

By Dr Sylvan Lightbourne

Super Charge Your Career



Factors That
Lead To
Street Fightng



**Street Fighter
Secret Moves
To
Kickstart Your
Professional
Acceleration**



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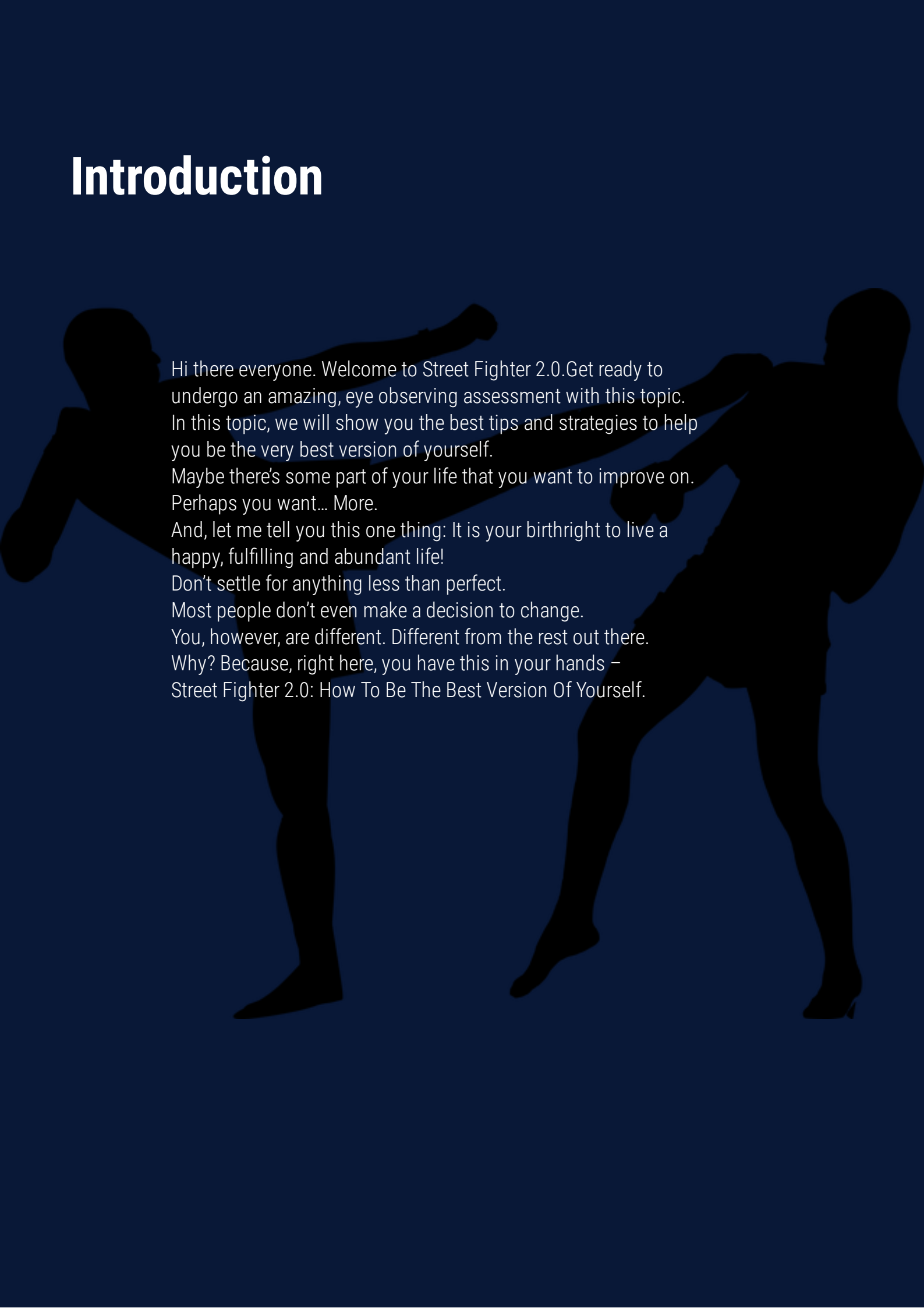
A dark blue background with a black silhouette of a person in a dynamic, athletic pose, possibly a dancer or martial artist, with one leg raised and arms extended.

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Introduction

The background of the page features two black silhouettes of a person in a martial arts stance, possibly a kickboxing or Muay Thai fighter. One silhouette is on the left, facing right, with its right leg extended forward in a kicking motion. The other silhouette is on the right, facing left, with its left leg extended forward. The background is a solid dark blue color.

Hi there everyone. Welcome to Street Fighter 2.0. Get ready to undergo an amazing, eye observing assessment with this topic. In this topic, we will show you the best tips and strategies to help you be the very best version of yourself. Maybe there's some part of your life that you want to improve on. Perhaps you want... More. And, let me tell you this one thing: It is your birthright to live a happy, fulfilling and abundant life! Don't settle for anything less than perfect. Most people don't even make a decision to change. You, however, are different. Different from the rest out there. Why? Because, right here, you have this in your hands – Street Fighter 2.0: How To Be The Best Version Of Yourself.

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Defining Your 'Big Picture' In Life -

I woke up one morning asking myself, What I could do to improve my life and benefit the world. Have you ever heard the phrase:

“The purpose of life is a life of purpose”?

It's both interesting and essential to understand that nothing in life can start until you get started.

So what are we waiting for?

Let's get started!

Discovering Your WHY!

You can have many goals in life – big goals, small goals, health goals, finance goals, etc. But just having a goal is not enough. It doesn't guarantee that you will manage to achieve it.

You can try achieving your goals with will power, but that's not sustainable. What you really need is a "Why?" "Why?" so big that it gets you out of bed in the morning and keeps you up late at night. A "Why?" is the reason behind the goal or dream.

Firstly, What does it take for you to get excited about life? How do you re-ignite the flame of passion, excitement, and joy? What excites you?

Once you have a bunch of ideas written down, start looking for repeating themes and begin crafting the big dream for your life that you want to achieve. Something powerful that would inspire you whenever you think about it. Once you have your big "Why?", you can start setting smaller goals to help you reach it.



Unleashing Your Creative Powers

Have you noticed that whenever humans are faced with a crisis, they always find a solution? There is never a lack of resources, only a lack of creativity.

Today, we're going to talk about your mind and the creative process. The very first thing you can do to help yourself is to ASK. Isn't that simple? So here's how we can start: Think about a few problems that you are currently facing, and ASK some empowering questions about them.

Instead of asking "Why is it happening to me?" or "What did I do to deserve this?", you should instead ask:

How can I solve this? How can I make it better? When you ask an empowering question, you tap into your creativity and start looking for a solution. When you ask a disempowering question, your mind starts looking for answers to why you have this problem. That, however, doesn't help you.

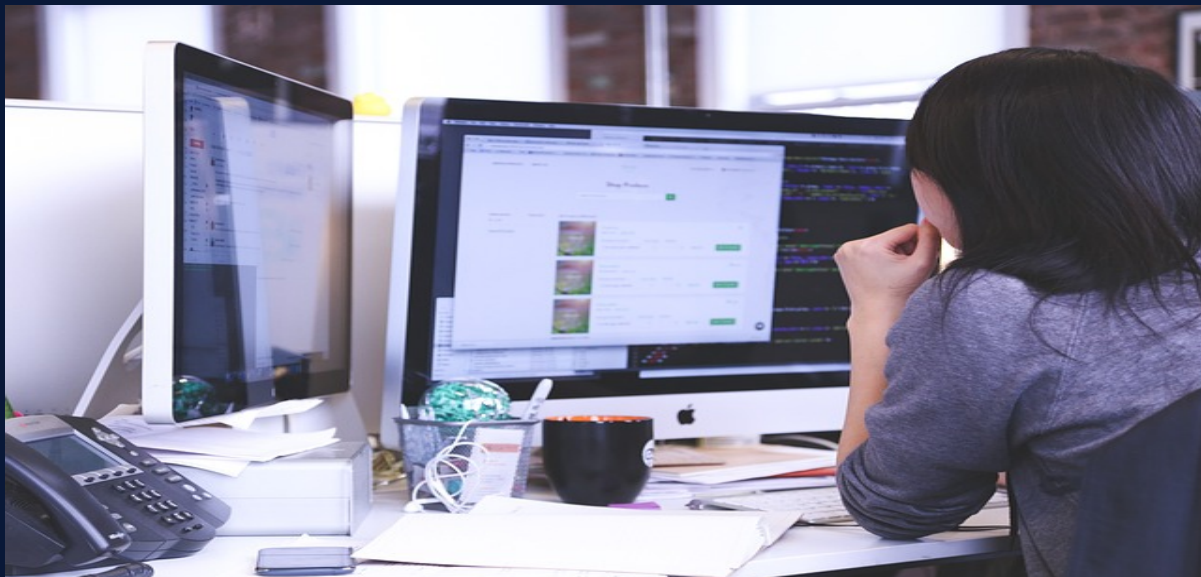


Creating Your Vision Board

Creating a vision board could not be simpler if you only know precisely what it is that you really want and are willing to make the effort. It's now time for you to find pictures, words, affirmations, photographs or cartoons that represent to you & your goals.

It is also important that you find photographs of yourself in which you are in positive, optimistic, happy states. You will be sticking these pictures etc. on to your vision board, which is like a kind of collage of your goals and aspirations.

It is important that you find these photographs of yourself because you will be placing yourself in the vision board hopefully doing the things that you really want to do, have, be and achieve. It's important that you do not allow your vision board to sit around gathering dust. Rather, the daily study, the daily practice, the daily discipline of going back to your vision board, having it in a place where you will see it at least twice per day.



Getting the Big Picture

Visualization techniques- People who are successful often employ the visualization process. If there is something you truly want, you need to put that big brain of yours to work. Imagine that what you want is right in front of you or create the path to get there in your mind.

Dream about what you want and create pictures in your mind that show how it all develops. You need to be in the proper mindset to do this, which can be achieved using the following relaxation techniques.

When you have put in as much time as is required for you to visualize all the possibilities, you then need to switch to focus mode. In the moments before you perform the action that will deliver the outcome you hoped for, place the picture of what you are about to do front and center in your mind.

Visualization works, but you need to be comfortable, in a calm state, and free from worries. The whole process is like meditation in many ways, except that your mind is totally active.





The Fundamentals of Goal-Setting-

Have you heard that you're 97% more likely to achieve your goals if you write them down?

The truth is that goal setting is important. In fact, it's without goal setting you may never achieve the dreams of your heart.

Every person in the world devotes countless hours to thinking of their future and their present situation in life.

Almost everyone wishes that there was something that they could change in their life.



Goal Hunting

Many of us are great at trying to set goals; most of us are practically incapable of following through with them. Think about it. How many times have you decided on a course of action and simply didn't follow through with it?

That is pretty much the norm for most people. Sometimes even setting goals at all is the harder part of accomplishing any. The easiest way of looking at this is to think of each and every New Year.

What is the biggest topic of conversation every year on New Year's Eve? It is actually the resolutions. But most of us will only keep our resolutions for a short time. With each passing day and week, fewer and fewer of us STICK to our plans and our goals!

Sometimes setting goals alone is not the only problem that you must face. Sometimes, choosing the right goals to begin with is harder. Basically, you can choose to work any goal that you feel is necessary for your health, stability and happiness.

Goal setting is nothing more than a formal process for personal planning. By setting goals on a routine basis you decide what you want to achieve, and then move in a step-by-step manner towards the achievement of these goals.

The process of setting goals and targets allows you to choose where you want to go in life. By knowing exactly what you want to achieve, you know what you have to concentrate on to do it.

Goal setting is a standard technique used by professional athletes, successful business people and high achievers in all fields. It gives you long-term vision and provides you with short-term motivation. It helps to focus your attention and knowledge, which helps you to organize your resources.

By setting sharp and clearly defined goals, you can measure and take pride in the achievement of those goals. You can see forward progress in what might previously have seemed a long pointless effort.



Succeeding at Goals

Why is it that some people almost always succeed?

Here are four strategies to assist you to start changing the way you live your life, one day and one goal at a time. In summary they are:

- I. State your goal in very specific terms that you can accept
- II. Plan backwards from your goal for the best results
- III. Confront your fears and expectations immediately and progressively
- IV. Put your plan on paper and into action as soon as possible

Let's go through how this works:



Your Goal

Planning a career move is much like mapping your route for a road trip. If you don't know where you are going, you can't decide how to get there, but if you do know where you are going, you'll get there faster. You have to know exactly what you want to do and when to go about it.

Plan Backwards

One of the best ways to move forward is to plan backwards. Start by asking yourself if you can accomplish your goal today. If you can't why do you think that is? What do you have to do first? Is there something you have to do before that?

Keep thinking backwards like this until you arrive at tasks you could do today. This will help you to attain the goal's starting point.

For example, if your goal is to take a two-year business administration program, could you start today? No, you have to be accepted to the program first. Could you be accepted today? No, you have to apply first. Could you apply today? No, you have to decide which post-secondary institutions to apply to. Could you decide today?



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No, you have to do some research first and so on. I could do this all day but you get the point. Don't worry if your list of things to do becomes several lists. Deal with your fears and expectations of yourself.

Look over your list of things you will have to do to achieve your goal. Do you believe that you can do it? If you have doubts, take some time to think them through first. Are your expectations realistic?

Have you succeeded or failed at tasks that were similar to this before? What can you do to improve your chances of success this time around? For example, if there is a good chance you will not follow through with your plans, you have to ask yourself why

Are you a professional procrastinator? If so, what can you do to make sure that you will keep going until you reach your goal? Are you afraid of failing? If so, work at improving the skills you will need.

Or test the waters by taking an evening or distance education course before you sign up for a whole program. If you are having trouble identifying your fears or figuring out how to deal with them, talk to people you trust. Ask for their suggestions, but always make your own decisions.

Put your plan into action from to do list. By this stage, you probably have more than one list of things to do and, if it is necessary, some plans for avoiding or dealing with potential problems. Now you need to put them all together into one comprehensive plan. You must list tasks in the order in which you must complete them and set deadlines for the completion of any major plans.



GOAL * PLAN * SUCCESS



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Successful career planners keep themselves on track using a variety of methods, such as:

I. Marking tasks on a monthly calendar (noting important dates such as application deadlines or action plans)

II. Making weekly or daily lists of things to do and cross off tasks as they are completed

III. Using a computer program to create timeline charts which give you your time limits for task completion

IV. Using a commercial appointment book or a notebook; even a palm pilot with a new page for each day or week.

V. Use whatever methods work best for you. If it is absolutely necessary, ask a friend to check on your progress occasionally or question you on your successes because you are more likely to get things done if you know you'll be asked about it.

Now you have learned a new way to set goals and follow them through. If you follow these four steps, there is nothing to hold you back.



Increasing Time Management Skills For Achieving Goals-

Effective goal setting begins and ends with time management. You need to balance your time in the best way possible in order to achieve your goals. Most of us fail to achieve goals because we lack the time.



Time Allocating

We are all pretty busy aren't we? Whether we are a child, a teenager, young or old, it seems that time becomes more precious with each passing year. But it seems that instant coffee, drive thru fast food, and microwave ovens haven't solved ANY of that.

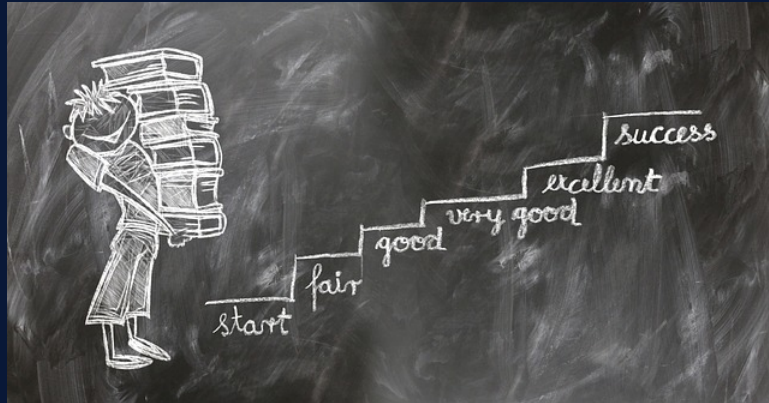
The concept of time management has been in existence for more than 100 year believe it or not. Unfortunately the term "Time management" creates a false impression of what a person is able to do.

Time can't be managed, time is uncontrollable and we can only manage ourselves and our use of time. That is all that can be done. Time management is actually self-management.

For effective time management we need the ability to plan, delegate, organize, direct and control every aspect of our lives just to find 30 minutes a day that is devoted to something productive that is just for us. There are common time wasters, which need to be identified.

Identifying your time stealers

- I. Interruptions for example the telephone or TV (these are also distractions)
- II. Interruptions, for example, guests or children
- III. Meetings
- IV. Tasks you should have had someone else do for you
- V. Procrastination and indecision
- VI. Acting with out total information
- VII. Dealing with other people's issues or problems
- VIII. Some sort of personal crisis, for example, family member is sick or injured.
- IX. Unclear communication
- X. Inadequate knowledge
- XI. Unclear objectives and priorities
- XII. Lack of planning
- XIII. Stress, anxiety and fatigue
- XIV. Inability to say "No" to anybody with a request
- XV. Personal disorganization



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Time Management And How It Impacts Goal Setting

In the last Topic on goal setting, we started to talk about Time Management. Now that we have identified how time management skills affect achieving goals, let's go into this in a little more detail.

i. Shifting priorities and crisis management.

Management guru Peter Drucker says that "crisis management is actually the form of management preferred by most managers." What is ironic is that actions taken before the crisis could have prevented it in the first place.

ii. The telephone.

The telephone, which can be our greatest communication tool can be our biggest enemy to effectiveness if you don't know how to control its hold over you.

iii. Lack of priorities/objectives.

This is probably the biggest and most important time waster. It affects all we do both professionally and personally. Those who accomplish the most in a day know exactly what they want to accomplish beforehand. Unfortunately too many of us think that goals and objectives are yearly things and not daily considerations. This results in too much time spent on the minor things and not on the things, which are important to our lives.



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iv. Attempting too much.

Many people today feel that they have to accomplish everything yesterday and don't give themselves enough time to do things properly. This leads only to half finished projects and no feeling of achievement as all things are done in a hurry and appear rushed to others.

v. Drop in visitors.

The five deadliest words that rob your time are "Have you got a minute? Everyone does it; colleagues, the boss, your peers, and your family and friends. Knowing how to deal with interruptions is one of the best skills you can learn.

vi. Ineffective delegation.

Good delegation is considered a key skill in both managers and leaders of homes and work. The best managers have an ability to delegate work to staff and family members to ensure it is done correctly.

vii. Procrastination.

The biggest thief of time is not decision making but decision avoidance. By reducing the amount of procrastinating you do you can substantially increase the amount of active time available to you.

viii. The inability to say "no!"

The general rule is; if people can dump their work or problems on to your shoulders they will do it. Some of the most stressed



What Is Your Definition Of Success?

Success can be defined by all sorts of things. You can define success by money, happiness, your home, your family, your vehicles, or your status in your career. The truth is success is defined by you.

What you have to do to become successful is also up to you. Because you decide what is success to you, you have to decide when and if you will get there. To start out you want to define success.



Self- Assessment

At what point will you be successful? How much money will you make? How many children will you have? Will you even be married? How many promotions from success are you? What will you drive? You see, it is all up to you. You should put a lot of thought into what you consider success. Our world is a very materialistic world and by being so most of us get sucked into thinking that we will only be successful when others tell us we are.

This is a very important thought you should extinguish. No one other than you should be able to tell you when you have succeeded. Only when you have taken the time to really think about what success means to you, will you be able to truly find the happiness that comes with being successful.

After you decide what success means to you, you have to decide what actions will take you there. Each little step of the way that you get to is another small success you should celebrate. No matter how far from or how close to your final goal you are, you have to celebrate each benchmark you achieve.

When you do this, your brain subconsciously connects all the work you did to the pleasure of the success. After a couple of celebrations that are only about your success you will grow to enjoy work more because in the end you know you will be successful from it.

Here are a few guidelines you might want to consider when defining your success. One could be: to be truly successful means you have to do it ethically. Ill-gotten success will only leave a part of you empty, begging for more, there is no question about it, to most this is not true success. Another guideline you might consider: your success must not be achieved at the expense of others. People will help you along the way but success is more about reaching out than it is about moving up.

Help enough people and get the things you want, and you will make it to the top, and have a bunch of close and successful friends there with you. Achievement that moves other people ahead is even more success for you in the end.

You also will want to make an honest assessment of where you are before you start defining success for yourself. Figure out where you want to be, then complete the steps needed to get there, this oversimplification has a lot of power. It is not a simple task when the gap between the two points is wide, you should take action toward your goal every day.

You will have what appears to be failures along the way, but keep taking action, learn from those who have done what you want to do, the old adage tells us we should learn from our mistakes, but if you want to be on the fast track to success, then learn from other people's mistakes too. This way you learn from others and don't make mistakes that take more time to get to your goal.



Achievements Don't Happen Overnight

It is a common myth that success just happens to people. A lot of times, those who aren't successful begrudge those who have achieved a certain level of success. To reach full achievement you'll have to get over any feelings that success and achievement are just handed to people because of who they are or luck.

Such misconceptions about success that you may have - These ideas could be all that are holding you back - separating you from the success you want and deserve. In fact, it is probably better to use the word 'achievement' in place of 'success' because it promotes the idea of taking action and doing something. Notice the root of the word is 'achieve'.

Now, success doesn't really ever happen by accident to people, even though it can appear so. The idea of the overnight success, or even the person who just so happened to pick an amazing stock in the stock market are really nothing more than myths.

Usually it is the seasoned investor who has learned a lot and understands (even at a subconscious level) how to choose a winning stock that gets wealthy with stocks - not the guy who picks one at random. On the other hand, you do occasionally hear of people picking that one right stock before it increases in value, but it is so rare that when it does happen it is newsworthy. Still, any such immediate success rarely lasts. True and lasting success has to be earned; it must be achieved for it to last and have all of the positive benefits it brings.

Now for those who somehow beat the odds and become an overnight success, it is possible to maintain that success, but only if they're willing to do the work needed to maintain it.

Any worthwhile achievement will take a lot of hard work, but if you have the right goal, motivation and reason, success will surely be found by sheer persistence. Yet it may not seem like work at all. You need to be able to look at things with the right perspective. You're no longer doing work for the sake of work, you're doing it to achieve something - something good that you desire, and in doing so you will be exposing yourself to opportunities when they arise.

Those who are massive achievers, the ones that have reached the pinnacle of whatever field they are in, are those who are not just doing it for the right reasons, but those who are able to recognize and seize opportunities whenever they present themselves.

For sure, sometimes those opportunities may not pan out, and they may even appear to be failures. But what does the successful achiever do? They take whatever they can get from these apparent failures and move on - stronger and better equipped for success than they were before. They then start looking for the next opportunity and seize it as well. Oftentimes they will seem to fail to the casual observer.

What they are really doing is failing forward. Whereas the average person may see failure as something holding them back, top achievers find value in them - they keep trying, they don't give up.



Other Key Factors For Achievement

Achievement is not just getting what we want, but also getting ahead. It's difficult to advance our lot in life if we lack character. Character is the result of habits, but those with poor self-esteem may believe habits are the result of character.

To the outside observer this also seems true, and to some degree it is. After all, who would think a person that succumbs to destructive or poor habits could also have a strong character? To be clear, our habits do not always reflect our character and here's why.

The difference is in our personal perception of what our habits are. A person with a weak character will not recognize that their habits are bad, while a person of stronger character will recognize they are partaking in bad habits, but simply don't know how to change them yet.

There are three things (**among others**) that contribute to our character and habits. Let's look at them and how they play a role.

Heredity -

While it is true that you cannot choose your family, it's also true that you can be aware of any influence they have. If their influence is negative you'll have to be firm when they try to tempt you into bad habits. That doesn't mean you should stop loving them or ignore them, but be aware of their influence on you.

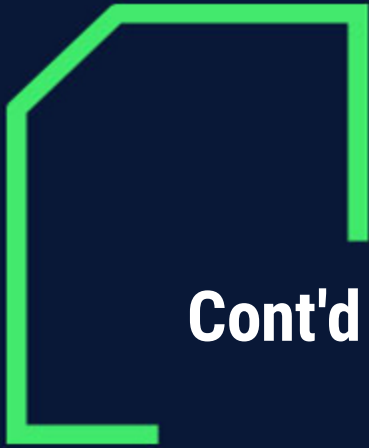
Our families contribute to the make-up of our character. How can you get rid of the bad ones? It will take some effort as you can't change your genetics. In a moment we will look at other areas that are more in your control.

For now, choose to focus more on your family's positive influences and downplay the negative ones. This way you'll be thankful for the good traits you have inherited and be able to put them to work for you.

Environment -

When it comes to character, your environment can play a huge role. Environment doesn't just refer to your physical surroundings, but also your social. Physical surroundings have an influence on our habits and character, but not as big as you may think. Many great people have lived in terrible surroundings. War, poverty and suppression were not able to stop some of the world's best people.

They prove that your surroundings can actually build character by making you stronger. And this is where habits really come in. If you have poor mental habits, you can let sub-par surroundings effect you negatively - using them as an excuse for failure. However, if your habits are strong and positive you have the power to manifest great character. Just as a blacksmith uses heat to harden steel, so too can a great person use a bad environment to better themselves.



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That covers the physical, but what about our social environment? This is probably the biggest area of influence in our lives. Let's face it, we choose to hang around with these people. Take a step back and look objectively at who you think your friends are. Do they have the same moral compass as you? Do they encourage you to do things you know you really shouldn't?

Do they ridicule you when you try to do better? Perhaps your friends are a good influence, perhaps not. Just look at your closest friends and you will get a good idea of the person you are now, or will soon be. If that doesn't fit in with your vision of achievement, then you will want to broaden your circle of friends to include the right kind of people.

Education -

In this sense, education refers to the things we learn. Obviously, this means it's not limited to the things we learn in school. We also learn a lot from experience and circumstance. In a way it's education that really molds our habits and character. And that's good news, too, because you can then also educate yourself to develop better habits and character.

Reading is an excellent way to do this. Fill your mind with good things and put what you learn into action. However, you can also re-educate yourself by being open to new experiences. Ask yourself what you need to do to change a bad habit, or what you could do to build character.

Often the answers lie within us, if we are willing to be honest with ourselves. When it comes to achievement a strong and good character is vital. Habits, good or bad, are a reflection of character. Finding the areas of influence in your life will help you develop the character you need to move ahead.



Motivators And Teamwork

The first concept you must grasp in order to achieve great things is that you cannot do it alone. You must be willing to ask for help from friends, family, and associates. However, when it comes to family, do not be surprised if they are slow to accept your goals and aspirations.

There have been arguments made for not disclosing personal goals with family. Either because they may try to steal your dream, or they will tell you it just won't work. Whether you decide to include your family or not entirely depend on your personality and the level of comfort you have with your family. Remember, while you may love your family dearly, they are not your business partners (in most cases).

If you are the type of person who is easily defeated by the opinions of others, then you will want to avoid sharing your goals lightly. When considering the type of businessperson you are, you may fall in to one of two groups:

- i. Those who are motivated to prove people wrong. On the surface this sounds negative, but it isn't. Trying to show people what you are made of may work for you. If you are the type of person that excels in the face of adversity, then you will get great pleasure out of proving your critics wrong!
- ii. Those who are motivated by sticking to their word. In fact telling people your plans can be an excellent way to motivate yourself. You don't want to appear as though you cannot follow through. Some people don't succeed because they keep their dreams to themselves, this way if they fail nobody knows.

Conversely, not everyone will face such a negative response. If you know the people around you will support you, then don't delay and let them know as soon as you can. That covers the personal aspect of achievement, but there are other areas as well. It is important to get support, and to develop a team of people that will support each other in achieving their goals.

This has been documented as being a 'mastermind' group, but what they are called doesn't really matter, it is how you utilize the group that matters. After you have solidified your goals, you will want to select people to help you along the way, but not to be selfish.

Find others that know what you don't, and on the other hand, know not what you know. This may sound confusing, but just remember that you don't know everything, and you want to find people that can help make up for your weaker areas. Create an inner circle of people that you can bounce ideas off of, look to for advice, and advise them on their ventures.

One final group, especially for those in business, are customers and the public at large. Whether you are providing a product or service, you need to create something of lasting value so that people want to keep giving you repeat business. Your success is never achieved alone, even when it appears so, the things you want to achieve do not materialize out of thin air.

Remember that great things are rarely accomplished by one's self. In order to achieve long-lasting success you will need the help of others and the approval of your customers.



Achievement By Association

There is a concept known as 'guilt by association', this is an unfair way of assuming someone is doing bad things based on the company they keep. However, this concept has its evolution in some sound principles.

Principles that must be understood for true success. Let's take a look at achievement by association. It's the little things that can add up - what we watch and listen too embeds itself in our subconscious - you can make your own choices, but often these things are experienced mindlessly.

We hear a good beat or laugh at a sitcom, but never step back to understand what it really means. This is not being judgmental, just a fact. Nobody is telling you to stop watching and listening to the things you enjoy. Just keep in mind that one little lyric here, or off color joke there will eventually be expressed in our behavior if we let it go unchecked.

Negative influences have a way of taking a firmer hold than positive ones. Do not look at this fact with a defeatist attitude but rather as a precaution. You need to add much more positive input to make up for the negative, but the good news is that the positive input is more uplifting and will just make you feel better.

One way to counteract these negative influences is to read positive books. This helps put more good stuff into our minds. If you can tip the balances in favor of positive input, then logically, that will come through in your behavior as well. The people you hang around with play a major role in your self-development. And this isn't just in your private social life. It also extends to the people you hang around with at school, church, and your career.

Mentors are those people that have achieved some of the things you want to achieve. They will guide you and give you advice, but more importantly they will hold you accountable. This can have a very positive psychological effect when you are faced with negative inputs that are within your control. Having a knowledgeable mentor is priceless.

There is one more thing that you need to consider when it comes to positive association, and that is yourself. More specifically, the things you tell yourself. It doesn't matter how much positive input you are giving yourself if you keep thinking it's nonsense, or you are somehow doomed to fail anyway. It seems fitting that the most powerful element of success is the one that nobody else can do for you.

Why does this matter? Because reaching the higher levels of achievement is always met with obstacles - that's why so many people never make it that far. Once they encounter a obstacle, they quit. But if you have the right mindset, then you will welcome the obstacles because you recognize them as a sign of progress. Not only will you understand their significance, but your positive mindset will help you get beyond them without causing you undue stress.

As you add more and more positive input you may find yourself saying or doing positive things you have never done before. When this happens you will truly understand the power of mastering this skill. ***Get rid of the idea of guilt by association and start achieving by association.***



Rid Yourself Of Negative People In A Way That makes You Feel Good

Why is detoxing to rid yourself of negative people important? Those that carry a permanent air of negativity will be the ones who will stand in the way of your goals. They will talk you out of doing things, planting the seeds of doubt in your mind as they go. Being constantly bombarded by negative energy can drain your energy levels, bring with it stress and anxiety. Positive changes cannot happen when you inhabit a negative space. Allowing the toxicity that negative people bring to seep into your veins will stunt your opportunity for personal growth and success. When negative people are removed from your life, it opens up space that positive people can move into, bringing with them encouragement and support.

The process of detoxing negative people from your life:

Step 1: Come to the realization that you are worth it

If you want to achieve goals and become a better person, you need to believe you can do it. Cutting loose the anchor of negativity that is pulling you down will help you get where you want to go that much faster. How do you come to this realization? Start by making an active choice to commit yourself to what it is you want from life. Don't let anyone stand in the way of that.

If there are negative people in your life, ask yourself the following: -

- What sort of effect are these negative people having on your life?
- What are your goals and how much do you want them?
- Are negative people stopping you from reaching those goals?

Step 2: Identify the negative folks

You start to feel worse the moment you start talking to toxic people. They suck all your positive energy and leave you feeling miserable. They will quickly shoot down any type of idea you suggest. They will question everything you say and do, trying to convince you that making a change will be the worst possible idea you have ever had.

It's not always easy to spot when they are doing this, as they will sometimes make it sound as though what they are saying is positive. What they are really doing is filling your head with doubts that do nothing but make you feel totally insecure about yourself. You need to learn to identify when this is happening, as it is the only way you will spot the negative people that need to go.



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Step 3: Get them out of your life

This can be done in any way that you think will be effective. Ignore their calls and steer clear of them. It's okay to be apologetic for your actions, but you do not need to defend what you are doing.

Do not resort to rudeness or hate, but rather let them go with love. You may even allow them back into your life if they are able get rid of their negativity and adopt a new attitude in the future.

Step 4: Don't give in to guilt

Remind yourself that you are worth it and don't give your actions a second thought once they are done. It may feel as though you are abandoning those people, but that is simply not the case. You are merely letting them go so that they can find their own way and you can find yours. You might even have tried to help them in the past with kind words and encouragement, but all to no avail.

There comes a time when you have to cut your losses and move on. It is up to you to do what's best for yourself, not others. It is human nature to grow and change throughout your life, with many people falling out of your life as those changes hit.

Step 5: Prepare to be positive

Replace the toxic people with those who are positive and willing to be supportive of your goals. These people will offer words of encourage in everything that you do, even if some of those things are a little scary or risky. Positive people are up for and willing to try anything, and they are the ones that usually succeed when they try.

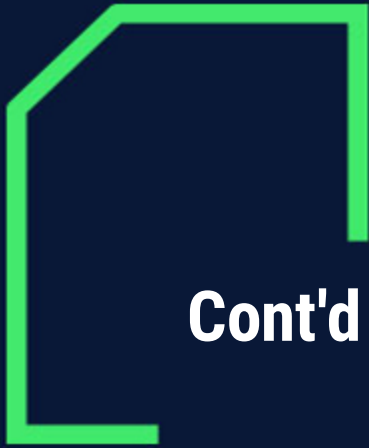


Why Do We Procrastinate?

It's a good thing that you have decided to deal with Procrastination by grabbing this ebook. (Of course if you have procrastinated, you won't be here right now.) Yes, it is true that procrastination is not easy to deal with.

I understand that it is also very tempting to listen to the first audio in this series and then listen to the others later. Unfortunately, later always turns into the present.

And as we feel the pinch of the present we try to come up with another later to make ourselves feel better that we will get things done eventually.



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This disruptive cycle continues until we run into serious problems involving broken relationships, lost income opportunities, or even death through sickness. It is indeed, very scary to think about the destructive aspects of what the effects of procrastination can have on one's self. The interesting thing about procrastination, is that procrastinators aren't born.

They're in fact MADE. What is the difference between a successful person and a procrastinator? The successful person has learned to deal with procrastination. So in essence every single one of us are procrastinators. So WHY do we procrastinate? Really it comes down to one very simple reason: we DON'T WANT to do it!

The solution lies in convincing your mind that it is pleasurable to do those things we are avoiding. The only difference between a highly successful person and a heavy procrastinator is that the first one knows how to deal with procrastination more effectively. That is it! Overcoming procrastination is something absolutely anyone can learn. In the next audio in this series we'll get started. We will identify the three major types of procrastinators and how to begin to overcome procrastination.

How To Finish What You Started

In the last topic we started to talk about some of the destructive aspects of procrastination, and WHY we procrastinate. Today we will identify the three major types of procrastinators. It is true that busy people can be the worst procrastinators.

Every time to speak with them they are busy, busy, busy! Always in a hurry, they are constantly rushing around. In some cases the reason is that subconsciously it makes them feel superior to be doing so many things. But in reality they are simply poor managers of their time. They are inefficient at time management and often highly disorganized.

If this is you then it is very important to take an inventory of what you're doing, and to improve your organization and time management skills. However, time management is not the cure. Telling a procrastinator to buy a day planner is like telling someone who is dressed to simply cheer up.

However, improving one's organizational and time management skills are completely doable tasks. For example, do you understand the subtle difference between doing things right and doing the right things?



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The three types of procrastinators are:

1. Arousal procrastinators are thrill seekers, who get a rush from leaving something until the very last minute and then working like a whirlwind to complete the task.
2. The second is avoidant procrastinators. They are insecure; they shirk because they fear failure.
3. The final type is decisional procrastinators. They seemingly can't make a decision and in their mind, not making a decision absolves them of the responsibility of the outcome of events. There are big costs to procrastination and the biggest is usually your health. Colds, headaches, stomach issues, and neck or back pain are just a few examples of the health costs that procrastinators pay.

They lead very stressful lives. And procrastinators tend to consume more alcohol among those who drink. It is another example of a coping mechanism that is in place to disengage from the feelings of stress and avoidance.

Why Is Procrastination Destructive To Our Lives?

Procrastination is subtle. Really subtle. The way it works is so subtle that it eats away voracious amounts of time and we don't even realize it. How innocent it seems, to let time slip by. We deceive ourselves into dealing with it the next minute, next hour or the next day or month.

Somehow, we always feel that it will somehow get done by itself. Yet, at the end of the day, there still isn't enough time to get things done. We know that life gives us its fair share and 24 hours a day to the rich, poor, famous, invalid, busy or lazy person.

Time is fair in the sense that we have the choice to do exactly whatever we want with our 24 hours. You get only 24 hours and not a second more or less. What makes procrastination so deadly is the fact that life is full of sob stories on how people had such a wonderful plan and a great idea that somehow, never came to life or conceptualized in the real world.



Self-Praise, Not Self-Doubting!

What can we do to triumph over self-sabotage? The first step is to become fully aware of our fears and emotions. Once we are aware of the causes that lead to unproductive actions, we can then proceed to prevent these things from happening again. What happens when we inflict self-sabotage? Let's look at the repeated lack of success of many people who say they want to lose weight.

Most fail to get the outcome they aim for. What we need to ask is "Do these people really want to lose weight?" Even if they say so, they may actually feel secure with what they have. They may have doubts about what will happen when they lose weight and are actually frightened about it. Inwardly, they might feel as if losing weight will expose them.

So even if they say they are doing everything to lose weight, they do not control their diet, neglect to exercise, and keep making excuses. Here's another example. A huge number of individuals fail to show up for interviews, including those that are offered highly desirable positions. They may have valid reasons, but their subconscious might have created these situations. Perhaps a stay-at-home-mom decides she needs to return to the workforce to earn money for her family.

What she really wants is to stay home with her children, but she feels obligated to get a job outside the home. So instead of applying for the perfect position, she applies for jobs that she knows she's not qualified for, or jobs that require hours incompatible with her family's schedule so she has to turn down the job if it's offered.

Subconsciously, that's her way of ensuring she won't have to leave home, and at least she can say she "tried" to get a job. These people might have the subconscious belief that they do not deserve the outcome mainly because they are concerned about how others will perceive when the new status quo is achieved. What they do is to unknowingly act such that they end up failing.

Self-sabotage is unconsciously done and even the saboteur does not know that he is just fooling himself. The doubt and uncertainty in their mind makes them do certain things that would ensure failure instead of success. Outwardly, they claim that they have done their best but luck is not on their side. Does this describe your own behaviors in the past? Have you been your own saboteur and how many times did this happen? If you are not achieving your goals even if you are doing everything you think you are capable of then, think on it.



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The good news is that we can overcome this self-destructive behavior. The first and most crucial step is to learn to recognize that it is happening. We can do this by developing the skill to be consciously aware of our emotions, thoughts, and actions.

What you can do not is sit down and look back at the past setbacks that prevented you from achieving your objectives. Could you have avoided all those obstacles? If there are too many things that came up to prevent you from succeeding then you might have unconsciously committed self-sabotage.

When you are aware of the discomfort and reservations that you have about a certain goal, write them down. Using a journal to write these questions and answers can help, because writing can help you to connect with the deepest part of yourself.

It might take time and practice, but exploring these possibilities can dramatically help you to get out of the self-sabotage rut. When we finally understand that we are in control of our own success, we will be set free from all limitations!

Once you achieve clarity then you can focus your energy on more productive activities and finally end the cycle of selfdestruction.



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Thank You!