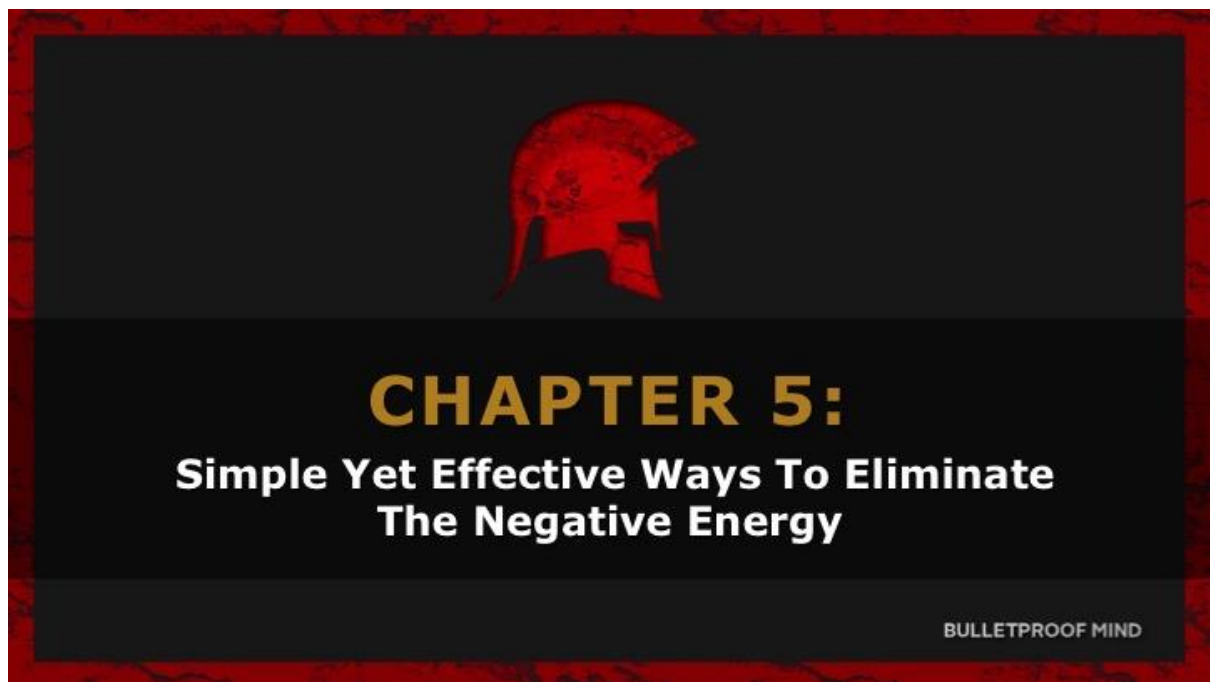
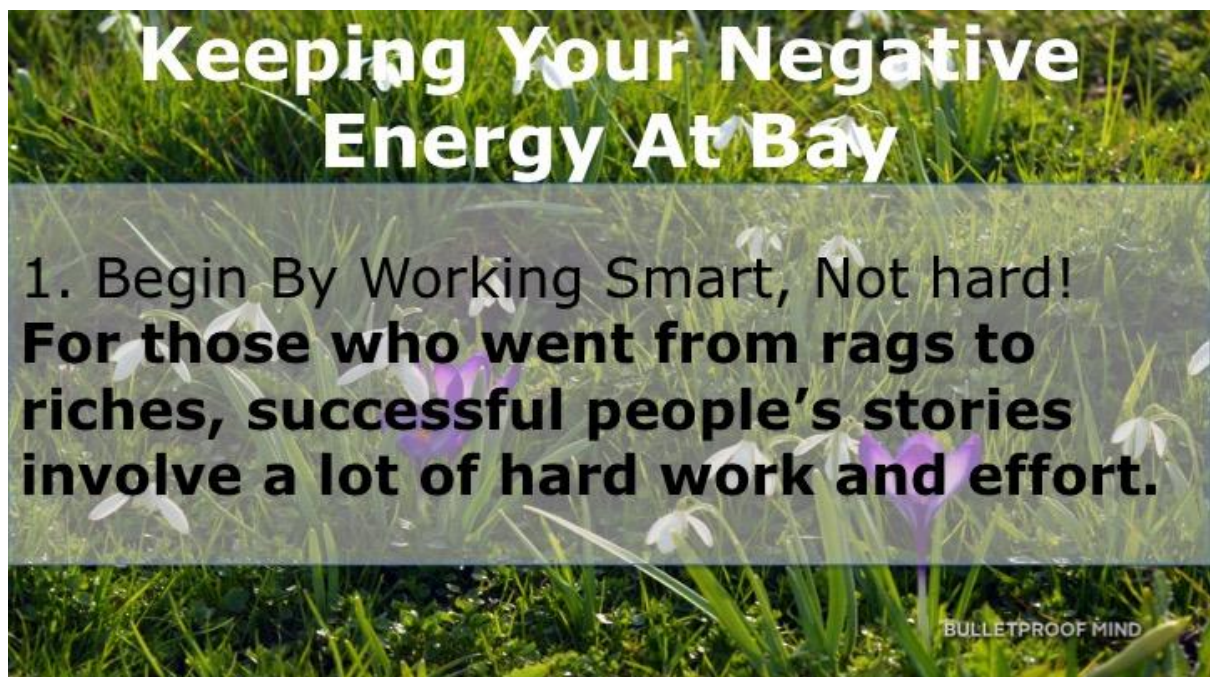


## 5-0 Simple Yet Effective Ways To Eliminate The Negative Energy



**S1:** Welcome back. In this chapter, we will discuss the effective ways for you to eliminate the negative energy around you. People with bulletproof minds expel most of the negative energy around them. There are a lot of religious and spiritual names for this energy.



**S2:** Here are a few tips to keeping your negative energy at bay:

**1. Begin By Working Smart, Not Hard!** – Very rarely, so rare in fact that it's not even worth noting, some ordinary person gets everything handed to them through sheer luck.

We're not talking about being born into wealth, but someone winning the lottery, or stumbling on a bag full of money. **For those who went from rags to riches, successful people's stories involve a lot of hard work and effort.**



**S3:** For example, if you're building a business, you have to put effort into it. Your name has to get out if you want to attract an audience. Make the business plan and also promote your business as much as possible. Hire the best employees for the job. Make the effort!

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- If you want to succeed, think about how you can put more effort.
  - Are there hours in your day you can spend to be more productive? Apply to more jobs?

BULLETPROOF MIND

**S4:** Even if you don't own a business, you have to work smart and show effort to climb the ladder. Doing it halfway will just keep you stuck in the same old job every day, and that's never fun!

If you want to succeed, think about how you can put more effort. Are there hours in your day you can spend to be more productive? Apply to more jobs? Think about it, and you can meet your goals. Ignore the negative energy that tells you that you can't do it.

## 2. Not All Negativity Is Bad

- You'll sometimes have days where you feel depressed, and that's fine.
- You're not going to be positive all the time.

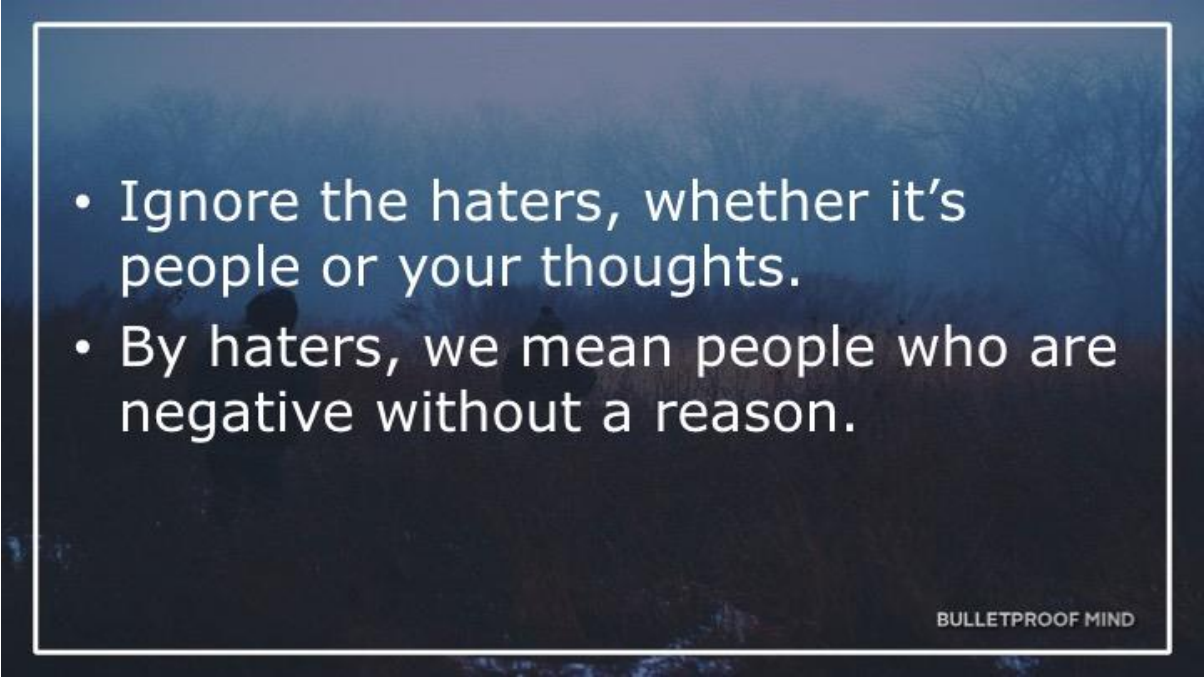
BULLETPROOF MIND

### S5: 2. Not all negativity is bad.

It's not very nuanced to say that all negative thinking is bad. While a positive outlook can help you reach your goal, and your persistency attitude is the key for winning, our society has been built on negative thoughts. Sometimes, healthy skepticism is needed for a healthy mind.

You'll sometimes have days where you feel depressed, and that's fine. You're not going to be positive all the time. If you have that mindset, you may give up on a day you feel negative.



- 
- Ignore the haters, whether it's people or your thoughts.
  - By haters, we mean people who are negative without a reason.

**S6:** The goal is to reduce the unnecessary negativity. Ignore the haters, whether it's people or your thoughts. By haters, we mean people who are negative without a reason.

They don't provide criticism that makes you grow or think. Instead, use their negative criticism as a drive. When someone says you can't do it, be more motivated to prove them wrong.



**S7: 3. Negative thoughts have caused people to do great things too, as long as there is a positive spin.**

For example, let's look at envy. Envy is considered by the religious to be a deadly sin, yet everyone has it. You see someone who has something you don't, and you want it too. Instead of feeling hate for them and feeling upset, make it a strong drive. How can you get that thing you want?

## How To Eliminate The Negative Energy?

BULLETPROOF MIND

### S8: How To Eliminate The Negative Energy?

## Sleep Well

- By getting the proper amount of sleeping quality hours will drastically improve your decision making and sharper mind.

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### S9: Sleep Well

It's an obvious one, but the key to sleeping is getting the required hours of sleep. For some, this is easier said than done. The stresses of life can keep you up at night. A hectic schedule can lead to you waking up early. By getting the proper amount of sleeping quality hours will drastically improve your decision

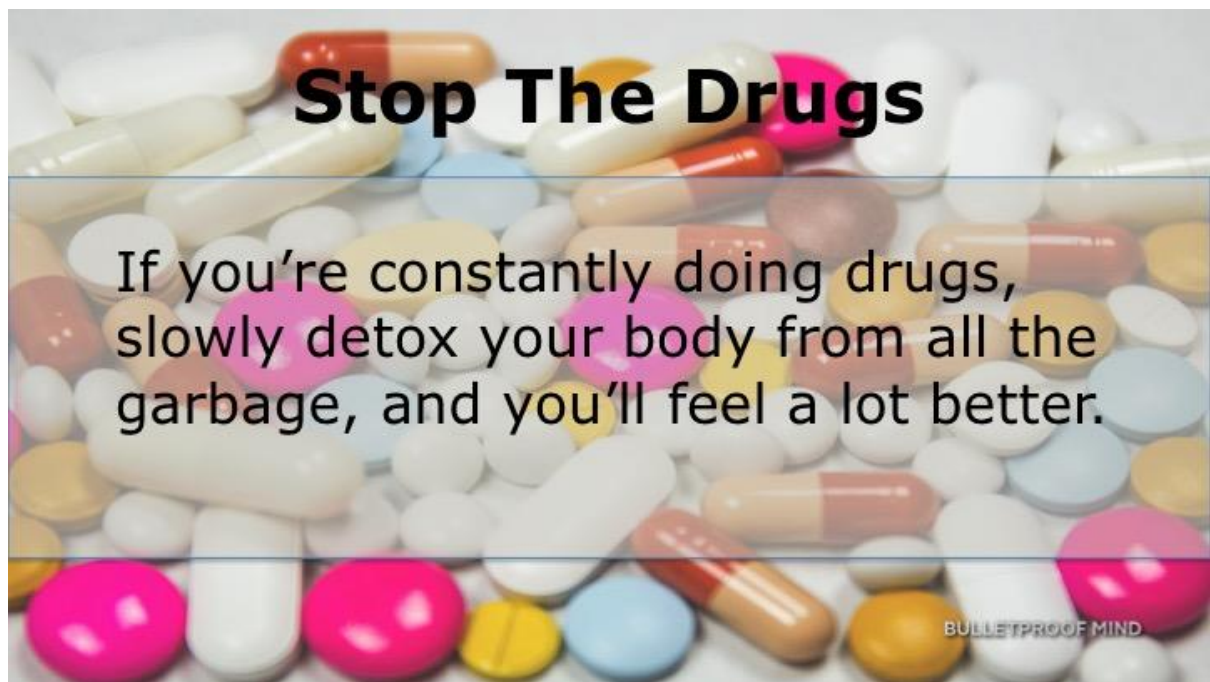
making and sharper mind. Begin naturally by having a relaxing sleep, letting go all your cluttered thoughts and worries. You have done enough during the day time, you don't need to carry it with you at night.



### **S10: Exercise Well**

Exercising is yet another way to get rid of the negative energy in your body. Lifting weights and kickboxing can help get out anger in you and keep your body strong as you age. It doesn't have to be a tough workout, either. Besides keeping us healthy, it keeps our mind occupied by not over thinking things whilst improving our cardiovascular. Speaking of which, working out also contributes to your hormonal balance too!





### **S11: Stop The Drugs**

We're not talking about never having a beer with a friend, or having a glass of wine after work. Instead, we're referring to people who constantly use alcohol, as well as other drugs, as a form of escapism. Someone with a bulletproof mind knows these things should only be used occasionally, if at all, and keeps a clear mind whenever possible. If you're constantly doing drugs, slowly detox your body from all the garbage, and you'll feel a lot better.



### **S12: Converting The Negativity Into Actions**

Write down all the negative emotions you have, or the negative words people have said to you. Then, scrutinize those words. How many of those words are warranted? How many are just plain nonsensical garbage? Which negative feelings can you flip into something positive? Every time you have a negative thought or hear something negative, add it to this list.