fame, fortune, and recognition you want.

Even if your action doesn't lead to the desired result, if the task you completed doesn't work out as expected, you at least took the step necessary to get closer to your goal. If a mistake occurs, analyze the mistake for the requisite amount of time, figure out how the mistake occurred and what caused it, then learn how to avoid the mistake and perform the action again, utilizing the information you learned from the first doing of the task.

Every time you make a mistake, you learn what you shouldn't do to complete the task and reach the goal you set. Therefore, you should not fear mistakes, and you should not let them stop you from completing the tasks you need to complete in a timely manner. Making mistakes doing necessary tasks is better than never doing tasks in an effort to avoid mistakes because you will never accomplish any goals with the latter, nor reach your inner greatness.

A way to motivate yourself to take action consistently is to tell others what you are going to do before you are about to do it. By telling others what you are going to do, you are essentially committing yourself to the task you want to complete. If you don't complete the task as you told others you would, you will disappoint others by not completing it and then having to face the disappointment and/or ridicule from them when you see them the next time and have to tell them that you didn't do what you said you were going to do. Therefore, you'll want to take the

necessary steps needed to complete the action before you see the people you told about the action again. Even if you don't do the task as well as you thought you would, at least you attempted to achieve the task, which means that you DID the necessary steps needed to complete the task.

If you are not around others that often, it can be difficult to motivate yourself to take action. However, you often have to motivate yourself to take action, as there won't always be people around to encourage you to take action and follow your dreams and goals. Therefore, you should also tell yourself what you are going to accomplish. It usually helps to write down such goals and accomplishments on a piece of paper, in a journal/diary, and/or in a text file or spreadsheet file so that you again are making yourself accountable to taking action toward your goals.

While you may not experience the disappointment you'd get from telling others by writing it down, you are still putting down on record what you are going to do, and chances are high you're going to run across this statement of what you are going to do. If you fail to take action and don't complete the task that you stated you would do, then a portion of your mind is going to admonish you for not living up to your word. A pit in your stomach is going to nag at you because you didn't take the action you were going to take when you wrote it down. Therefore, there will be still negative consequences if you write down your tasks and goals,

as you are putting down on record what you are going to do, and you won't be a person of your word if you don't take action as you stated you would do.

Another way to help yourself to take more action is to not put so much emphasis or importance on the task or action you plan to do. When we make tasks or actions too big in our minds, we often have a tendency to become paralyzed at doing them; as a result, we will procrastinate and make excuses on why we can't do the action. By taking a deep breath and thinking that we can do the task or action we set out to do, we'll be more likely to take the steps necessary to complete the task or action in a timely manner, thereby reaching our goals and our inner greatness much sooner.

To-do lists can often help us to take action more consistently. However, there is an important step you should take when making to-do lists. You should never make them too big; it's best to make them no more than two to three items at most. The reason why is because, if you put down five, ten, twenty items on that list, you're going to look at it and think, "that's a big list and many actions to handle." Your brain will start to think about all of those actions at once, you'll start to slow down and paralyze yourself because you are thinking of everything you have to do. If you keep the to-do list short, you'll be much more likely to continue performing the actions and tasks necessary to complete the items on that short

to-do list. Then, once you complete the items on that short to-do list, put down two to three more items on another short to-do list and repeat the process.

Therefore, you have learned that taking ACTION is the ONLY way you are going to achieve the goals and accomplishments you want to achieve, and it's the only way you're going to achieve the inner greatness you want to achieve. In our fast society today, people want shortcuts that give them instant fame, wealth, and power, but those shortcuts don't exist. Shortcuts of prior knowledge in a field or task may be available to help you cut down on the time it takes to reach your ultimate goal, but not where you have instant success and fame; those don't exist.

Instead, you have to be willing to take action. This doesn't mean thinking about something, analyzing something, preparing yourself for something. While those activities have their place to do something well, at a specific point when you can't get anything more from analysis and preparation, you need to do the task you set out to do. Even if the action doesn't turn out as well as expected, you still have learned valuable information on what not to do in order to reach your goals and aspirations.

Many people hesitate in taking action because they're afraid of making mistakes, even though even the most successful people make plenty of mistakes before finding success. Many people

hesitate in taking action because it's too hard and it'll take too long, but as was said, the only way to succeed is through action, and those successful people had to take plenty of action to succeed and be where they are at now.

Ways to motivate yourself include telling others what you plan to do. If you fail to take action, when you see them again, you'll have to experience the disappointment and ridicule from them because you didn't do what you had said you would do. You can also tell yourself what you plan to do via writing it down on a piece of paper, in a journal/diary, or in a text file or spreadsheet file. Every time you see your goal or task written down, and you haven't completed it, a nagging pain in your stomach and a negative thought in your mind will surface.

Utilizing to-do lists can be helpful for you to take action, but only if you keep them short, two to three items long. If you make to-do lists longer, you'll look at the list and paralyze yourself because your brain will start thinking about all of the actions you have to complete. By keeping the to-do list, you'll be much likelier to act and complete the tasks required to finish the tasks on your to-do list. Then, you can create a new to-do list with two to three items, complete those, and repeat the process.

The only way you will ever achieve your goals and the success you want is to consistently take action; there is NO other way to

do it. Delaying taking action will only lead to it taking longer to achieve the goals, success, and inner greatness you want to achieve. Therefore, the sooner you start taking action toward your goals, the sooner you will experience the success and inner greatness you want to achieve.

How To Harness The Power of Thoughts

In order to achieve our goals and aspirations, we have to be willing to put in the work to complete the tasks and actions necessary to reach those goals and aspirations. We have to take action in order to reach our goals. However, the power of thinking comes into play because it often drives us to perform the actions we need to take to reach our goals, gives us the incentive to strive harder and longer in order to reach those goals. Of course, it makes it much easier for us to achieve our goals and aspirations when we are confident we can do it and are thinking positive thoughts, not negative thoughts.

We, as human beings, are empowered by our minds. Our minds is what give us the ability to act in a constructive way to achieve our objectives and our goals. Without our minds and our thoughts, we would have no incentive to do the tasks we need to do to achieve our goals. In fact, we wouldn't have goals; we would be acting on instinct alone. We would be doing things that don't lead to any long-term goal, reach any long-term aspiration, or result in our inner greatness coming out. Our minds and thoughts give us the goals we want to achieve, plus give us a sense of clarity and purpose to achieve the goals we want to achieve.

Unfortunately, we don't just have positive thoughts; we also have negative thoughts. Negative thoughts can come into our minds as easily as positive thoughts, and it almost seems at times that negative thoughts can come more easily into our minds than positive thoughts. This may be because we often hear about bad news on television and the Internet than we hear about good news. It may be because we don't want to be too confident or comfortable in the task we're trying to achieve, so we tend to think about what can go wrong and why the task or situation will go wrong instead of it going right.

When we think of negative thoughts, it plays on our psyche and our self-esteem to where we start to doubt ourselves, including our abilities to get the task done at a high level. We start to question whether we can achieve the goal we set out to achieve. Many times, it's hard to get rid of these negative thoughts once we have them. We start to dwell on them and worry about them, which can lead to us losing focus on the task at hand and make it likelier we will not do the task at the high level we expect to do it in and that may be needed to accomplish the goal we want to achieve.

What we need to do is to recognize that negative thoughts and feelings are part of our biology; they are as much a part of our

brain as positive thoughts are. In fact, in 1872, Charles Darwin proposed a theory that emotions have an evolutionary history that can be traced across cultures and species; they also are not a distraction, but rather are an evolution that help us to communicate with other people. Therefore, negative thoughts and feelings aren't necessarily bad IF we utilize them properly.

The big problem most people have with negative thoughts and feelings is that they get so consumed by them that they do one of two things. One thing they try to do is to suppress the negative feelings/thoughts and ignore them, proclaiming the positive thoughts to such a degree as a way to ignore the negative thoughts/feelings. The second thing they do is that they start to believe the negative thoughts/feelings as fact.

As Darwin claimed, negative thoughts actually have a place in our evolutionary history because they have helped us to evolve and survive as a species. Our negative thoughts have caused us to prepare for disasters and catastrophes that we may not have been prepared for otherwise.

When we have a negative thought, we need to step back from it and not try to drown it out with the counter positive thought or take the negative thought as a fact. For instance, if we think we are not capable of doing the job or task we want to do, we shouldn't

automatically counter with, “I’m very capable of doing this job or task,” nor should we believe we can’t do the job or task.

Instead, we need to see why we have this negative thought. When we have a negative thought, it’s a sign or indication that we feel a threat to one of our core values, a value that we hold dearly and that we feel defines us. In this case, it would be the core value of working hard and achieving our goals. If we get the negative thought that we are not up to the task at hand, the negative thought is reminding us that we cannot rest on our laurels or reputation and think we can just do the job haphazardly and with no concentrated effort. We need to refocus our efforts and do the best job possible in order to live up to our core value of being a hard worker and doing what it takes to complete the necessary tasks.

Therefore, having a negative thought is not necessarily a bad thing IF we use it properly. Unfortunately, though, as mentioned, many people take the wrong approach with negative thoughts and either believe them to be true or try to overwhelm it with positive thoughts, which doesn’t really solve the issue of where the negative thought came from in the first place.

Many people and even experts think that if you just focus on the positive thoughts, you’ll “wipe out” the negative thought that came into your mind. All you’re really doing is covering up the negative

thought, much like covering up an infection with a band-aid, which may heal the wound, but not stop the infection from spreading. It's similar with negative thoughts; you need to learn why you had the negative thought in the first place and address the cause behind the thought itself before you can truly move past it and improve yourself as a person.

Similarly, people who think that the negative thought is real, such as "I'm not able to complete this task at a high level," will do themselves a disservice because they will start to take actions that back up that negative thought. For instance, they will not try as hard to complete the task, leading to the assertion that they aren't skilled enough to do the task. As mentioned before, their self-confidence in their abilities will be diminished because they start to believe the negative thought as being true.

You must understand your negative thoughts and how they are related to your core values in order to be able to soften those thoughts and truly allow positive thoughts to enter your mind and boost your self-confidence. Only in this way can negative thoughts serve you and inspire you to produce positive changes that align with your core values.

For instance, if we believe that we are not capable of doing a task at a high level, instead of thinking the exact opposite and believing that we are certainly capable of performing the task at a

high level, we need to realize that we value being a hard worker and always striving to do the best work possible. If we have the negative thought that we're not capable of doing a task at a high level, it's a reminder of our core values to always work hard and strive to do the best work possible. This is when the negative thought is truly turned into a positive influence for our actions, and when the negative thought is truly remedied or solved.

Positive thoughts can also give us the ability to do great things. When we set a thought in our mind of achieving something, we are actually setting a goal we want to achieve. We have a positive idea in our mind, then we create a plan to achieve that idea.

For example, if we have the thought of wanting to become a doctor to heal sickness in the world, we will start to focus our mind around how we can achieve that goal. We will want to research all that we can in order to become a doctor. We will research what courses we need to take in order to become a doctor. We will research the best institutions and universities so that we can have the best chance of becoming a reputable and employed doctor. We will look to find doctors and medical students who have knowledge on what courses to take, how to prepare for a career in medicine, and more. All of our actions will be guided by the positive thought we have of wanting to become a doctor to heal the sick in the world.

Just as with the negative thoughts above, our values help to guide our thoughts. If we have the desire to heal the sick by becoming a doctor, our values of being compassionate and wanting to do everything possible to help others is key to the positive thought of wanting to become a doctor. Then, all of our thoughts and actions will go toward that goal of becoming a doctor because we have a desire to heal the sick.

It's important to control your thoughts when you are worried about something. When you start worrying about something, your mind can seem like it is spinning out of control, coming up with all sorts of different thoughts, usually negative, and they can often seem realistic even though they usually aren't. For instance, if you are worried about an upcoming exam and fear you won't be prepared to score high on it, your mind will start to create scenarios where you not only don't do well on the exam, but bad consequences will occur as a result.

For instance, you may start to think that will fail the course, which will lead to you not obtaining your degree, which will prevent you from reaching your goal, etc. It's quite easy for one worrying or negative thought to snowball into several worrying or negative thoughts.

As was described before, it's important to slow down, separate from the negative thought(s) by stepping away from it and really

analyzing why you have that negative thought. In this case, the negative thought or thoughts is due to the fact that you value a high degree of education, you value hard work, and you value contributing to society. To do this, you need to obtain a degree, get a high-quality, high-paying occupation, and you need to be good at that occupation.

The negative thought or thoughts is a reminder to strive for that education and do everything you can to obtain that degree. The negative thought or thoughts should NOT be seen as a prelude to you failing the course, not obtaining the degree, not getting a position in your occupation, not contributing to society, etc.

Therefore, you should not start panicking or worrying about some major task or event; instead, you should step back and see what the negative thought is reminding you of in terms of your core values, then work toward achieving the goal. You should never see the negative thought as a prelude of what is to come; if you see what the negative thought is reminding you of in terms of your core values, you'll be able to utilize negative thoughts to your own advantage to be able to attain more of your goals and the inner greatness within you.

Therefore, you've learned that human beings are empowered by our minds and our thoughts. Our thoughts are what give us the incentive to achieve our dreams and our aspirations. In fact, we

wouldn't even have our goals without our thoughts; we would be running on instinct alone without our thoughts. Our thoughts help to drive us toward the actions we need to complete in order to achieve our goals and find our inner greatness.

You've learned that humans have both positive and negative thoughts. When it comes to our positive thoughts, they help us to form a goal in our minds based on our values, which then drive us toward the actions we need to take in order to fulfill that goal. For instance, if we want to become a doctor because we want to heal the sick, our core values include compassion and our willingness and desire to help those in need. Therefore, our positive thoughts lead us to the goal we want to achieve, as well as formulate the plan or actions we need to take in order to achieve that goal that aligns with our core values.

Negative thoughts are trickier; many people and even experts think that if we just overwhelm those negative thoughts with positive thoughts, our mental state will be fine and we'll be back stronger than ever and more willing to pursue our goals. However, covering up negative thoughts with positive thoughts is like covering an infected wound with a bandage- it doesn't solve the true issue. When it comes to negative thoughts and emotions, we learned from Darwin that they are not a distraction, but a way for us to communicate with other people. We also learned that negative thoughts and emotions have helped

humankind to improve itself by preparing for situations and catastrophes that we may not have prepared for and survived otherwise.

Many people will either try to overwhelm the negative thoughts with the exact opposite positive thought or start to believe the negative thought as being true. Instead, we should separate ourselves from the negative thought and determine why the negative thought occurred. It is attempting to remind us of our core values. For instance, if we fear that we are not up to doing a task at a high level, the negative thought is reminding us of our core values of valuing hard work and doing everything possible to obtain our goals. The negative thought is there to remind us to not just lackadaisically take on the task and presume we'll do it at a high level, but to really focus on the task and ensure we do it at a high level.

Therefore, negative thoughts can enable us to revisit our core values and ensure we are living up to them by not taking tasks for granted and presuming we'll do the job, but that we actually live up to our core values with each action we take. This is how negative thoughts can help us to reach more of our goals and achieve our inner greatness, just as positive thoughts can also help us to achieve more of our goals and our inner greatness. By learning how to utilize the power of our thoughts, both positive and negative, we will have the capability to continuously do the

tasks we need to complete to achieve our goals, reach our greatest potential, and expose the inner greatness within us.

How To Reprogram Your Future Self

All of us want to be successful in life. We want to succeed at the goals we want to achieve, we want to find happiness in what we are doing and who we are with, we want to be accepted for who we are and what we stand for, and we want to be able to achieve our best possible potential. All of us want this.

Unfortunately, not everyone achieves this supreme state and gets everything out of life. Some will say that they just were not destined for it, but in many cases, it's because we settle for less and are not willing to do everything possible in order to make all of our dreams and desires come true. Therefore, we have to be willing to do everything possible and not settle for less.

A key reason why people settle for less is because they think they can't achieve everything they want in life. They think it's beyond their grasp, beyond realistic expectations. However, there are people who do achieve this state of accomplishing what they wanted in terms of goals, achievements, and success, plus unlocked their inner greatness and were accepted for who they were. Most people who don't reach this state think that the people who do reach this state were special in some way, had some type of special ability or power, or were just privileged with

wealth, resources, and opportunities to enable them to reach this state.

The truth is, though, is that you have to have the mindset to achieve this state. It's not really about wealth and resources as so much it's about taking positive actions toward your goals and doing them consistently throughout your life so that you make great progress toward your goals and actually reach them.

What many people fail to do is to plan and to actually act upon their goals; too often, they haphazardly do certain activities, thinking that they are getting closer to their goals when, in truth, they are not. They never plan ahead and never really analyze the goals they have in mind to figure out the best and most efficient way to achieve them. As a result, they often take longer than is necessary to achieve the goal they have in mind, they only achieve a lesser goal that they accept as being the best they could do, or they fall short of the goal and rationalize it as being the way it was destined or that the alternate goal they do reach was better for them in the long run.

What you need to do in order to achieve all of the goals and aspirations you have is to reprogram your mind and your approach to achieving your goals so that you have the best chance of reaching all of those goals, reaching your greatest potential, and releasing the inner greatness within you.

First, you need to convince yourself that you are actually are capable and worthy of achieving all of that success you want; there is nothing wrong with wanting to achieve success. Not only does it benefit you and your loved ones, but it also will likely benefit society as a whole. In addition, you will reach your maximum potential as a capable human being, utilizing your body and mind to reach the goals you have set for yourself.

Some people think they shouldn't be striving for success because they don't believe they deserve to have it or because it is wrong to have it and that they should be satisfied with maintaining the status quo that previous generations of their family have had. The truth is that they are just as capable as any other human being, including those that have found their greatest success and reached their greatest goal. Additionally, humankind has continued to evolve as a species- it continues to strive to get better, so there is certainly nothing wrong with trying to strive and make yourself into more than what you or previous generations are because that's what the human species has been doing since it first came into existence.

Second, you need to be in an environment that supports your efforts to make yourself better and to achieve your goals. As human beings, it's much easier to stay focused on the difficult and challenging tasks we have to complete to achieve our goals if we are in a supportive environment that boosts our self-esteem and

our self-confidence in our abilities. If we are constantly being ridiculed and criticized for our actions, our thoughts, and our beliefs, it will take a toll on our self-esteem and self-confidence to where we won't have the inspiration or the drive to continue striving for our goals, eventually giving them up and "settling" for less.

Therefore, from our home environment to our work environment to other environments (such as the gym, the area we live in, etc.), we need to be in positive and reinforcing environments that accept us for who we are and what we stand for, as well as encourage us to continue striving for our goals when the journey is difficult and we start to lose hope and confidence in our ability to reach those goals. We are likelier to do better work and have better focus on our work when we are in positive environments. When we are in negative environments, our focus suffers, our self-confidence suffers, and our ability to do high-level work suffers. It's vital that we spend as little time as possible in such environments; if we cannot escape a negative environment immediately, we must learn to take breaks from the negativity and relax and focus on positive thoughts and actions when we are finally able to escape the negative environment.

If you grew up in a negative environment, it's important that you reprogram your brain by being in positive environments and communicating and associating with people who have positive

views and thoughts. This is a critical way to reprogram your brain. Additionally, if you have children, you need to provide a positive environment for them to avoid the negative environment you grew up in. You should not criticize your children for making mistakes, as they can be valuable learning tools if you learn what the mistake was, how it was done, and ways to avoid it in the future. You should also accept your children for who they are, including their unique personalities and talents. This positive environment can help them to reach their full potential and achieve the goals and dreams they want to achieve, as well as to reach their inner greatness.

Mistakes are a major obstacle to people wanting to attain their goals and dreams. Too often, many people believe that mistakes need to be avoided, largely because you often hear in the news how a mistake created a crisis or a negative consequence. While it's true that mistakes can be negative, they actually can be a positive teaching tool if they are utilized properly. If a mistake is made, it's important to learn from that mistake, including what the mistake was, how it was made, and the actions that need to be taken to ensure the same or similar mistake does not occur again.

We have to accept the fact that mistakes WILL happen; they are unavoidable at times. Therefore, we have to turn those events into opportunities for growth and bettering ourselves. By doing this, we have a greater chance of achieving all of the goals we

want to achieve in life, as well as achieving our inner greatness. By learning from mistakes, we are improving our skill set for challenges we will face in the future, challenges that we can handle better because of the mistakes we have made in the past.

Additionally, most mistakes do not cause irreparable damage. Therefore, most mistakes can be recovered from. Unfortunately, society has caused many of us to have the mindset that mistakes must be avoided at all costs or dire consequences will occur as a result. We often have that same philosophy when it comes to our employment. If we make a mistake, we fear we are going to lose our jobs and be replaced by someone else who doesn't make mistakes.

As was just said, though, all people make mistakes; the key is learning from those mistakes and improving yourself as an individual so that you are better able to handle the challenges of the future more easily and are able to be more productive toward reaching your goals and inner greatness.

Life usually throws unexpected challenges at us. These can include the unexpected loss of a loved one, the burning down of one's house, etc. These types of challenges often occur unexpectedly, with little time to prepare and react. Such situations can cause us to utilize the skills we've learned in the past, including from mistakes we've made, to help us deal with

these tough situations and to grow as individuals. These situations can often help us to become stronger and be more willing and able to strive for our goals and achieve our inner greatness if we are willing to take the right approach to these situations.

We should not lament the fact that these situations are happening to us, asking “why me?” Instead, we should be utilizing the opportunity to gain more knowledge about and insight into ourselves to see how we can handle such a situation and grow from the experience.

You also have to be willing to take action to achieve the goals you want to achieve. Planning, analyzing, and preparing yourself help you to get ready, but when the point of diminishing returns occurs when planning, analyzing, and preparation won't get you any better advantage or chance of success, you need to act. Action is what leads to goals being reached; planning, analyzing, and preparation will not.

Therefore, you need to convince yourself to take action continuously, and you should also be willing to take action on tasks that are outside your comfort zone. These are tasks that are not the usual tasks you are used to doing each day. Each of these tasks can help you to grow as an individual and help improve your skill set for future challenges. Additionally, if you

make mistakes while learning this new skill, you will grow from the experience because mistakes can be valuable learning tools if properly utilized.

It's important to always assess what you are doing in your life from time to time to see if they are really helping you to reach your goals. If you review and see that your actions are not really helping you to reach your goals, then you need to take the step and change what you are doing. Again, this involves action; you can analyze and assess what you are doing, but until you actually choose to and actually act on changing it, nothing is going to change, and your life will continue to involve actions that will not really help you reach the goals you want to reach.

Therefore, you have learned that we all have goals, dreams, and aspirations we want to reach in life, but while some of us reach those goals and unlock our inner greatness, many of us don't for various reasons. Some will say that it was just not our destiny to achieve everything we wanted, but in these cases, we are just settling for less and not doing everything possible to make all of our goals, dreams, and aspirations come true.

They don't believe that they can achieve everything they want from life because they believe that those who do have some special knowledge or power that enables them to do it, while they themselves don't have this special knowledge or power to do the

same. The truth is that these people who are successful have no more knowledge or power than those who don't achieve their dreams and goals; the only real difference between the two groups is that the first one is willing to do what it takes to achieve their goals. They are willing to act and do what is necessary and keep doing it until they achieve the goals they have set out.

Many people also complain that some goals are just too hard and take too long to reach. They think that those who have reached their goals had some shortcut that enabled them to reach those goals. The truth is that all of those successful people did not reach their success overnight; it took months and, often, years of hard, continuous work and effort to achieve the success they've reached.

In fact, most worthwhile goals take a great deal of time and devoted effort to reach; there are NO shortcuts. There may be a shortcut in terms of what you need to learn in order to reach your success because someone else worked on the situation before you did, but you're not going to reach instant fame, fortune, power, and recognition overnight- life doesn't work that way, and expecting it to do so will just leave you massively disappointed and take a toll on your self-confidence and self-esteem to where it will be even harder to put in the effort to reach your goals. Therefore, learn the mindset that all notable goals and achievements take time to reach; as the saying goes, "Rome

wasn't built in a day," and your legacy and inner greatness will NOT be reached overnight or in a short time period.

To achieve your goals and objectives in the shortest amount of time possible, you need to have a plan and execute it to the best of your ability. This is where planning, analysis, and preparation play a role in reaching your goals, ensuring you do the best actions possible to reach your goals as quickly as possible.

However, when enough planning, analysis, and preparation have been done to prepare you for the task ahead, you need to take ACTION and actually DO the tasks to progress towards and reach your goals. That is how you achieve success, reach your greatest potential, and unlock your inner greatness.

Being in an environment that encourages you and supports you, especially at times when your self-confidence and self-esteem are not as high as usual, is quite helpful to enabling you to reach your goals. It's much harder to reach your goals and be successful when you are in a negative environment where people don't like you, ridicule you, and even try to sabotage your success. It is best to avoid such environments wherever and whenever possible; when this is not possible, you need to take breaks from that negative environment to be by yourself and restore your self-confidence and self-esteem by relaxing through music, meditation, yoga, exercise, and other similar methods after you escape that environment.

Therefore, you need to reprogram your future self to take ACTION continuously. No, the road to reach your goals will likely not be easy, and it will not be quick, but it can be done. Successful people who have and are achieving their goals do not have any special power or ability over you; they just were willing to continue taking action to reach their goals. You have the same capability, being that you are as human as they are. By doing proper planning, analysis, and preparation, then acting on the information you've gained, you will achieve many more goals and reach your greatest potential, leading to a more satisfying and fulfilling life and unlocking your inner greatness that can benefit you and the whole world.