

Stress Management & Inner Engineering

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**IMPROVING YOUR INNER SELF, INCLUDING
YOUR THOUGHTS & EMOTIONS**

INVEST IN YOURSELF =SHARPEN THE SAW

- PRIVATE VICTORY PRECEDES PUBLIC VICTORY
- *Personal growth/Happiness[health/wealth]Success*
- Just like we take care of our physical health, *inner engineering focuses on taking care of our inner mental and emotional state*
- "Inner Engineering" refers to the process of working on and improving your inner self, including your thoughts, emotions, and overall well-being.
- **POSITIVE THOUGHTS/BELIEFS/DESIRES/BIG GOALS**
- *FOCUS ON SOLUTIONS=not problems*
- **GOAL=BETTER THAN YESTERDAY**

YOUR BRAIN=Mr. WIN or Mr. Defeat

- Whenever your mind thinks a NEGATIVE THOUGHT, your brain is **MR. DEFEAT** (BRAIN= MECHANISM)
- Whenever your mind thinks a POSITIVE THOUGHT or a NEUTRAL THOUGHT, your brain is **MR. WIN**
- NEUTRAL THOUGHTS WITH A CONCERN (FEAR or WORRY or Anxiety) ARE NEGATIVE THOUGHTS
- BY DEFAULT= Mr.Defeat/ Negative Mental Attitude

POSITIVE THOUGHTS ATTRACT HAPPINESS/SUCCESS

MENTAL ATTITUDE= ON THE BASIS OF MAJORITY VOTES CAST

- *Researchers tell us that we have about SIXTY THOUSAND THOUGHTS A DAY*
- *Your Brain is either Mr. WIN or Mr. DEFEAT, but **how about you whether Mr.Successful/Failure?(A DAY)***
- *Through each thought , you CAST EITHER A **POSITIVE VOTE, A NEUTRAL VOTE OR A NEGATIVE VOTE. THE MAJORITY IN VOTES DECIDES WHETHER YOU HAVE NEGATIVE MENTAL ATTITUDE (Mr.Failure)OR POSITIVE MENTAL ATTITUDE(Mr. Successful) (SO DEPOSIT POSITIVE THOUGHTS)***
- *Positive Votes + Neutral Votes=Votes in your favour*
- *Negative Votes=Votes against yourself*

POSITIVE/NEGATIVE FORCES (THOUGHTS)

- CONFIDENCE
- COURAGE (SO WHAT)
- JOY [FUNNY/
HUMOUROUS]
- GRATITUDE
- KINDNESS
- LOVE (MAKING LOVE)
- FAITH/BELIEF
- EXPECTATION (Optimism)
- CONTENTMENT
- HOPE
- FORGIVENESS
- FEAR
- WORRY
- ANGER
- GUILT
- JEALOUSY
- HATRED
- DISBELIEF
- RESENTMENT
- GRIEF
- BLAME

NEGATIVE THOUGHTS/FORCES

POLLUTION TO YOUR SYSTEM/HURT YOU DON'T HELP U

- **How Negative Thoughts Grow Stronger=** Your tendency to **identify with** negative thoughts **repeatedly** is what allows them to go stronger.
- *Feelings of inferiority originate **not** so much from facts or experiences, but by our conclusions regarding facts, and our evaluation of experiences*
- If you are afraid about a fact, it may defeat you before you ever do anything about it
- **Do the thing you fear and the death of fear is certain**
- *Let nothing disturb you// frighten you. Everything passes away*

POSITIVE/NEGATIVE EMOTIONS

- FEEL
- FEEL HIGH/ GOOD
- JOY
- LOVE
- GRATITUDE
- HAPPINESS/PLEASURE
- OPTIMISM
- EXCITEMENT
- ENTHUSIASM
- PASSION
- CONTENTMENT
- FEEL ENCOURAGED
- ABUNDANCE= *feel prosperous/healthy*
- FEEL
- *FEEL LOW/DEPRESSED*
- ANGER
- SADNESS
- FEAR
- WORRY
- RESENTMENT
- JEALOSY
- SHAME
- GUILT
- FEEL DICOURAGED
- *DISPLEASURE*
- *DISSATISFACTION*
- *FEEL YOU AREN'T GOOD*
- *bitterness(treated unfairly)*

Emotions

- **THOUGHTS & EMOTIONS FEED ON EACH OTHER**
- ***Feelings manifest as physical sensations in your body, not as an idea in your mind.***
- Emotions always come and go. Don't take emotions so seriously.
- Negative emotions often serve a purpose.
- Emotions tell you something is wrong and allow you to make changes in your life
- You are not sad, you merely experience feelings that you may call sadness at a given point of time
- Ego creates a story you identify with

SITUATION->REACTION(PERCEPTION)

- SITUATION/EVENT->RESPONSE (INTERPRETATION)
- REACTION (***INTERNALLY /FEELING INSIDE***)
- ***People have different reactions to the same event because of their differing interpretations***
- It is not the situation that cause all the suffering , but it is the perception of the situation.

Reacts strongly negatively / Reacts moderately negatively / Reacts slightly negatively / Takes it lightly//DEVASTATED/UNAFFECTED/problem/opprty

- ***Emotions are caused by the brain's reaction to situations, not the situations themselves***

ATTITUDE/MIND-SET/ BELIEF SYSTEM

- According to the positive mental attitude philosophy, a positive mindset is **synonymous with hope, optimism, courage, and kindness**. It also means **not giving in to negativity and hopelessness even in difficult situations**
- A negative attitude is a **disposition, feeling, or manner that is not constructive, cooperative, or optimistic.**//Your attitude towards life influences your success/happiness, not what happens to you
- Our mental attitude has an almost unbelievable effect even on our physical powers.
- **Enthusiastic/Passionate YOU BECOME ENERGETIC**

**IN A POSITIVE STATE OF MIND
YOU HAVE MORE ENERGY AVAILABLE. THIS GIVES
YOU:**

- **More confidence in everything you do**
- **An openness to consider new actions that could improve your life**
- **The ability to leave or break out of your comfort zone More emotional room to persevere during tough times Better ideas and enhanced creativity, and**
- **Easy access to positive emotions within the same emotional range.**
- **Mind rejects negative thoughts more easily, by refusing to identify with them.**

IN A NEGATIVE STATE OF MIND/ SL POISON

YOU HAVE LESS ENERGY AVAILABLE, GIVING YOU:

- **A lack of confidence that affects everything you do**
- **A lack of motivation that reduces the scope of actions you're willing to take**
- **A reluctance to take on new challenges and leave your comfort zone**
- **A reduced ability to persevere in face of setbacks,**
and// Destroys potentially good memories;
- **A propensity to attract negative thoughts within the same emotional range.**
- **Mind rejects positive thoughts more easily, by refusing to identify with them.**

OPTIMISTIC/ PESSIMISTIC OUTLOOK

- Optimism is a mental attitude characterized by hope and confidence in success and a positive future. Optimists tend to view hardships as learning experiences or temporary setbacks. Even the most miserable day holds the promise for them that "tomorrow will probably be better."
- Optimists live longer, healthier lives than pessimists. Optimists have fewer health problems and generally fewer problems in life. They have 30% less chance of dying from heart disease than pessimists and they also recover from illness more readily/rose bush has thorns-thorn bush has roses

SITUATION->REACTION (REFRAMING)

- **THROUGH INTERPRETATION REFRAMING**
- **SO WHAT?**
- **It's human and okay to make mistakes**
- **Setbacks are part of the process and an important learning experience**
- **Sticks and stones may break my bones, but words can never hurt me//I DECIDE TO BE POSITIVE**
- **Any fool can capitalize on his gains. The really important thing is to profit from my losses**
- **I will force myself to smile. A cheerful mental attitude helps the body fight disease**

Success Begins in the Mind//ATTITUDE

- The person with the NA thinks “I CAN’T”
- The person with the PA thinks “I CAN”
- The person with the NA dwells on problems
- The person with the PA concentrates on solutions.
- The person with the NA focuses on what’s missing
- The person with the PA counts his/ her blessings
- The person with the NA finds fault with others
- The person with the PA looks for good in others
- The person with the NA sees limitations
- The person with the PA sees possibilities

EMOTIONAL IMBALANCE-SYMPTOMS

- *You often feel the need to recount negative experiences from your past*
- *Your mind runs a seemingly endless series of negative thought- patterns*
- *You frequently think of harming yourself or others*
- *You tend to be pessimistic most of the time*
- *You are often reactive, confrontational, argumentative or disagreeable*
- *You have low self esteem*
- *You feel depressed*
- *It is difficult for you to sleep or even just relax without medication, causing you to feel on edge*

EMOTIONAL BALANCE-SYMPTOMS

- *Your natural inclination is to see the best in others*
- *You smile easily and don't take yourself too seriously*
- *You feel a genuine sense of present moment awareness*
- *Your thoughts are mostly creative, positive and optimistic*
- *You tend to be more empathetic, compassionate and caring*
- *You feel happy most of the time (in spite of your external circumstances)*
- *You fall asleep easily and feel rested upon awakening*

STRATEGIES

ADOPTING A POSITIVE MENTAL ATTITUDE

AUTOSUGGESTION

THINKING BIG

COUNT BLESSINGS (WITHDRAW POSITIVES)

MEDITATION

TOOLS

AFFIRMATIONS

VISUALIZATION

GREAT BOOKS

LAW

LAW OF ATTRACTION

GREAT BOOKS= Better than Yesterday

- 1. Atomic Habits**
- 2. The Secret**
- 3. The Magic of Thinking Big/ David Joseph Schwartz**
- 4. Master Your Emotions/ Thibaut Meurisse**
- 5. Creative Visualization**
- 6. How to Stop Worrying and Start Living**
- 7. Psycho Cybernetics**
- 8. You are the Placebo / Joe Dispenza**
- 9. Awaken the Giant within/ Tony Robbins**
- 10. The Compound Effect/ Darren Hardy**
- 11. How to Win Friends and Influence People**
- 12. Eat That Frog**
- 13. The Obstacle is the way// Ryan Holiday**
- 14. Attitude is Everything/ Jeff Keller**
- 15. The Power of Positive Thinking**

Atomic Habits

- The book provides insights and practical strategies for *understanding, building, and maintaining effective habits.*
- Clear argues that *tiny improvements made consistently over time* can lead to remarkable transformations
- Habit Loop: These four components—cue(trigger), craving (desire), routine (Behaviour), and reward---interact to create and reinforce habits
- Cue= specific time of day, a location
- How to *replace bad habits with good one's.*

Pavlov

- You've probably heard of Ivan Pavlov, a Russian scientist who, in the late nineteenth century, conducted conditioned-response experiments. His most famous experiment was one in which he rang a bell as he offered food to a dog, thereby stimulating the dog to salivate and pairing the dog's sensations with the sound of the bell. After repeating the conditioning enough times, Pavlov found that merely ringing the bell would cause the dog to salivate—even when food was no longer being given.
- What does Pavlov have to do with Pepsi? First, Pepsi used Michael Jackson to get us in a peak emotional state. Then, at that precise moment, they flashed the product. Continuous repetitions of this created an emotional linkage for millions of Jackson's fans.

The Secret/core concept

- Law of Attraction= Thoughts and feelings have the power to attract similar thoughts, feelings, and events into a person's life/Dominant T/F=Outcomes
- Vzn=It advises readers to vividly imagine their goals and desires *as if they have already been achieved.*

G/Focusing on the things you're grateful for is thought to attract more positive elements into your life.

- Doubt and skepticism are seen as hindrances to attracting what you want.
- Maintaining a positive outlook is believed to lead to overall well-being and the attraction of positive circumstances.

The Magic of Thinking Big/David Joseph Schwartz

- PT/PMA=By cultivating **optimistic thoughts and beliefs**, individuals can improve their overall well-being, increase their confidence, and better navigate life's challenges.
- Having **confidence in your abilities and believing in your potential is crucial for success**
- Eliminate self-doubt and **cultivate a strong sense of self-esteem**
- Set clear and **compelling goals**/ personal growth, happiness, and success
- Enthusiasm & Energy =Highlights the role of **enthusiasm and energy** in achieving success
- Do not let excuses hold you back

Master Your Emotions/Thibaut Meurisse

- *Focusing on solutions rather than dwelling on problems.*
- Resilience: Resilience in dealing with life's challenges
- *Mindfulness and Meditation:* Help reduce stress, and improve emotional regulation
- Interpretation –Identification- Repetition=Emotion
- *Challenging Negative Interpretations:* Often, emotions are tied to interpretations of events. For example, a *person might interpret constructive criticism as a personal attack, leading to feelings of anger or defensiveness.*

Creative Visualization

- V= Creating a mental picture or movie in your mind. It's like using your imagination to see, feel, or experience something even when it's not physically in front of you
- By vividly imagining your goals and desires as if they have already been achieved, you can influence the course of your life
- They create mental images of what they want to accomplish, like acing a test, scoring a goal in soccer, or giving a successful presentation. By visualizing these scenarios in their minds, they can boost their confidence and increase their chances of making those things happen in real life.

How to Stop Worrying and Start Living

- Live in "Daytight Compartments"= much of our worry and anxiety comes from dwelling on the past or fearing the future// U cannot control future
- Don't Worry About the Uncontrollable: Carnegie advises against worrying about things that are beyond one's control.
 1. What is the worst that can possibly happen?
 2. Accept the worst.
 3. Improve upon the worst
- Mistakes: Valuable learning experiences
- Nothing is worth worrying but may be concerning
- Worry spoils personal growth/happiness/Success

Psycho Cybernetics / Maltz Maxwell

- Self-Image: Our self-image is the key determinant of our behavior and success.
- ***The Success Mechanism: Either activated or inhibited by their self-image***
- ***The Self-Fulfilling Prophecy: Our self-image acts as a self-fulfilling prophecy. In other words, we tend to live up to our own self-image, whether it is positive or negative.*** If we see ourselves as capable and successful, we are more likely to act in ways that lead to success. Conversely, a negative self-image can lead to self-sabotage.
- Visualization and Mental Rehearsal: ***Mentally rehearse successful outcomes***

You are the Placebo / Joe Dispenza

- Placebo Effect: A phenomenon where individuals experience real improvements in their health when they believe they are receiving a treatment, even if the treatment has no therapeutic value.
- ***Our beliefs about the illness and its treatment play as significant a role, maybe an even more significant role, than the treatment itself.*** Mind has the power to influence and even heal the body//MIND-BODY CONNECTION
- Neuroplasticity: Brain's ability to change and rewire itself based on experiences and thoughts
- Personal Transformation: Power to transform lives by changing inner world/conscious thought belief

NLP

1. **Neuro:** This part refers to our brains and nervous systems. It's about understanding how we perceive the world around us through our senses, like what we see, hear, and feel.
2. **Linguistic:** This part focuses on language and communication. It's about how we use words, both spoken and in our thoughts, to make sense of our experiences and communicate with others.
3. **Programming:** This part deals with our habits and behaviors. It's about the patterns we create in our minds based on our experiences and how these patterns affect our actions and reactions.

NLP-2

- NLP is about how our brains, language, and habits all work together. It helps us understand how we think, how we talk to ourselves (our inner dialogue), and how we can change our thought patterns and behaviors to achieve our goals/& improve our lives
- Visualizing success, reframing negative thoughts, and improving communication skills.
- How our minds work and how language (linguistics) and patterns of behavior (programming) can impact our thoughts, feelings, and actions.

Awaken the Giant within/ Tony Robbins

- How *language and communication affect thoughts and behaviors. [ALL IS WELL]*
- Setting Compelling Goals: Having a strong sense of purpose is essential for personal growth
- The Power of Belief: Robbins explores the profound impact of beliefs on one's life. He argues that your *beliefs shape your reality, and by changing limiting beliefs and adopting empowering ones, you can transform your life.*
- Emotional Mastery: Emotional intelligence is key to achieving success and happiness.
- *Energy and Health/ Relationships*

The Compound Effect/ Darren Hardy

- Power of *consistent, small actions to produce significant and lasting results.*
- Small Actions Matter: The book emphasizes that *small, daily choices and actions, whether positive or negative, have a cumulative effect on our lives over time. These seemingly insignificant choices can lead to substantial changes and outcomes.*
- *Consistency is Key*: It's not about making massive changes overnight but rather about making small, positive choices consistently over time.
- Offering insights and strategies for making positive choices, building good habits (*HOW TO REPLACE BAD HABITS*), and *achieving success over time*

How to Win Friends and Influence People

The Power of Relationships

1. Being Polite
2. Being Respectful
3. Being warm and enthusiastic
4. Optimistic Avoiding Arguments
5. Showing trust in others
6. Take Responsibility (Not only Taking Credit)
7. Be Democratic (Giving importance to other's views)
8. Show Appreciation (Give credit) (Avoid Butter up)
9. Show interest in others (Know them personally)
10. A simple smile is a powerful tool

Eat That Frog/ Brian Tracy

- Frog=The Most Important & the Most Difficult Task
- Time Management=emphasis on taking immediate action
- **Overcoming Procrastination**: By taking immediate action on tasks, eliminating distractions, and maintaining a sense of urgency
- **Goal Setting**: Defining goals, breaking them down into actionable steps
- **Self-Discipline**: KEY THEME. Developing self-discipline is essential for consistently making progress toward your goals and resisting the temptation to procrastinate or get sidetracked

The Obstacle is the way//Ryan Holiday

- Turn Obstacles Into Opportunities/adversity
- Stoic Philosophy: Accept what you cannot change and focus on what you can control
- Obstacles and Difficulties are inflated by fear thoughts
- Depreciate every so-called obstacle. Minimize them.
- Setbacks are part of the process and an important learning experience// U REFLECT ON A FAILURE
- Perception: Reframe challenges as opportunities for growth and learning
- Creative Problem Solving: Constraints and obstacles can spark innovation and lead to breakthroughs

What you don't focus on doesn't exist

- A problem only exists when you give it your attention. *From your mind's perspective, what you don't give any thought to doesn't exist.*
- Imagine you lost your leg. *If you accept the fact and refuse to give it any thought, there will be no problem and thus, no mental suffering*
- A problem needs to be labelled as a problem to actually exist : *A problem exists only when you interpret a situation as being a problem.*
Otherwise, there is no problem.

Attitude is Everything/Jeff Keller

- Positive attitude is a powerful tool
- **Attitude is not something determined by external circumstances but a conscious choice.**
- **Visualizing success** can help individuals stay motivated and focused
- **Practice gratitude and appreciate the positives in life**
- Goal Setting: Underscores the importance of setting clear and specific goals/ goal-setting framework
- Challenge and change limiting beliefs that hold you back/**growth mindset/seek new knowledge**
/improvesA ////
- **Replace negative self-talk with affirmations** and positive beliefs./ How R U?
- **Wonderful/Excellent/Terrific/ Tranquillity/Serenity**

The Power of Positive Thinking

- Impact of a **POSITIVE MINDSET** on *personal well-being, success, and happiness.*
- *The Power of Belief: A Positive and optimistic outlook can lead to positive outcomes, while negative thinking can hinder progress*
- *Affirmations and Visualization:* By repeating positive statements and mentally visualizing success, individuals can boost confidence & motivation.
- *Building Self-Confidence & Self-esteem:* Self-assured individuals are more likely to take risks, pursue their goals, and ultimately succeed.
- *The Habit of Happiness= Can be cultivated*

PAST= THAT CANNOT CHANGE

Reflecting on past misfortunes and disappointments

- Revisiting the same thought over & over/nt solution
- **Let the past bury its dead.** Don't dwell on the past
- *Past is Over & Done*
- ***There is no use crying over Spilt Milk***
- **IF SOMETHING CAME TO YOU, YOU DREW IT, WITH PROLONGED THOUGHT.**
- Today well lived makes yesterday a dream of happiness
- ***By replaying a memory you recreate and reinforce***

Cultivating Gratitude/Practice thankfulness

- *Count your blessings/Not troubles*
- Gratitude for all that's happened to us
- Continue to use gratitude every day, even for the smallest things (When you get a parking space).
- Say "Thank you" hundreds of times (Pat Yourself)
- *UNGRATEFUL THOUGHTS=jealousy, resentment, dissatisfaction, or feelings of "not enough"*
- *You want NEW CAR/But be grateful for car u have*
- At least we didn't get sick yesterday , and if we got sick, at least we didn't die; so, let us all be thankful

BEING GRATEFUL

- I am grateful for my daughter/family / friends
- I am grateful for my degree/job/financial security
- I am grateful that I could do physical exercise today for 15 minutes
- I am grateful for the challenges I've overcome and the growth they've brought.
- I am grateful for the opportunity to learn something new today
- I am grateful for the delicious meal I had for breakfast/lunch/dinner.
- I am grateful for not wasting time watching TV/Cric

AFFIRMATIONS/

AUTO SUGGESTION/INTERNAL DIALOGUE/SELF TALK

- Positive Thoughts / Negative Thoughts REPEATED A NUMBER OF TIMES
- Positive affirmations are like MILK DROPS IN WATER, the more the drops, the more the drops, the more positive attitude [NEGATIVE-INK DROPS]
- LAW OF ATTRACTION=However, if you persist in thinking negative thoughts over a period of time, they will appear in your life.
- With each affirmation, your brain is either Mr. Failure or Mr. Successful.
- NEGATIVE INTERNAL DIALOGUES CREATE SUFFERING

Positive Affirmations

- *I am the greatest/luckiest/strongest*
- *I feel more and more relaxed/confident/powerful*
- *I feel more and more wonderful about my past*
- *My past is a dream of happiness*
- *I feel more and more excited about my future
(achieving my goal)*
- *Everyday in Everyway, I am getting better, better &
better*
- *I love my child/wife/mother (visualize your child's
laughter/ achieving her goal)*
- *WONDERFUL/EXCELLENT/ TERRIFIC/ALLisWELL*

AUTOSUGGESTION /SELF TALK

- Autosuggestion is the *power of mind over matter* - if you convince yourself that you are cured, you will be.
- Both *positive and negative thinking comes from self-talk.*
- The *PLACEBO EFFECT* is an example of the *law of attraction in action.* When a patient truly believes the tablet is a cure, he receives what he believes and is cured.
- *GIVE YOURSELF A PEP TALK OFTEN (FEEL MORE COURAGEOUS/ENTHUSIASTIC).*
- OUTSIDE WORLD IS THE REFLECTION OF THE INNER WORLD

VISUALIZATION

- *We do not think in words and phrases. We think only in pictures and/or images*
- CREATE POSITIVE MENTAL IMAGES
- Visualization is simply powerfully focused thought in pictures, and it **causes equally powerful feelings**
- *Visualization adds value to everything.*
- THE RULE=**Visualize your victories. Your successful events. Your happiest times every day at least for a few minutes (WITHDRAW POSITIVES FROM MEMORY BANK)**
- A positive self-image can lead to better physical and mental health, while a negative self-image can contribute to stress and illness

Visualization Process

- *Vividly imagine yourself as successful, confident, and happy*
- *Close your eyes every day for several minutes, and visualize having what you already want, feeling the feelings of already having it.*
- *Self-image strongly influences behavior, actions, and outcomes in life.*
- Self-image is a "cybernetic mechanism," which means it acts like an automatic guidance system.
- Self-image =the way you see yourself and believe yourself to be

THINK BIG= WITHDRAW ONLY POSITIVES
FROM YOUR MEMORY BANK

(DWELL ONLY ON POSITIVE THOUGHTS)

- **Let's face it squarely: everyone encounters plenty of unpleasant, embarrassing, and discouraging situations.**
- **Unsuccessful people dwell on the unpleasant situations= WITHDRAWING NEGATIVES**
- **Yr Memory Bank should be dominated w positives**
- **IMPORTANTLY WITHDRAW ONLY POSITIVES**
- **Have confidence=your abilities/Believing in your potential**

Belief in Failure breeds failure

- **Let's say a person has a belief that he's ineffective at something. Let's say he's told himself that he's a bad student. If he has expectations of failure, how much of his potential is he going to tap? Not very much. He's already told himself that he doesn't know. He's already signalled his brain to expect failure**
- **From such actions, what results do they achieve? Of course, they are miserable results that break down their beliefs even more, if that's possible.**
- **Belief in failure is a way of poisoning the mind.**
When we store negative emotions, we affect our physiology, our thinking process, and our state.

SUCCESS THOUGHTS FEED ON SUCCESS

AND GENERATE MORE SUCCESS

- **Let's say you begin with great expectations. More than expectations-you believe with every fiber of your being that you will succeed.**
- **You're excited, you're energized, you have great expectations of success, you're going to go great guns. If you put out that sort of effort, what sort of results will be generated? Chances are they'll be pretty good. And what does that do to your belief in your ability to produce great results in the future? It's the opposite of the vicious cycle. In this case, success feeds on success and generates more success, and each success creates more belief and momentum to succeed on an even higher scale.**

Unpleasant, Embarrassing,

Discouraging Situations

(Failures, Faults & Mistakes including)

- *Are common and Part of Life*
- *Have a role to play//ARE LEARNING EXPERIENCES*
- *MAKE US INTROSPECT*
- *BUT YOU SHOULDN'T REFLECT ON THEM AGAIN & AGAIN//REPEATEDLY*
- *When people succeed, they tend to party; when they fail, they tend to ponder.*
- *Success truly is the result of good judgment. Good judgment is the result of experience, and experience is often the result of bad judgment*

EMOTIONAL STATE

- You are either in a [positive/neutral/negative] STATE
- YOU ATTRACT THOUGHTS THAT MATCH YOUR EMOTIONAL STATE
- During Periods of sadness, while positive thoughts may cross your mind ,from time to time, you won't be able to associate with them and you won't be able to change your emotional state.
- 2 TYPES OF NEGATIVE EMOTIONS
- 1st type= You experience spontaneously/ tiger
- 2nd Type=You create in your mind by identifying with your thoughts

STRONG EMOTION

- **INTERPRETATION+IDENTIFICATION+REPETITION.**
- Emotions will fade as time passes unless you reinforce them by playing the same situation over and over in your mind.
- GOAL—Being in a Positive State & Climbing the emotional ladder = move from one positive emotion to another positive emotion with greater intensity

GOAL—Being in a Positive State

- BETTER THAN YESTERDY// EXPERIENCING & INTENSIFYING POSITIVE EMOTIONS
- AVOID EXPERIENCING NEGATIVE EMOTIONS
- The mind in its own place, and in itself can make a heaven of Hell, a hell of Heaven.//Only 10% of your happiness is linked to external factors.
- THOUGHT MANIPULATION =tool to master your emotions
- Thoughts generates emotions and emotions dictate your actions
- Successful People constantly focus on what they want+ with positive expectation--while unsuccessful people focus on what they don't want or what they lack

invest in yourself

SHARPEN YOUR SAW

CHANGE YOURSELF

DO PHYSICAL EXERCISE

DO RELAXATION EXERCISES (MEDITATION)

USE AFFIRMATION TECHNIQUE

USE VISUALIZATION TECHNIQUE

SPEND TIME WITH LOVED ONES

PLAY, DANCE (MUSIC) & ENJOY YOUR HOBBIES

READ GREAT BOOKS

The kingdom of heaven is within you

Law of Attraction/Autosuggestion/AFFIRMS

- **Unpleasant, Embarrassing, Discouraging Situations**
- You **did a mistake** and you were **scolded by your boss**. Now, you **start thinking how big an idiot, you are**. You are **afraid that your Boss may spoil your ACR ,as well as, may demean you further in every way**. You are afraid that the ***Boss may share this information with the other colleagues and others may laugh knowing this as well as form a low opinion and think that you are an idiot.*** YOU THEN THINK ABOUT OTHER SITUATIONS WHEN YOU MADE MISTAKES AND MAY BRAND YOURSELF AS AN IDIOT. ***There is a flood of thoughts. These thoughts are repeated again and again.***
- LOA= You will soon make another similar mistake

LAW OF ATTRACTION

- The Law of Attraction is a mindset and belief system
- Your thoughts and feelings emit a certain energy or vibration[repetitive back&forth/ up&down motion}
- Your thoughts & feelings have a direct impact on the events and circumstances that occur in your life
- Positive thoughts and emotions are believed to emit positive energy, while negative thoughts and emotions emit negative energy
- Positive or negative thoughts and emotions can influence the outcomes you experience
- Similar energies or vibrations attract each other

LAW OF ATTRACTION

- LIKE ATTRACTS LIKE: This law suggests that **similar things are attracted to one another**.
- LIKE ATTRACTS LIKE: Also suggests that people's thoughts tend to attract similar ***results***
- THINK OF THE DEVIL & HE APPEARS

1. Law of Attraction= similar things are attracted

2. LOA=YOU ATTRACT TO YOU THE PREDOMINANT THOUGHTS THAT YOU'RE HOLDING IN YOUR MIND

[PERSISTENT /SUSTAINED THOUGHTS

/smoking/fat /drinking]

- **Focus on things we desire, not things we fear**

LAW OF ATTRACTION/LIKE ATTRACTS LIKE

- *As you hold images of what you want, you're going to be attracted to things and they're going to be attracted to you.* [Law of Attraction]
- A person cannot think "fat thoughts" and be thin (Don't think FAT THOUGHTS- I will lose weight)
- *To lose weight, don't focus on "losing weight."*
- *I will stop eating sweets/smoking*
- *Never trouble trouble till trouble troubles you because if you trouble trouble before trouble troubles you, trouble multiplies*
- The mind can give you back anything you want, but remember the mind can give back only what it was first given.

PREDOMINANT THOUGHTS BECOME TRUE

- CHANNEL YOUR THOUGHTS ON WHAT YOU WANT, NOT ON WHAT YOU DON'T WANT
- *Every thought that completely fills our mind becomes true for us and transforms itself into action*
- *If your mind tells you that you are tired, the body mechanism, the nerves, and the muscles accept the fact*
- Your reality is the reality you create. If you have positive internal representations or beliefs, it's because that's what you have created. If you have negative ones, you've created them, too.

FEELINGS = FEEDBACK MECHANISM

- You are the one who feels your feelings
- THOUGHTS CAUSE YOUR FEELINGS
- IT IS IMPOSSIBLE TO FEEL BAD AND AT THE SAME TIME BE HAVING GOOD THOUGHTS
- FOR SUCCESS=You have to feel good
- If you're not feeling as good as you'd like to, focus on *feeling* your feelings inside and purposefully lift them.
- AFFIRMATIONS MUST BE MIXED WITH FEELING

SMILING/FROWNING

- *Well, when you smile your brain releases happy chemicals into your body and when you frown it releases a different set of chemicals that produce stress and worry. A good idea would be to relax your face more and give yourself a dose of good feelings.*

PLACEBO

- One remarkable placebo study concerned a group of patients with bleeding ulcers. They were divided into two groups. People in the first were told they were being given a new drug that would absolutely produce relief. Those in the second were told they were being given an experimental drug, but that very little was known about its effects. Seventy percent of those in the first group experienced significant relief from their ulcers. Only 25 percent of the second group had a similar result. In both cases patients received a drug with no medicinal properties at all. The only difference was the belief system they adopted

HEDONIC TREADMILL PHENOMENON

- Happiness only in Possessions/Achievements/Status
- “Hedonic spike(happiness surge) However, as time passes, the novelty wears off, and the acquired possessions become part of the daily routine, contributing less and less to overall happiness.
- Their **self-worth is contingent on external markers of success**. The **overemphasis on material possessions also distracts from other aspects of life that can contribute to lasting happiness, such as relationships, personal growth, and experiences**.

NURTURING PERSONAL GROWTH

- "Nurturing Personal Growth" refers to the *intentional and continuous process of developing and improving oneself in various aspects of life.* It involves taking deliberate steps to enhance your *skills, knowledge, emotional intelligence, and overall well-being.* *Nurturing personal growth goes beyond mere achievement or acquiring material possessions; it focuses on inner development, self-awareness, and self-improvement.* This process often *involves setting goals, learning from experiences, and actively seeking opportunities for growth and development.*

HEDONIC TREADMILL PHENOMENON

- Quest for happiness has often been equated with acquiring possessions, achievements, and status.
- Idea that possessing more and achieving greater heights will lead to increased happiness and fulfillment.
- The thought of possessing the latest gadget, a luxurious car, or a lavish house often evokes a sense of excitement and possibility. This anticipation can lead to a temporary surge in happiness, popularly termed the "hedonic spike." However, as time passes, the novelty wears off, and the acquired possessions become part of the daily routine, contributing less and less to overall happiness. Consequently, the pursuit of happiness becomes an ongoing cycle of chasing new acquisitions, each time hoping for a sustained and elevated sense of well-being.

Nuggets of Wisdom

- Loosen your rigid attachment to your feelings of how people should behave
- Gandhi once said, “I have so much to accomplish today that I must meditate for two hours instead of one.”
- Strengthen your happiness muscles
- Progress may feel incremental, and it may take a few months before you begin seeing significant results
- ***It's not a knowledge problem; it's an execution problem.***
- Outcome may differ from what you expected or anticipated

Nuggets of Wisdom

- *unresourceful emotional states*
- *identify which emotions are empowering, which are disempowering, and how to use both kinds to your best advantage so that your emotions become not a hindrance, but instead a powerful tool in helping you achieve your highest potential.*

Nuggets of Wisdom

- *We're not driven by the reality, but by our perception of reality.*
- *Most successful People on earth feel fear. Courage is not the absence of fear, it is taking action despite the fear.*
- *When you push through fear and take action in some areas of your life, you'll develop confidence in other areas.*
- *Life doesn't reward those who refuse to expose them to difficulties and challenges*
- *Be Comfortable with being Uncomfortable*

DECISIONS THAT CONTROL DESTINY

The three decisions that control your destiny are:

1. Your decisions about what to focus on.

2. Your decisions about what things mean to you.

3. Your decisions about what to do to create the results you desire.

THE SUBTLE WAY OF NOT GIVING A FUCK/ SO WHAT

- Embracing Life's Uncertainties: Embrace life's challenges and find meaning in the struggles & Suffering.
- Letting Go of Approval-Seeking: Don't seek
- The Importance of Saying No: Assertiveness
- Accept life's imperfections
- Embracing Failure and Rejection: As natural parts of life. Learn from setbacks/opportunities for growth.
- Responsibility and Ownership: One's life and choices. Never blaming external factors
- Happiness Through Struggle: H doesn't mean no pn

Short-term Pain For Long-term Pleasure

- *The pleasure of pride,*
- *the pleasure of comfort,*
- *the pleasure of self- esteem,*
- the pleasure of living life the way you've designed it.*
- *Pain is our own estimate/interpretation:* not actual pain that drives us, but our fear that something will lead to pain
- On a more personal, everyday level, individuals who follow intense physical regimens in order to sculpt their bodies have learned to link tremendous feelings of pleasure to the "pain" of physical exertion. They have *converted the discomfort of discipline into the satisfaction of personal growth.*

Led By Our Hearts Than By Our Understandings

Though we'd like to deny it, the fact remains that ***what drives our behavior is instinctive reaction to pain and pleasure, not intellectual calculation.*** Intellectually, we may ***believe that eating chocolate is bad for us, but we'll still reach for it. Why? Because we're not driven so much by what we intellectually know, but rather by what we've learned to link pain and pleasure to in our nervous systems.*** It's our neuro-associations— the associations we've established in our nervous systems— that determine what we'll do. ***Although we'd like to believe it's our intellect that really drives us, in most cases our emotions—the sensations that we link to our thoughts—are what truly drive us.***

BREAK THROUGH PAIN/DISCOMFORT

Remember, anything you want that's valuable requires that you break through some short-term pain in order to gain long-term pleasure. If you want a great body, you've got to sculpt that body, which requires breaking through short-term pain. Once you've done it enough times, working out becomes pleasurable. Dieting works the same way. Any type of discipline requires breaking through pain.

- We can always decide to override the pain in the moment, and better yet is to follow up by conditioning
- pleasure without any negative consequences

CHANGE

- Changing will lead to the unknown, and most people believe that the unknown will be much more painful than what they're already experiencing

Smoking/Eating Sugar

- What's it going to cost you in terms of your self-image?
- What will it cost you in your physical energy level?
- What will it cost you financially?
- What will it cost you in your feelings of self-esteem?
- What will it cost you in your relationships with the people you care about most?
- What's it going to cost you emotionally?
- What's it going to cost you over the next two, three, four, five years?
- I'll gain the feeling of really being in control of my life, of knowing that I'm in charge.
- I'll gain a new level of self- confidence.
- I'll gain physical vitality and health.
- I'll be able to strengthen all my relationships.
- I'll develop more willpower which I could use in every other area of my life.

Beliefs

- **Beliefs= guiding force to tell us what will lead to pain and what will lead to pleasure.**

1) Will this mean pain or pleasure?

2) What must I do now to avoid pain and/or gain pleasure?

The challenge is threefold: 1) most of us do not consciously decide what we're going to believe; 2) often our beliefs are based on misinterpretation of past experiences; and 3) once we adopt a belief, we forget it's merely an interpretation.

- We begin to treat our beliefs as if they're realities

700 Books

THE REASON I READ OVER 700 BOOKS, LISTENED TO TAPES, AND WENT TO SO MANY SEMINARS IS THAT I UNDERSTOOD THE POWER OF A SINGLE DISTINCTION (emphasize the importance of one specific aspect or quality that makes something exceptional or notable). **IT MIGHT BE ON THE NEXT PAGE OR IN THE NEXT CHAPTER OF THIS BOOK. IT MIGHT EVEN BE SOMETHING YOU ALREADY KNOW. BUT FOR SOME REASON, THIS IS THE TIME IT FINALLY SINKS IN AND YOU BEGIN TO USE IT. REMEMBER THAT REPETITION IS THE MOTHER OF SKILL.**

Secret

- *Thoughts have a magnetic power to attract similar thoughts and experiences.*
- *Focus on positive thoughts and desires, you will attract positive outcomes and opportunities into your life.*
- *Visualize your goals and desires.*
- *By maintaining a positive outlook, you can improve your overall well-being and attract positive circumstances.*
- *Doubt and skepticism = obstacles to attracting what you want*
- *Harness the power of positive thinking, visualization, and belief*