

No Therapy Needed:

Move Your Life

Why Let The Past Control Your Future Move
Forward



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"Life sucks."

**How many times have you said these two words
or hear others say them?**

These two words are the requisite for what it is to be stuck and unable to move your life. We want to move forward but don't quite know where to begin.

This book is for the many of us who are stuck. We want more from life, but we keep experiencing the same disappointments over and over. There is a way to get out of this monotonous cycle. Let's start by addressing our past and how we ended up in this vicious cycle to begin with.

So how did we get here? How did we get to a place where we feel vulnerable, disheartened, as if nothing in life is as it should be? The ebbs and flows of life brought you here, now its time to change course. Let's start by dislodging the past and negative thought

patterns keeping us from moving on to live the most optimal life possible.

The format of this book is a simple one. It address the past, then what we must do to move forward. You will notice there are key points that's repeated in the book. One of them is "Fear." Fear is such an important component to why we are stuck and can't move our life. When we address it and face it, that is when we start to make strides.

The life stories in the book serves one purpose: To let you know that your problems are shared; you are not alone in what you feel. You are not the only one who needed to find a way to move your life.

The action steps are another feature that has a purpose; use them to incite change. Create your own action steps to help you move your life.

Finally, I invite you to share your story. What did you have to do to move your life? To go from a place of

stagnation to living your best possible life.

This book is the first in the No Therapy Needed series. It's meant to inspire and motivate, to take the steps needed to achieve your life goals. As a first action step, get a note book and use it as you read this book.

PART ONE: THE PAST



The Past: What brought You Here



"Life sucks." How many times have you said these two words or hear others say them? These two words are the requisite for what it is to be stuck and unable to move forward. Many of us don't realize how important the mind is, and how what we think dictates how we feel and how

we react to life.

When we think of reasons why we can't move forward, or make advancements in our lives, key factors comes to mind. Think of the ones mentioned below as a starting point. We all want to move forward, to live the absolute fullest life possible. In order to move forward, we need to learn not to look back. Not looking back begins with identifying factors that influence our choices, actions and outlook.

So how did we get here? How did we get to a place where we feel vulnerable, disheartened, as if nothing in life is as it should be? The ebbs and flows of life brought us here, now its time to change course. Let's start by dislodging negative thought patterns keeping us from moving on to live

the most optimal life possible. Begin by identifying triggers contributing to a negative mindset. Here are ten to start.

You gave up - When we give up, we are basically saying enough is enough. You've decided trying is too hard, and there is no point in persevering. You've forgotten your why.

Negativity took hold - Negative thinking, negative people, negative environment. It's a wonder you are having a hard time moving forward. When negativity takes hold it affects every corner of your life.

Forgot the one step at a time mantra - No success is immediate. In order to attain success we must incrementally

pursue it. When we feel stuck, we forget this one simple fact. It takes dedication, hard work and a willingness to pursue our goals no matter how large or small, one step at a time.

You think everything that's happening is permanent -

When we feel as if nothing is going our way, we tend to forget it's only temporary. Life in general is hard, but it's important to realize no matter how difficult the objectives may seem, it's not. What's needed is to acknowledge that whatever happens is just a page in the book that is life.

Disappointment is currently the norm - Think how let down you would feel if nothing is going as planned. When

you are stagnant, its important not to let disappointment overwhelms; feel it, then let it go. It's important to focus on the next step and not the one that didn't work out as planned.

You're doing the same thing and expecting better

results - It was Albert Einstein who said, "Insanity is doing the same thing over and over again, but expecting different results." This saying exemplifies what we usually expect in life, especially when things aren't going as planned. Imagine the scenario: You feel as if you've done what you were supposed to do, yet the results you expected didn't happen. If you tried one way and it didn't work, its time to try another.

Waiting for the right time - There is no such thing as the right time. Unfortunately many of us thinks timing is everything. In some cases it is, but more often than not, our ability to act is what's important. When we say we are waiting for the right time to act, what we are really doing is procrastinating.

Unable to let go of the past - We hold onto the past in so many ways. For instance, we tried something and it didn't work, now we can't forget. Another way we hold onto the past is when we blame others, or even ourselves for not achieving targeted goals. In order to move forward, we must be willing to leave the past behind. Focus on right

now and the results you want in the future.

Unable to take responsibility - When we blame others or when we make excuses, we are avoiding the act of taking responsibility. When we accuse others for our failed efforts, we don't learn from our failures. Only when we are accountable regardless of the outcome do we move forward.

Expecting easy - Nothing worth attaining will ever happen easily. If something is truly worth pursuing it will take effort and perseverance to make it happen. This is hard for some of us because we sometimes have the Jones complex. We see others achievements and assume It was

attain easily, we wonder why success isn't easy. Most likely, the Joneses accomplishments wasn't as easy as it may seem. What's more, life can be a little turbulent, its up to each of us to whether these turbulences. Forget about the Joneses, focus on what's needed today that will get you above the fray.

Ten reasons - I'm sure you can think of many more reasons that could keep you looking backwards instead of forward. Consider the reasons why you are stuck, why you feel as if nothing in life is as it should be. Remember it's never easy to overcome the above obstacles, if we try, if we make every conceivable effort, the reward will be enormous.

The Past: Asking Why Instead of How



How rich you would be if you had a penny for every time you asked why? Why did I say that? Why didn't I do this? Why didn't I do that? You could go on and on with instances in which this word has affected many decisions and choices. Without realizing it, this powerful three letter word

can either take us in a direction of discovery, or lead us down a path that can negatively impact our lives.

Google the word why, and you will find that it's associated with physics, philosophy and to some degree, inspiration. Delve deeper into it's meaning and you will find that it is used to connect thoughts that completes two sentences. It's almost a word you can't get away from when dealing with any issue of relevance in life.

Can you remember when you were between the ages of three and four? At that early age the word why is a constant part of every child's vocabulary. Asking why at such a young age is considered a sign of a gifted child; a

child's whose curiosity may be an indicator of the adult he or she may become. As that child grows into an adult, asking why no longer carries the same meaning. Unless you are a scientist or a mathematician, asking why on a continuous basis is not curiosity, it's reaching; it's actually not realizing the potential of your words and how they can impact your life.

Can the word we choose affect our decisions? Can the use of a word contribute to our thoughts and affect any decisions we make? Yes, there are a whole lot of words that's part of our vocabulary, that can directly affect our mindset, our choices, or the decisions we make. When deciding if we should ask why vs. how, choosing one word

above the other can determine the outcome of a problem.

Here is the gist of why we shouldn't ask why. We need to be decisive and focused on the decisions we make. Stop seeing your choices as a potentially bad choice, stop second-guessing; believe in the power of your intuition.

Know that the decisions you make, and their outcome, should be spirited in that you realize no decision is a bad one.

Another way to look at why the word "Why" goes against what you are trying to achieve is to consider that when you ask why, you are fighting against what has already occurred. Why is a resistive word and suggests you need an

answer before you can get the results you want. Recognize that an answer is not always what's needed, a different result for your situation may be what's necessary. Don't think about why a situation is as it is, think about how you can change the situation.

A Better word to use is: How

Consider for a moment what happens internally when you ask "Why." You are stating the end-result was most likely improbable. When an outcome is not what was expected, do you really want to tell yourself it was unlikely to happen anyway? When things don't work out as they should, the last thing you want is to accomplish the same result and have an "Oh Well!" attitude, what you want is change. You

cannot achieve change when you ask "Why." You can however when you ask "How."

When considering moments in which decisiveness is required, the word "Why" carries a negative connotation; it makes you want to go backward and re-evaluate your decisions or steps. Consider why vs. how and it's not hard to see that the word "How" implies proactive action. Asking "How" says: what can I do to make (fill in the blank) happen?

If change is what you want, then approach change with a more positive question. Start with "How." When we approach a situation with a positive connotation, it implies

you want the outcome to be different not necessary similar to past outcomes.

There will be times where using the word "Why" cannot be avoided. In fact you cannot get away from it. It's a word instilled in our vocabulary and is ingrained within each of us. When you are stumped, if you need to make a decision that can impact your life -- consider not asking "Why!" Ask "How." How can you do what must be done? How can you approach your problem from a perspective where the end result is what you want?

Life Story - Zoe

Ever hate doing something and do it anyway? That was

me not long ago. After completing college, I decided to join the Police Academy. I told myself since I didn't know what I wanted to do with my Liberal Arts degree, I may as well take advantage of the fact that they were accepting applications and join.

I wasn't in the academy three months before I knew I hated it. It was too regimented and I felt as if I was stifling. At first I felt stuck, I made a decision and there was no way out.

It wasn't long before I put on my thinking cap and stop asking myself why did I do this to myself and started to ask how can I fix it. The solution wasn't an easy one, but when all was said and done, I did leave the academy to pursue something more in line with my personality and needs.

The Past: Excuses We Make



Excuses, we make them for the simple things in life, and the major events in our lives. We use them to explain away our failures, and for not pursuing our goal to the fullest. We also use them as a way to not do what we know must be done. Excuses are subtle signs of not living life to its fullest.

If excuses are a mainstay in your life, chances are you are not accomplishing anything.

Why we make excuses

Reasons for excuses are as unique as the individual making them. As singular as our reasons may be, when all is said and done, we only make excuses for one reason --Fear
- It is the foundation on which excuses are built.

Fear of not succeeding

Fear of rejection

Fear of failure

In order to rid ourselves of excuses we must begin by dealing with our fears. Without facing our fears we will continue to find reasons not to move forward with our lives.

Types of excuses we make

I don't have

I can't

There is not

I'm not ready

I need

It's too soon

I'm too

This list can be endless. It's not hard to fill in the blank for the above. They are a clear indicator that fear is prevalent in our lives. In the next section, read in detail how fear impact our lives.

Life story - Merlene

My whole life I've wanted to do something inspiring and passionate with my life. I started working straight out of high school and quickly acclimated into the working world. Time flew by, and before I knew it I am no longer twenty and struggling to keep a job, but above thirty and comfortable in a monotonous one. I tell myself over and over as time goes by that I should find another job. I should try and get something that I would love to do, that would make waking up and going to work something I enjoyed.

Unfortunately what I wanted years ago never happened, and to this day I find myself still working in a job that doesn't inspire or motivate me. While I am a good employee and I get the job done, I am also what many

would call a zombie worker. I go to work, I do what must be done, then I leave.

On the few occasion I think about my life and where it is as a whole. I choose to blame other circumstances for why I haven't excelled the way I envisioned. I blame a past job for holding me back, I blame my current job for not recognizing my talent and abilities.

A long time ago I knew what I wanted. I was determine to get it. None of what I wanted or hoped for ever happened. Instead here I am wondering where did I go wrong, what could I have done to point my life in a more pleasing direction.

What ever went wrong , one thing is clear, I made it happen. It wasn't the fault of a bad job, or a comfortable

job, but a fault that is entirely my own.

The Past: Focusing On Other People's Opinion



It's hard to fathom, but the only opinion that truly matters is your own. Why do we place so much emphasis on what others think? There is one cause that may be responsible for

this predicament and that element is centered on one word is fear. It's the same fear we face when we make excuses for the things we can't accomplish.

Fear of acceptance – We care what others think because we worry that they won't understand the choices we make. For very innate reasons we want to make others happy, we don't want them to think slightly of us and the choices and decisions we make.

When you think about it, this need we have to make others happy stems from our childhood and the relationship we had with our immediate relatives. It's not hard to think back to a time when you wanted to make your mom or dad happy, when their opinion was the key element to happiness.

Then there is peer pressure. Whether we are young and in grade school or adults, peer pressure exists. We constantly care about what our peers have to say, what they think, how they would react. It almost seems as if everyone's opinion matters more than your own.

Fear of being wrong – What if you made a decision, you took action and it didn't work out as planned. Even worse, what if others warned you against acting or against the decision you are about to make? Fear of being wrong and the consequence, is part of the problem with focusing on what others think. It's impossible to not worry about other people's opinion when we are so worried they may be right and you may be wrong.

Fear of success – It's hard to believe we could fear success because our friends or family wouldn't understand. The scenario is a simple one: You choose to pursue success one way and your loved ones are against it. What will they think if you succeed? Will they be ashamed? What if they don't support your decision? We are so focused on other people's opinions and thoughts we forget only our opinion and choice matters.

The fear of other people's opinion of us can be crippling. When we focus too much on their opinion and not our own it's hard to move forward with our lives.

Life Story - Beatrice

I remember when I bought my first car. I was a few

years out of high school and was working two jobs. One of my goals back then was to learn to drive and get a car. I was able to make both happen relatively quickly because I worked hard and was determined.

I have a aunt whose opinion I cherished. Not long after buying the car, I found out she was concern about how I was able to afford a new car at such a young age; I remember being so angry. I was working so hard, at two jobs and she didn't recognize that, but she was able to negatively comment on my brand new car.

I thought about talking with her about it, after all she is my aunt and her opinion matters right? I never had that conversation with her. I decided that as much as I loved her, and respected her, that my opinion truly was what

mattered. However, to this day, I haven't forgotten her negative thoughts about me and to this day, it has affected my relationship with her.

The Past: Comfort Zone



There are myriads of reason why its hard to move forward, to not feel as if something is holding us back. One reason to consider is our comfort zone. If we want to make progress in life and move forward, we need to consider moving beyond our comfort zone. What does it mean to be

in a comfort zone?

Comfort zone is a subconscious state in which everything feels familiar. We feel at ease in this psychological state because we are comfortable there. It's an environment where we not only feel comfortable, but we have control. In this state, we know what to expect, we know how to handle any given situation, we simply feel complacent.

What happens when we stay in this serene state and make no attempt to step out it? We don't move forward. Here are examples of the damage we do when we don't step out of our comfort zone.

We don't grow - When we choose to stay stagnant, it makes sense that we don't learn anything new about

ourselves. It was Eleanor Roosevelt who said, "Do one thing every day that scares you." If you don't feel some semblance of unease at some point throughout the day, chances are you are not growing.

We pigeonhole our lives - We compartment our lives when we hold certain perceptions of ourselves. Think about the times you've told yourself you can't do something, or you don't like that. How about telling yourself you won't do this or that. It's really easy to attach limitations to what we are truly capable of verses what we choose not to do.

We don't take risks - It's only when we take risk that we truly grow and not become complacent. Growth is an

important aspect of life, we need it in order to further our lives and live it to its fullest. When we choose to compartment our lives, or not embrace the unexpected, we can't possibly move forward. We all know taking risks is hard, you worry about making the wrong decisions, or the repercussions if things doesn't work in your favor. There is another way to view taking risks, it has nothing to do with failure, and everything to do with learning lessons as a result of the risks you take.

Life story - John

I love to jog. Because of Jogging I am fifty pounds lighter. I get up every morning and run for five miles almost every morning. I was telling a co-worker how I lost the

weight and how I enjoyed jogging every morning. I didn't know that he ran marathons. Anyway, after telling him my story, he asked why I wasn't running marathons since I enjoyed it so much. I looked at him with disbelief. First, I've never considered myself a marathon runner. Second, can you imagine me running one? That was the conversation I was having in my head when he mentioned it.

After our initial conversation, it seems as if my co-worker asked daily if I was considering his suggestion. I honestly started to feel irritated that he kept asking. I told my wife about the ordeal and she asked me a question that totally change my perception regarding the situation. She asked if I was mad because he was asking, or because I was comfortable with what I was doing and didn't want to

change? She continues, by telling me she believed I could more than run a half marathon, but what she believed clearly wasn't what I believe.

After my conversation with my wife, I realized my frustration with my co-worker was displaced, what I truly felt was fear. I was afraid I couldn't do it, that I would falter and ruin something I've enjoyed for so long.

Not long after my realization, I started to train for a half marathons. I don't know what will happen when I run it, I do know the eye opener for me was realizing I need to move beyond my comfort zone and at least try.

The Past: Doubt



Ohio State University commented on a study done which shows that self-doubters faces psychological challenges when they chronically doubt their judgement. These individual are usually sad, suffers from mood swings, and are procrastinators.

When you doubt yourself, you suffer a degree of uncertainty which makes it possible to put off making important decisions. Self-doubters constantly question the decisions they make and don't trust their judgement which makes progress difficult.

It's true that everyone grapples with some form of doubt. For some of us when we doubt ourselves, we are balancing what it is to be confident verses contemptuousness. For a lot of us, confidence and hubris isn't the issue, instead, we doubt our abilities and what we are capable. We sow the seed of doubt in our mind which keeps us from achieving the things we want to achieve.

When we doubt ourselves a series of events takes place. We make excuses for the things we can't accomplish,

we compare ourselves to others and we forget our inner-values. When we learn to stop doubting ourselves we reverse our thought-process and start to claim responsibility for our actions. We also stop comparing ourselves to others and revert back to our values. Our values then become the stepping-stone for what we believe and expect from life.

If you suspect self-doubt may be responsible for not being able to charge forward with your goals then review the characteristic below and see if doubt is holding you back.

Characteristics of a self-doubter

- ◆ Unable to Accept compliments
- ◆ Unable to make eye contact

- ◆ Compare yourself to others
- ◆ Always apologizing
- ◆ Blame others for your failures
- ◆ Put off making decisions
- ◆ Avoid dealing with problems or issues
- ◆ Don't trust your judgement
- ◆ Dependent on others
- ◆ Have a hard time setting and reaching goals

Life Story - Michelle

I come from a family of cops. My father is a cop, my father's father is a cop. In fact, there is about ten generation of cops in my family. I knew from an early age that I didn't want to be a cop, Instead I wanted to study law. I remember

finishing High School and telling my father I wanted to be a lawyer. He smiled and said, eventually you will come around. Skip ahead four years, I finish college and its time to attend law school and I couldn't get myself to register.

There we so many excuses why I shouldn't register. I spoke to anyone who would listen. I was constantly asking for advice from my mother, my father, by brother, sister, you name it, if you came in contact with me, I was asking your opinion. I just couldn't make up my mind if I want to study law or join the police academy.

Skip ahead another few years and guess what? I didn't go to law school and I didn't join the police academy. Instead I'm working for an ad agency doing everything but what I studies in college. Needless to say, my father is

disappointed I didn't follow in the family footsteps and join the academy. I am disappointed in myself that I didn't pursue law.

The Past: Expecting Easy



It's paradoxical how many of us expect what we want will simply come to us. We want to lose fifty pounds and we expect the weight would simply fall off. We want to change jobs and the new job will just appear. We live in this haze of expecting what we want to suddenly appear.

This mentality probably has a lot to do with where we are as a society. Because of technology and propaganda, we simply expect easy. Pick up a phone and it can do almost anything we want. If we park our cars and need to find it later, there is an app for that. If we need to look up something on the internet, you don't even need to put down your phone. Today, because of technology, we are spoiled and we expect easy to appear in every facet of our lives.

Then there is propaganda. It's not hard to find the hype, just pick up a magazine, or turn on your tv. Ask yourself how many prime time shows you watch where the characters appear to achieve the result they want in the span of a half hour or hour. Look in a magazine and see the ads which promote this very mindset.

There is a cost to expecting easy and that cost is what we lose when we try to achieve easy in every part of our lives. What we give up is the opportunity to try new things, to learn new things, to even get out of our comfort zone. In truth, easy is a fallacy and the sooner we realize this simple fact, the sooner we can move forward to achieve the things we want.

Life Story - Elias

You would never think someone like me would expect easy. I am competitive by nature and love to learn new things. Sports is my forte, I've always learned any sport relatively quickly. The thing about sport is it gives you confidence. No matter what the sport, when you win, it

reverberates through your life.

A few years ago, I started to work with an agency that specialize with runaway teenagers. When I started there I was gong ho, I thought my confidence and can-do attitude would spill over into my work and these kids would benefit. Reality as they say is a bitch.

I'll never forget this one kid I thought I connected with. I thought that if I mentor him, If I showed him how he can change, then maybe that's how I would make a difference. I worked with this young man diligently for weeks, I truly thought I was making progress.

It was a Monday, I remember it as if it were yesterday. I had a great week-end with friends doing what I loved. I came to work that Monday to learn that this kid relapsed. I

was so convince I was getting through to him. Not only had he gone backwards, he left the agency and to this day, I haven't seen or heard from him.

I learned a valuable lesson that day, but I didn't let it stop me from trying again.

The Past: Ignoring Life's Lessons



How do we learn from the lessons life teaches? You may think the answer is complex, in reality it's not. If we truly think, it shouldn't be a surprise to realize our mistakes teaches us valuable lessons of life.

One of the greatest advantages of getting older is the

insight we gain as time goes by. The good and bad things we learn becomes a part of the limitless knowledge embedded within each of us.

There are numerous ways to acquire the wisdom we gather, one way that is as relevant as any is to learn from the mistakes we make.

As hard as it is to conceive, our mistakes are just as important as the good things that happens in our lives. You may ask how can mistakes have relevance? They are important because when we make them, we learn from them.

Making mistakes is a painful endeavor. We don't want to make them, in fact we try very hard not to. Unfortunately, mistakes do happen, whether we want them to or not. How

we deal with them, and what we take from them, has the ability to make life either greater than it's ever been or the absolute opposite.

The moment we realize mistakes are meant to be lessons and we embrace and learn from them, that is the moment we start to grow. If only we were strong enough to realize the opportunities given to us through these unwanted, yet relevant gifts.

What happens when we ignore these truly important lessons? Our judgement becomes impaired and we don't grow. If we want to grow, and if we want to have sound judgement, we can't ignore life's lessons. Imagine that you needed advice from a friend and you learned that your friend ignore his or her mistakes and repeated them over

and over. Would you consider it sound judgement to take the advice of this friend?

Instead of ignoring mistakes what would happen if we made a concerted effort to heed them, and learn from them? Unfortunately for many of us we choose to ignore the mistakes, instead of acknowledging them, we doom ourselves to repeat them over and over.

Life Story - Stefan

My story began with a relationship that spanned five years. It ended suddenly when he decided he wanted more. To say I was distraught is an understatement. As time goes by, I realized there were a lot of red flags at the start of the relationship, but I choose to ignore them. I

thought his flaws along with mine was a wash.

About a year after that relationship ended I met someone and in a short time we were in a relationship.

This relationship lasted one year. This time I end the relationship. I realized I had put myself in the exact same situation that I was in previously. This time I decided not to ignore the differences, but to acknowledge that they were great enough that they mattered.

I was settling, that was no longer an option, I've already been down that road. I didn't want to repeat the same mistake, so I paid attention.

The Past: Low Self-Esteem



One of the most prevailing issues preventing us from living our best possible life is low self-esteem. Our self-worth affects every aspect of our lives, from the way we think to how we handle mental issues in our lives.

Negative thoughts floating inside our head can create an array of psychological problems that strengthen as time goes by and embed themselves deep inside our psyche.

Think of how you handle situations when they don't go according to plan. When you blame yourself for every bad thing that happens, when you focus on negative events and dismiss the positive ones. These are all instances of low-self-esteem.

Poor self-esteem can have a devastating effect in our lives. It can increase the likelihood of depression and stress, which can cause problems with family, friends, co-workers. More importantly, It can diminish your chance at being

successful in whatever you pursue.

With low self-esteem you are more likely to be caught in a never ending cycle of increased negativity, which leads to self-destructive behavior.

Different aspects of low self-esteem

The pretender - Terrified of failure and constantly fearful, but you would never know it. The pretender is always happy, and make every effort to show the world that they are happy and successful.

The rebel - Acts as if other people's opinion doesn't

matter. The separatist goes out of their way to portray a "Don't care" attitude. They want you to believe that criticisms doesn't matter.

The martyr - Is unable to act independently and is waiting to be rescued. There is an armor surrounding the martyr, they use feeling sorry for themselves and apathy to shroud themselves. They consider themselves to be the victim, instead of taking responsibility for their actions.

Life Story - Rebecca

Today I am very happy with the life choices I've made so far. Go back Seven years and that wasn't the case. I was coming out of High School and I, like most students my age,

I was unsure of what I wanted to do with my life. My parents were pushing me to go to college, but I wasn't sure that's what I wanted. I finished High School and decided to take a year off. For that whole year I truly did nothing.

After the year, my parents told me I needed to find a job or go back school; I decided to find a job. When I was in school I was really good in English, I loved to do research papers, I was even writing for the school newspaper. I decided to try and find a job doing something that I loved to do. To make a long story short, I was in for a rude awakening.

I decided to apply for a job with a magazine company. They practically laughed in my face when I told them all I

had was a high school diploma. It was one interview and one rejection, but I felt sorry for myself. I refused to go for another interview and fell into a depressive state. My mother had to put her foot down and tell me again to either find a job, or go back to school.

Eventually I got myself together, and went back to school. For a long time I regretted that year of doing nothing.

The Past: Giving up



One of two things happens when we fail to achieve our goals. We either learn from what went wrong and start again, or we give up. Unfortunately a lot of us will do the latter and give up before we have a chance to succeed. When we give up on achieving our goals we are telling

ourselves we are incapable of accomplishing them.

Why we give up

There are a lot of reason why we would give up on our goals. It happens when we set unrealistic ones, try to do too much, or try to do everything ourselves. In addition, there are other reasons why we choose to give up instead of doing what successful people do and trying again.

We Lack confidence - If confidence and resilience is not present at the start of a goal, chances of achieving the goal will be a struggle.

Not releasing the past - how many times have you tried

to reach an objective and you can't stop thinking about what happened the last time you tried? When we hold on to the past, it's impossible to strive forward with new goals or aspirations.

Feel like the underdog - We see others who have succeeded and we fault their success not on hard work, but because we believe they had the upper hand. When we start to have this mindset, it's hard to be successful ourselves. It's hard to accomplish anything when you believe you will fail before you even begin.

Don't take care of ourselves - We feel overwhelmed and tired, instead of stepping back and take care of

ourselves, we trod on expecting that the sacrifice of our health and well-being will pay off. Nothing can be further from the truth, and the end result when goals aren't met is self-defeat.

Those who succeed at meeting their goals have one characteristic. They don't give up. What's more, they strive to not put themselves in a situation that would be at a disadvantage for achieving their goals.

Life story - Faith

During my college years I was extremely overweight. Shortly after graduation from college, I decided it was time

to take care of myself. I went on a diet and lost a lot of the weight I accumulated between high school and college. Losing the weight was very hard for me, even when I watched what I ate and I exercised when I could. The weight slowly came off but it took almost a year to lose ninety pounds, but I did it.

While almost a hundred pounds was rewarding, the reality was, I was still considered obese. I wanted to lose all the weight, I wanted to look in the mirror and like what I saw. Friends of mine suggested I join one of the weight loss support group in my area, but I was convinced I could do it on my own. Why was I so convinces? I had already lost a lot on my own.

I ignored the many recommendations I got and continued with my effort. What became frustrating was the plateaus, or stepping on the scale and it telling me I gain five pounds. It was so frustrating, I got to a point where I threw my hands in the air and was ready to give up.

I finally I had to re-evaluate my mindset and ask one pertinent question. Why was I so against getting help to lose the last fifty pounds? In the end, I realized my problem stemmed from comparing myself to a cousin who years before had lost even more weight than I did, and did it on her own.

I decided then and there to stop comparing myself to June. I choose to get the help I needed because I was determined to accomplish my goal at all cost.

PART TWO: FORWARD



Forward: Turning the page



There are many behaviors we exhibit that contributes to holding onto the past, a lot of them was mention previously. Once we acknowledge them, it time to turn the page and begin again to live optimistically. It's important to know that reaching our goals is entirely possible and its up to us to

make the effort needed to make it happen.

In order to make the effort, we must be willing to let go of any guilt or complexes we have with mistakes or bad decisions we've made in the past. While we are at it, we may as well put aside unrealistic fears connected to those mistakes or bad decisions.

In order to move forward, consider that your life is entirely yours to live; Stop worrying what others may think. Accept advice if it's warranted, disregard any that may be hurtful or can prevent you from reaching your goals.

- ◆ Remember, no one knows you better than you.
- ◆ What your goals are may not be in line with other people's objectives and that's ok! Your ideals and others are not the same. Live your life according to what's

important to you, not what's important to others.

In addition to incorporating the suggestions that follows, there are a few "Don't" you should consider avoiding.

- *Don't be indecisive* - Constantly changing your mind about a decision is just as bad as not making a decision.
- *Don't Procrastinate* - There is no such thing as the perfect time or instance.
- *Don't make excuses* - Making excuses is just another example of lacking self-efficacy, believe in your strengths and forgo the excuses.
- *Don't live fearfully* - It's ok to be fearful; It's what you

do in spite of the fear that matters.

- *Don't live in the past* - Previous mistakes, bad decisions, they are in the past. We cannot truly live until we leave the past behind.
- *Don't expect perfection* - Setting unrealistic standards or unattainable goals will only damage your over-all well-being and your self-esteem.
- *Don't avoid creating relationships that foster growth* - We all need help at some point in our lives. Recognize when you need help and reach for it.
- *Don't avoid your problems* - Your problems won't go away until you take a proactive stance and solve them.
- *Don't offer compassion to others but not yourself* - When we are less compassionate with ourselves we

sabotage our efforts and produce less than desirable results.

In order to make changes in life you have to be willing to stop preventing yourself from becoming the person you were mean't to be. There is a litany of behaviors we need to stop in order to live our ideal life. Now here are the ones you need to incorporate into your life to help you move forward.

Forward: Self-Acceptance



What is Self-Acceptance?

It is the act of accepting ourselves as we are, not how we would like to be. Self-acceptance is the foundation on which our happiness is built, yet somehow it manage to elude a lot of us. Another way to look at what self-

acceptance is, is to view it as the knowledge and feelings we have about ourselves. It is the basis on which our thoughts and feelings are built.

Unfortunately self-acceptance usually goes unrecognized. It's difficult to identify because we usually blame other contributing factor for things that have gone wrong in our lives.

Imagine letting go of blame. Instead of blaming other factors we can look inward, accept circumstances as they are, and then move forward to find a solution.

Unfolding path to finding acceptance

Forgive yourself - This means doing what was mention previously in this book and let go of the past. See the past as

the past and move on. Move forward by taking proactive steps towards your goals.

Stop comparing yourself - It should be irrelevant what others are doing. You should be focused on what you must do to get where you want to be.

Change your mindset - Change your thought pattern, promote positivity, take control of what comes and goes in your psyche.

Honor your strengths - We all have them, unfortunately for many of us, we don't utilize our strengths. Acknowledge your strengths, use them, celebrate them.

What are your motives? - We often know what we want from the goals we set, knowing what to expect from our goals is not always the objective. Ask yourself what are the

true motives behind your goals? Is it to gain self-confidence? Self-worth? Recognition? A belief in yourself? How you answer these questions is relevant only for you. The key is to understand what you want and why.

Examine friends and acquaintances - Are they supportive? Do they speak negatively to you? Consider the people you surround yourself with. A good support system is paramount to developing self-acceptance.

Accept Your flaws - Accept the good that's happening in your life as well as the bad. In addition, think of what you've read so far, let go of the past, to focus on what can be controlled.

Action-Step

Its time to use your notebook. Begin by identifying your definition of self-Acceptance. Answer these question and see if your self-aproval

is as it should be.

1. How would you define confidence?
2. Would you say you are confident? If so why or why not?
3. Do you compare yourself to others?
4. What would you say to someone who lacks self-confidence?
5. Do you have a mentor or friend that helps to bolster your confidence?
6. can you name one specific thing you do that gives you confidence?

7. List the things you are good at, which one give you the most confidence?

Forward: Believe In Yourself



Another key factor for reaching the goals we set is the act of believing in ourselves. It's a fact, if you want success, you have to believe in your abilities to make it happen.

However, as we all know, saying is much easier than the actual act itself.

How can we believe in ourselves when we are dealing with issues such as self-doubt, and low self-esteem? Start with trust. Trust that you can take care of your needs, that you will do what it takes to meet your goals. To trust ourselves we must tap into our inner-self by being aware of our thoughts, feelings and ability to persevere until we reach our goals.

In addition to trusting ourselves, we must connect with our inner-dialogue. The things we say to ourselves matters. Our inner-dialogue should be motivational, we should constantly tell ourselves we are capable, that we deserve success.

Fear also prevents us from believing in ourselves. Fear has the ability to hold us back and stop us from believing in

our abilities. When we face our fears and not let them stop us, we are strengthening our inner-belief.

Tips on how to start believing in yourself

Acknowledge accomplishments - We all have things we've accomplish. The person who believes in his or her self not only recognize their achievement, but they celebrate them.

Set pragmatic goals - One way to stunt our ability to believe in ourselves is to set unrealistic goals. When we set realistic goals and achieve them we reinforce our ability to believe in what we are capable of accomplishing.

Choose to be persistent - Nothing worth accomplishing

is easy. We must be willing to work hard and be tenacious in pursuing our goals. It's only when we are unrelenting that we recognize our abilities to accomplish anything.

Express positivity - Negative thoughts and action simply doesn't go with believing in yourself. Find the wherewithal to be positive no matter how difficult things may seem.

Be proactive - "Don't put off for tomorrow what you can do today," the immortal words of Benjamin Franklin. In other words, don't procrastinate. When trying to accomplish a task, or meet a goal, dedicate your time and energy to make it happen.

Accept where you are now - Regardless of what you are trying to accomplish, in order to move forward, it's important to accept your life as it is right now. You can't

know what changes you want to make if you don't step back and see your life as it is. Embrace your life now, then you can move forward.

Don't compare yourself to others - Don't look at other people's accomplishments and wonder why you can't do the same. Instead, focus on your strengths and what you are doing right now to meet your goals.

Action Step

These are just a few tips we should practice in order to truly begin to begin to believe in ourselves. In your notebook list other ways to believe in yourself and your abilities.

Forward: Change Your Mindset



Your mindset is yet another prerequisite for achieving any form of success. The ability to have a positive point of view is paramount because with it, you have a tool needed to get beyond hurdles that may stand in your way. Without the right mindset, obstacles are more complicated and

challenging. The right mindset affects how you respond to any demands you may encounter.

Carol Dweck a Psychologist and Researcher who studied how people further their success. Through her research she determine there are two types of mindset, fixed mindset and growth mindset. According to her research, fixed mindset is based on the belief that your IQ determines your intelligence and life. A growth mindset is based on the premise that your intelligence and skills are more pliant and can be learned with practice and effort.

Does your IQ determine your level of success? Or, do you have the ability to learn and grow? It's not hard to know which answer most of us would pick. Here is a startling truth to consider: Regardless of whether you believe

your mindset is fixed or growth oriented, it's that state of mind that's needed to reach any pinnacle of success.

There is no denying the mind is a powerful tool. What you tell yourself, and what you believe, has the power to affect every facet of your life. If you believe you are a slow learner, or a procrastinator, then guess what? You are, because your mind holds what you believe is true. It shapes your future, and it shapes any approach you choose in life.

Switch your mindset

If you believe up to this point that your life is askew because of your IQ, for example, if you believe you are not successful because you didn't go to college, or because you are not smart enough. Then you thought your mindset was fixed. Hopefully now you realize a growth mindset is what

we all should aim to have. It is possible to switch from this fixed perception to a growth one? Absolutely!

One way you can change your mindset is to acknowledge your mindset needs adjusting. Start to switch your mindset when you acknowledge two key facts.

- 1) Everyone has goals that couldn't be met, or plans that didn't come to fruition.
- 2) Setbacks isn't because of your skillset, but because of other issues such as self-esteem and self-confidence.

Other ways you can change your mindset is to examine your why. Why are you driven to succeed? Why is it important to you? Once you define your why, remember to approach your goals incrementally and not all at once. One of the best ways to change your mindset is to make the goals

you set achievable.

Action Step

Now that you know there are two types of mindset, honestly answer the question: Which mindset are you? Are you fixed or growth? Your answer will determine exactly what you need to do next to achieve your goals.

If you believe your mindset is fixed, take steps to revert your thinking from fixed to growth. With a growth mindset you are telling yourself you have the ability to grow, to learn new things that can contribute to your success.

Forward: Focus



In reality, most people struggle to achieve goals. They struggle for reasons such as a lack of confidence or low self-esteem. There is a percentage of us who don't have issues with confidence or low self-esteem. Their problem is simply that they don't know how to focus on their goals to achieve

them.

What's the problem with these individual who can't focus? They have the best intentions, they want to succeed, they know what they must do to make it happen, but they fall short because they have no idea how to sharpen their focus.

Being focus is probably the last thing anyone thinks about when trying to reach goals. It may not be on top of your list of things you must do to succeed, but it is just as relevant as any suggestions mentioned so far in this book.

Strategies for staying focus on your goals

Fortunately there are measures you can take that can sharpen your focus. These suggestions don't guarantee

success, but when implemented will help you be more resolute in the goals you pursue.

Identify when you are procrastinating - How do you know you are procrastinating? Consider moments when your focus is on non-essential tasks and not on vital tasks. Another example: you have a hard time moving from one task to the next. You are not always aware you are procrastinating, sometimes it's done unconsciously, that it why its important to take steps to acknowledge and end it.

Constantly evaluate your goals - Write out your goals, create a plan for implementing them, develop milestones for them. When you take the above steps, you create the framework to analyze your progress which helps to stay focus on what must be done to achieve your goals.

Use technology where possible - There are a multitude of applications you can use today that will help to keep your goals directly in front of you. Consider applications such as Evernote or Google Keep. These are just a few of the options available to you. Do your research and find the one which works best for you, and will help you to stay focus on your goals.

Consider not multitasking - This suggestion is optional in a sense that a lot of us thrive when we multitask. If you find that you are unable to focus on more than one important task at once, then perhaps multitasking is not for you. Other red flags to consider Includes feeling stressed when trying to multitask, or taking longer to accomplish tasks. Stop multitasking and hone in on one task at a time,

your inability to multitask simply means you need to pursue your goals incrementally and that's not a bad thing.

Action Steps

Evaluate your ability to focus. Consider the suggestions above and any that may benefit your need to sharpen your focus and meet the goals you've established.

Also scrutinize what you might be doing that's preventing you from meeting your goals. Are you multitasking? If so, are you more productive because of it? Or less productive because you are doing it?

Forward: Take Responsibility



It's so much easier to blame others when things don't go according to plan. It's the Printers fault the invitation was printed with a typo, it's the Caterers fault one of your guest had an allergic reaction to one of your food choice. Do you see how easy it is to blame others?

Months after the election of the President of the United States, Hillary Clinton did an interview. She was asked whose fault was it that she lost the election. Other factors aside, her answer was simple, it was her fault. Imagine that! She had hundreds of people working to get her elected, but when asked she took the blame.

It doesn't matter if you wanted her to be President or not, the gist of it is she knows one undeniable truth: In order to move on with her life, in order to be happy, she had to admit when all is said and done, she is not the President because she failed. She didn't give an excuse, which in her case she could have easily done, she claimed the loss.

The lesson learned from Mrs. Clinton and anyone who is successful and happy in life is simple: Don't make

excuses. When we make excuses we are fueling a flawed mindset which contributes to behaviors that don't contribute to success.

When we take responsibility for our actions we offset the negative voice inside our head. We make it possible to think with clarity about the goals we set moving forward. Taking responsibility is the equivalent of freeing your mind, you are creating the space needed to begin to think progressively.

How to take responsibility for your life

- a) Accept blame - When something doesn't go according to plan, openly accept fault, even if you feel there are extenuating circumstances, or events that contributed

to the outcome.

- b) Acknowledge your choices - Instead of focusing on the negatives, consider the other positive options available to you.
- c) Don't look to others for validation - It's not up to others to make you feel good about your circumstances, its up to you. Validation is nice, but it shouldn't be necessary for you to move on.
- d) Forgive yourself - Perhaps mistakes were made, don't dwell on them, don't condemn yourself internally, what's more don't blame others. If you don't forgive yourself and others you are not claiming responsibility for your life.

Those of us who accept the burden of our choices are

more likely to be successful and happy. We know taking responsibility offers us true freedom. We acknowledge the blame and we take steps to move forward.

Action Steps

Consider an incident you were unhappy with, that happened in your life recently or in the past. What were your feelings about the incident? Ask yourself the questions below and re-evaluate whether you could have handled it better.

- 1) Did you blame others?
- 2) Did you blame yourself?
- 3) Did you look to others for validation?

Forward: Avoid Regret



In case you have no idea what regret is here is a short definition. According to Psychology Today, regret is a negative cognitive/emotional state that involves blaming ourselves for a bad outcome or feeling. The definition continues with feeling sorrow or loss and wishing we could

undo choices we've made.

Wishing we could undo a choice is exactly where most of us fall. Everyone deals with regret at some point in life.

It's not hard to pinpoint those moments when we wish we would've, could've or should've.

If you've felt regret and I'm sure you have, you know that there are a multitude of factors that causes them; action and inaction just to name two. The true culprit of regret is guilt. We feel sorry for a given outcome and we worry that we should have made another choice.

The problem with regret is we can't change the choices we made, as a result we go to war with our innermost thoughts, wishing we could change the results. We fail to realize there are no ideal results, but viscerally we strive to

achieve it, which creates inner conflicts. What would happen if we let go of our internal ideals of how a situation should be?

When we let go of irrational ideals, that is when we truly see the reality of any given situation and learn to not regret our decisions or choices.

Why we should never regret our decisions or choices

- ◆ Every time you have to make a decision or a choice you are taking responsibility for your life. Instead of regret try being accountable to the decision. This goes back to the previous section on taking responsibility.
- ◆ A bad decision can lead to a positive outcome, the outcome may not be what's expected, but the

knowledge you gain from your action enable a better outcome in the future.

- ◆ It's ok to fail or make a mistake. When we fail we learn and grow. The errors we make helps us to enhance the quality of our lives.
- ◆ Its better to take a chance and fail, than it is to never act. Imagine how you would feel if you never tried. Think of the disappointment that would consume you. Taking a chance or trying regardless of the outcome is a better place to be mentally. Not to mention the perspective we gain from the act itself.
- ◆ Eventually you will succeed. When we try and try again using the lessons we learn from previous failures, ultimately you will succeed. So instead of berating

yourself for having failed, pick yourself up and try again, through perseverance you will succeed.

Action Steps

Regret is insidious and will cause inner turmoil.

How you deal with the guilt stemming from regret is the key to offsetting any negative reaction you may have. Take these steps to help you cope with regret.

- 1) Identify when you are feeling regretful.
- 2) Write down your regrets.
- 3) Move beyond regret by forgiving yourself and others.

Forward: Small Steps



Progress never happens in giant leaps, it happen with incremental steps that can produce results you can be proud of. The fact is, the progress you make by moving slowly, will give you the confidence needed to progress faster when the time is right.

A lot of the times when you read about making small steps, it's regarding efforts such as losing weight, or starting a fitness routine. While these routines are certainly good reasons for taking small steps; you should also consider incorporating this same principle in every phase of your life. Here are general small steps you can take to create overall change in your life.

Think Small – focus on what you can do today and don't worry about what needs to happen tomorrow.

Sometimes, focusing on the big picture will only cripple your ability to move forward. That big picture may for some seem overwhelming, which will make their goals seem unattainable.

Diminish Your Fears – Fear can be the center of

everything you're not accomplishing. There are so many scenarios in which fear can be a detrimental factor.

Consider the instances in your life when you hesitate to take a step, ask yourself: Is fear stopping you?

Get rid of fear by applying objectivity to your situation. Start by asking two questions: What's the worst that can happen? What's the most that can happen? Either way, your efforts will produce valuable results; one of which is the priceless experience of knowledge.

Understand Your Focus – There are so many roadblocks to not reaching goals. Not knowing exactly what it is you're trying to accomplish is certainly one of them. While success can have a broad meaning, reaching it is actually a more focal process. In order to realize success,

we have to know fully what we are trying to do. You cannot see your success if it's not tangible and if you don't know exactly what success means to you.

Pursue Your Goals Incrementally – A part of taking deliberate steps that leads to success is to try not to do everything all at once. This is especially true when trying to reach a goal. Another sure-fire way not to reach the goals we set is to try to accomplish too much too quickly, or jumping ahead before being ready. Create a visual process for your goals, decide what needs to be done first and make it happen, then proceed to the next step. Before long, you will notice the progress you've made, and feel the satisfaction of having accomplished your overall goal.

Incorporate Incentives – As you pursue your goals

and reach milestones reward yourself. An incentive process allows you to acknowledge where you started and how far you've come. In addition, it provides the groundwork for motivation. Using rewards as a way to maintain motivation is a process that will help you achieve your goals and reach the success you desire.

Each of us are unique in how we pursue goals. The processes outlined above are intended to contribute to your uniqueness, while engaging you to act. Taking the necessary step to go from planning to action requires thought and motivation.

Action steps

Clarity and intention doesn't always happen

immediately, that is why one tool that should be used in the process of realizing your goals is a notebook or a mind mapping software. Use of such tools can add clarity to what you want, by allowing you to adjust and improve as needed to meet your goals.

Forward: Limiting Beliefs



Similar to not believing in yourself, limiting belief can be detrimental to success. In order to understand limiting belief, we should know what belief is. Here is a brief excerpt from Wikipedia: It is the state of mind in which a person thinks something to be the case. To summarize

Wikipedia's definition, our belief is what our mind perceives as the absolute truth when it comes to ourselves and our environment.

Now that we have an understanding of what beliefs are, and how they are formed, it's easier to see how easily we can develop negative thought patterns such as limiting belief. If our environment dictates our truths, then the fact remains, limiting beliefs start at a young age.

As adults, offsetting limiting beliefs isn't easy. No matter how much we try to accomplish, if we don't believe we can, then we are limiting our chances for success. The act of not believing you can, and all the reasons attached to that belief, is what limiting belief is. Limiting beliefs is yet another way we prevent ourselves from moving forward,

and in fact self-sabotage our efforts.

Acknowledging limiting beliefs is the first step to counteracting it. Unfortunately, it's not always easy to identify because most of the time we are not aware we have these limiting thoughts. Once we become aware of them, and with better understanding of how these negative thoughts can affect our lives, we can offset them and move forward.

How limiting beliefs manifest themselves

- ◆ Worrying about the possibility of failure
- ◆ When you find yourself thinking negatively
- ◆ When you harbor unhealthy ways
- ◆ When you berate yourself
- ◆ When you make assumptions or form unwarranted

conclusions

- ◆ When fear overcomes you

Eliminate limiting beliefs

- a) Acknowledge and Identify limiting beliefs by observing what you are thinking. Ask pertinent questions such as: What's getting in my way? What am I doing to hold myself back?
- b) Determine what's behind the belief, remember your limiting beliefs are form in your subconscious. Tap into your mind and try to connect with the reasons why you feel as you do. Replace those thoughts with empowering intentions.
- c) Modify your self-talk. We all have these conversation with ourselves, sometimes they are negative

conversations that need to be changed because they contribute to negative thought patterns leading to limiting beliefs.

- d) Use mental imagery to help you reach your goals. See your objective as already achieved.

Action Step

Do these three steps to end limiting beliefs

- 1) Acknowledge your limiting beliefs.
- 2) Write down the limiting beliefs you harbor.
- 3) Use a different approach such as imagery to create a different outcome

Forward: Stop now



There is a quotes by Mark Twain where he says, "Action speaks louder than words but not nearly as often." You can pull various meanings from this quote, for example, is he saying we should speak less and act more? Or is he saying action is more important than any word we utter? Mark

Twain's message is simple: We should say less and act more.

One of the biggest barriers to failure or not reaching our full potential is our ability to think, and think and think, or even worse to talk about it, but do nothing. We think and plan ourselves out of what could have been something meaningful which possibly could have lead to success.

When we are afraid to fail, we tend to overthink our plans. This act of overthinking leads to stagnation, which eventually leads to inaction. While there is nothing wrong with thinking and planning, because it's certainly part of any successful venture, we shouldn't use self-doubts to sabotage our intentions. Prevent this from happening by

creating action steps to bring your plans to fruition. Two examples of knowing when you are sabotaging your efforts are outlined below.

You're second-guessing yourself - The only decision that's the right decision is action. Everything that happens after an initial action is experience and knowledge, which create the opportunity for growth. Being afraid to fail means you are losing out on a chance to grow. Growth is such an important part of life.

You've spent hours, even days working on the same issue - You have to ask yourself if there is a plan on this earth that's considered absolutely perfect. There is no

such thing as perfection. You can improve a process; you can make something better from what you've learned, but perfection – It is unrealistic. It doesn't matter what you're trying to accomplish, you will need to adjust and re-adjust. Move forward with the assurance that you will do your absolute best; that you will succeed even if it's not absolutely perfect.

You're stuck because you are over-planning and over-thinking. How do you change this? Start by acknowledging the dilemma, then continue by developing habits that will contribute to preventing or offsetting this impediment to your success. One step you can take is to stay in the moment – Apply the strategies mention

previously on what to do to Focus. If you find that focus is not possible, then stop doing what you are doing and do something else. Take a walk, exercise, take a break! Return to your project with a clear mind and the ability to not undermine your efforts.

Action steps

Consider the quote by Mark Twain. Are you busy talking about what you want to accomplish, or are you taking action towards accomplish your goals? Write your answer in your notebook and review it often to stay on track.

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About the Author

Lemi Ren is an avid Long Islander who sees writing as a way of life. On any given day, you will find her doing one of two things: On her kindle lost in the pages of her latest read, or writing her latest book. She hopes the books she writes will inspire and motivate her readers.

Lemi writes because it allows her to share ideas and inspiration that can enhance and change lives, including her own. Anyone who purchase a book publish by Lemi will find her words can change lives even just a little.

Thanks for your support and purchasing Lemi Ren's books.