

BULLETPROOF

MIND

Your BulletProof Blueprint

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Conditioning Your Mind



The human mind is amazing. You need to remember that the organ in your head has been responsible for building civilizations, going to space, and creating the screen you're looking at right now. Being the most evolved creature on the planet, we can do many things, but few reach that potential.

Some people sit in their cubicles, doing menial tasks for fair pay, when they could be improving themselves and the world around them. By this, we don't mean that everyone has to reinvent the next wheel, but instead live life to the fullest. Take calculated risks, be more confident, and set goals that they'll end up accomplishing.

It's difficult to reboot the mind into something that's purpose-oriented, and this is where this book comes into play. In this book, you will learn how you



can reprogram your mind to be more positive and bulletproof. No longer will your thoughts be weighed down by doubts, but instead going after your goals despite the risk. And you'll be able to think clearly and decisively.

This book is a quick read, designed for the busy world of today, but it'll be able to change your life as you read it from chapter to chapter, just as long as you put in the effort and follow its wisdom. It is imperative that you proceed reading the next chapter once you are able to grasp the previous chapter mindset concepts first.



Confront And Deal With Your Inner Demons Once
And For All



The way your mind works has a lot to do with your past, whether you're aware of it or not. You don't need to have a tragic childhood to have had some trauma that prevents you from making it to your full potential; **sometimes an innocent event can shape you without you realizing it.**



For example, if your parents were overprotective and didn't allow you to dress up your own way or play with your friends, you may be more likely to be codependent when you're an adult. If you grew up in an environment of drugs and alcohol, you may find yourself toughened. Bullied children will grow up to be distrusting adults.

This isn't happening in every circumstance; there are deviations, and you need to look at it by a case by case basis. Science is never concrete in these situations. But if you've experienced some trauma as a kid, the outlook you

have as an adult may change, and you don't know it. It's almost a subliminal change that happens so fast you don't even realize it. **Think of your mind as a military base, one that puts up barriers to protect itself.** Your mind may have put up its own shield to protect you from your traumas.



For example, being bullied as a kid may have taught you to be less trusting of people. If you see someone who is even slightly critical of you, you may get anxious or defensive. And it's understandable as to why that is; you don't want to relive getting pushed around. If your parents got divorced at a young age, you may be less trusting of your partner simply because you don't want to go through the same ordeal, or have a child who would have to experience that.

It's natural to be cautious because of what happened in the past. You've seen people who have done what you did and got burned, or you've seen how terrible

humanity can be. It's natural that you put up your own shields so you won't be like them. **There's only one problem: the shield does not protect you!**

Like the giant slab of mental it is, the shield around your mind weighs your mind down and prevents you from realizing your full potential. You may not take risks or pursue something because of this shield. You may not go after that woman, or man, because of past rejection. You may not ask for a raise because as a child, you asked for a toy and got yelled at. Humans have evolved to be creatures of survival, so these survival tactics have stayed in our minds, but in modern society, there are sometimes where we need to drop our shields and go in unarmored.

Think about your own shields. Have there ever been regrets you've had because you haven't taken the plunge? Why didn't you do it? What could you have done to do it? Was there some sort of childhood connection preventing you from doing it?

You'll need to think hard, as some of these memories have been bottled up. Asking your family about your past can help too. If you think you've found the reason, you obviously haven't cured the trauma holding you back, but instead diagnosed the case.

Look at your shield. Is this really your conscious making these decisions for you, or your unconscious pulling the strings from behind? If you want to live a

good life, you'll need to live one on your own terms, and not be dictated by something that happened years, possibly decades, ago.



A true bulletproof mind doesn't need protection from the mental bullets life throws at you. When you have shields up, you become overly calculative. There's nothing wrong with thinking before you do something; you're probably doing it right if you question if that fishy email saying you can win millions of dollars for a small fee. But sometimes, you'll find yourself overthinking and overanalyzing the world around you, shielding yourself from taking risks and making challenges.

A bulletproof mind questions things, but doesn't hold you back when you need to dive in and take that risk. Sometimes, you just need to ask the girl out. Sometimes you just need to be blunt to your boss and ask for a raise.

And the way to fix this? Look at the unconscious mind. Your mind may be hiding secrets you don't know about that are locked away, but pounding on their cell so hard they're shaking their surroundings. You need to bring the unconscious into the conscious, and we will tell you how.



Awaken Your Unconscious Behavior



Perhaps the tritest explanation of the unconscious mind is the iceberg. The tip of the iceberg jutting from the water is your unconscious, and below the chilly

waters is a mammoth of ice, unseen unless you have the right equipment to view it.

Due to its mysterious nature, the unconscious mind is still not fully understood, but it's the part of your mind that you can't self-reflect on through conventional means. Besides the repressed traumas, there is a lot of things that an unconscious mind can be made of, including:

- Motivations and Instincts



You may not know why exactly you grabbed that cookie when you were on a diet, but there is probably an unconscious desire to mess up your diet somewhere in your mind.

- Habits



Why do you eat food a certain way? How come you bite your finger nails? These habits may have an unconscious action around them. You may be doing these things due to some trauma that you just can't remember.

- Automatic Responses



Do you say “sorry” even when it’s not your fault? There may be an unconscious reason as to why you do that. You don’t want the person to get angry at you, and perhaps this is due to an authority figure getting unnecessarily angry at you when you were a child.

The unconscious mind has the answers to most of your quirks. But bringing it to the front of your mind isn’t easy, and there’s no monolithic way for everyone to access it. But here are a few ways you can delve into your unconscious mind.

Meditation is perhaps the most obvious one, but plenty of people have been able to go deep into their mind with the power of meditating. There are a

million ways to meditate, and you can probably look up some techniques online that best suit you, but the gist of it is that you find a quiet, comfortable place, sit down, breathe deeply, be aware of your body's functions, and dive deep into the mind.

Other ways to access your unconscious mind include bringing up some of your repressed memories. These can be done through therapy, or by talking to your family or friends. They may remember something that happened to you that you can't remember for the life of you, and once you hear about it, the floodgates open and your unconscious memory is in the front of your mind.

Unconscious memories can stop you from making accomplishments. **If you want to pursue a goal, and your unconscious mind tells you it can't be done, you're doomed from the start.** Even if you try running after the goal, your unconscious mind will be the sticky tar on the ground, or the foot that trips you. The game will be over before you even played it. The race will end before you break a sweat. You get our drift.

Now, once you stop yourself from saying **NO**, that doesn't mean that everything you want to pursue will come to you. **People will still say NO to you.** You may end up losing something after taking a risk. Usually, the voice in your head saying **NO** has concerns that stem from a kernel of truth. **But having a bulletproof mind means accepting that losing is fine sometimes.** The best people in the world failed multiple times before they succeeded. That star basketball player missed so many shots before he could shoot three pointers

like it was nothing. That bestselling author got rejected hundreds of times before finding someone who would publish her work.



These people have bulletproof minds. When that basketball player missed a shot, he didn't think, *"Maybe I should give up basketball,"* but instead, *"I wonder how I can shoot better next time."* **That isn't to say they had doubts, but their resolve overpowered any doubts and made them into the people they are today.**

Every time you face an obstacle, you don't need to cry and think that it's over. Instead, you turn it into positivity. We all know the battle between optimists and pessimists (and realists too,) where some say it's better to see the bright side of things, while others believe that you should look at the bad side. But positive people do end up having the push to go forward, which is what most

pessimists lack. There is a bit of nuance to this, which we'll talk about later, but the general idea is that you'll benefit by thinking more positively.

You turn on the news and see the latest political outrage. Everything is doom and gloom. Positivity seems delusional. That's what society wants you to think. However, all of mankind's accomplishments have been due to a positive desire to want something. The cavemen wanted a way to push things around, so they carved the wheel. The person who invented the automobile thought of a world where people could travel more freely, and created a machine that could do that.



By thinking about what holds you back, you'll be able to think about your decisions with a clearer lens, and hopefully look at life from a different angle, regardless of whether you win or lose. We realize this book won't change your

thinking overnight, and even if you become more positive, you'll still have your doubts and maybe even end up succumbing to them.

After all, bulletproof doesn't mean completely impervious to bullets. You still get shot while wearing a bulletproof vest, and it hurts. But it doesn't kill. You want a mind that can still keep going regardless of your fears.

HowTo Awaken Your Unconsciousness?

- Begin by noticing all your quirks.
- If you can't figure out any, speak to your coworkers, friends, spouse, or family, as they can point out the little quirks you otherwise don't notice yourself.
- Write them all down, and try to figure out why you do it. You may not solve the mystery of your unconscious instantly, but this can allow you to get some clues to get you started.
- Every time you perform a subconscious action, put it into a *"mental note"*.
- Do this for something that you want to *"fix"*, be it anger or frustration, try to control that emotion from letting it all out.
- Take small risks to see small changes in life, by not taking chances is equivalent to no changes in your life and then moving on towards bigger risks to tackle.



Reclaim The Empathy And Kindness That Is Lost Within You



Empathy is the ability to see it through someone else's eyes. You know how

the person is feeling, how they see the world, can feel their emotions, and so forth. It's not to be confused with sympathy, which is what you wish on someone who suffers misfortune. Sympathy is usually passive, while empathy is active. A bulletproof mind is always active, so you know which one is better.

For example, if there is an earthquake that kills people, you may say you feel sympathetic. After all, you imagine it must be awful living through that. But an empathetic person goes beyond. They feel the people's emotions. They can see families suffering. They think about people wanting aid, and thus donated to help the cause.

Empathy just feels good to have when you want a rich life. Not only does it feel nice to respect people, but you'll get experiences out of it that help you grow. But empathy is hard to come by in the modern world, but that doesn't mean that if you lack empathy, you're a bad person. Everyone is programmed differently when it comes to empathy in the world, and in today's society, you can see why someone would look after themselves. You have bills to pay. You have careers to pursue. Life is stressful, and you can't think of every single homeless person who has it worse than you. **You can't think about the people who may suffer if you get the promotion over them.** Some people are naturally empathetic, while others have to learn it.

Being more empathetic can also make you let go of your past. By seeing it through the other side, you may feel less hatred for who you think are your

enemies, be it your ex, your boss, your parents, or so on. You can spend your time being positive instead of spending it hating others.

If you're not a natural empathetic person, it may be a bit difficult to learn empathy, but not impossible. Think of someone who you haven't talked to. It can be a coworker, someone who rides on the bus, or just your neighbor. Try talking to them, if they're willing to chat, get into a deep conversation to learn about their struggles and wishes.



Being empathetic can also make you a better leader. For example, if you're a boss, you can empathize with your employees and treat them right. This doesn't mean that you let them walk all over you, but mean that you can improve their morale by not seeing them as another cog. A good leader will

motivate their employees, while a bad leader will make the good employees flee the company while the others lose all motivation.

How To Bring Out The Humane Side In You?

- Schedule a get together with someone whom you don't seem to get along well with, and don't jump the gun by making an assumption. Have a deep quality conversation with that person. (Be it with your boss, coworker, neighbor, or even your ex-partner)
- Question yourself, how did the relationship become so bad? What causes it?
- Instead of avoiding and ignoring, try to understand what stems the relationship animosity.
- Avoid getting into a huge argument with whomever you are discussing with.

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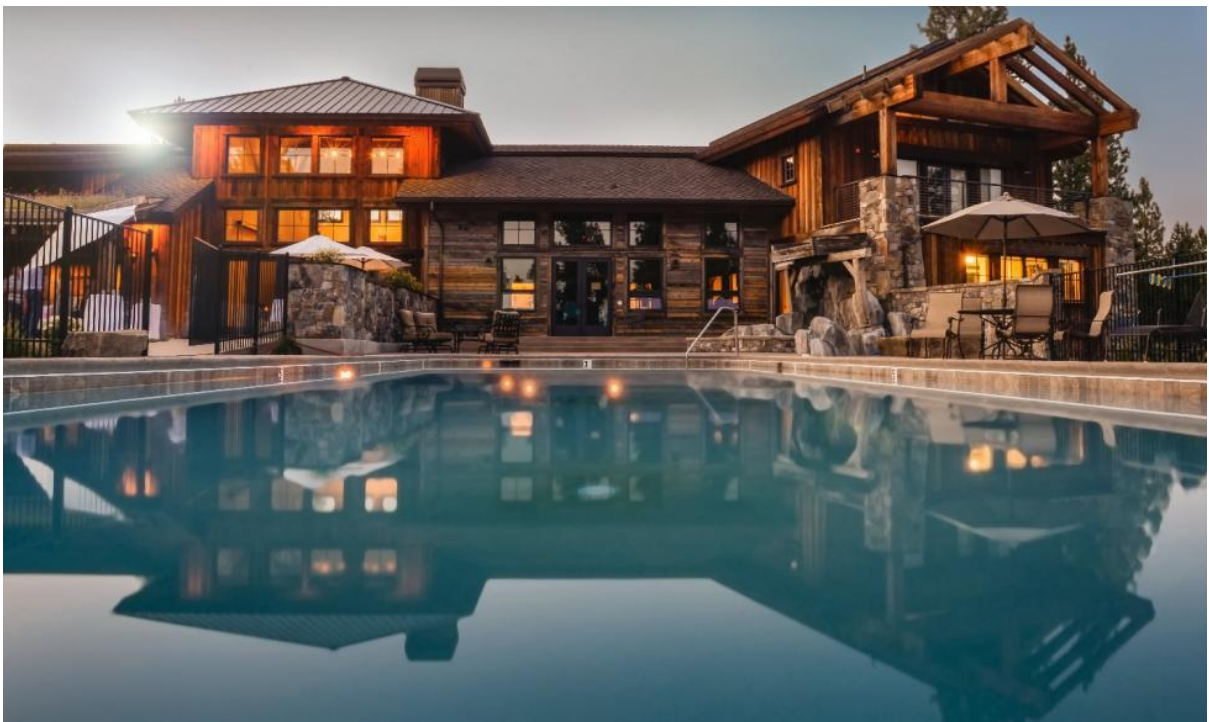


As you listen, don't let your biases get in the way. Some may have a hard time communicating with others because of the lens they view the world with, be it political, religious, or philosophical. Think about the situation through their point of view, and ask what should be done to help. If you find your emotions being affected because of their suffering, or happiness, you're on your way.

Your beliefs can change because of empathy. You're not going to change them just by listening to one person, but overtime, you may find yourself questioning your own principles due to empathy. If you screw someone over for your gain, you may feel sorry for them and try to help. **Sometimes, you have to be a little cutthroat to succeed, but that doesn't mean you have to be cruel, or not help out your coworkers.**



What Is The Purpose Of Your Life?



When it comes to our lives, everyone should have a purpose. Purpose can range from being realistic, such as getting a house, to a bit harder to accomplish, such as becoming a millionaire. **Purpose is the motivation that keeps us fighting and going.** Without purpose, life becomes meaningless.

Even if you think you don't have a purpose, you probably do. It doesn't have to be an amazing achievement. You can improve on your hobbies, get a raise, or just put a little extra into your daily activities.

While you may have purposes in your head, they may seem far out and hard to accomplish. Ignore those feelings; they are just **NOISES** to keep you distracted from reaching your purpose. Any purpose that is scientifically possible is possible. You can lose those pounds. You can get that job!**And even if you don't fully reach the goal, the journey can teach you something.**



A bulletproof mind makes purposes and puts in all the effort to accomplish them. Write your purposes down and think about steps you can do to achieve it. Initially, it doesn't necessarily have to be a concrete plan, but a general path you can take first. Any path will have pit stops and detours, so keep that in

mind when writing down your plan. A bulletproof mind will measure and manage your purposes as you go along.

Then, go towards that purpose. Ignore the noise. If people say you can't do it, or you think you can't, just keep running. If you trip, get back up. Enjoy the journey, but don't give up towards reaching a place that keeps you satisfied, be it your purpose or something you didn't think you wanted.



Plan some goals! You can use a markerboard, an app, or any other method to write down some of your goals. Organize them based on size. Odds are, you have some short and long-term goals. Calculate how long it would take for you to accomplish some of these goals, and make a rough time frame, and a good order to accomplish them in. You won't create a foolproof plan in a night, but this exercise is a good start.

How You Can Identify Your Purpose And Be Driven By It:

- **Sketch Out Your Purpose**

Ask yourself what would you want to achieve down the 5 to 10 years. Take some time to ponder about it. Financial independence, having a happy family, retired by the age 40, becoming a well-known designer and the list goes on. I believe there must be something that might tickle your fancy.

Now, whether on a sheet of paper, on a tablet, or whatever else you use to write things down, sketch a plan to accomplish your purpose. Do a bit of research. Talk to people who have accomplished your goal. Look at your circumstances and your limits. Then, make the plan!

- **Maintain Clarity**

Keep your mind clear and on the big picture when you're pursuing your purposes. What we mean is that you should be at full mental capacity. Leave all your worries and stresses behind. Eat a nutritious meal. Get a full night's sleep. Have a clear focus on what is ahead of you, but also try to be realistic, too. If purpose goal cannot be accomplished at this time, try a smaller one. And never give into the hate. If what you have in mind differs from what other people think, don't be upset just because they don't share the same vision and purpose like you.

- **Chanting**

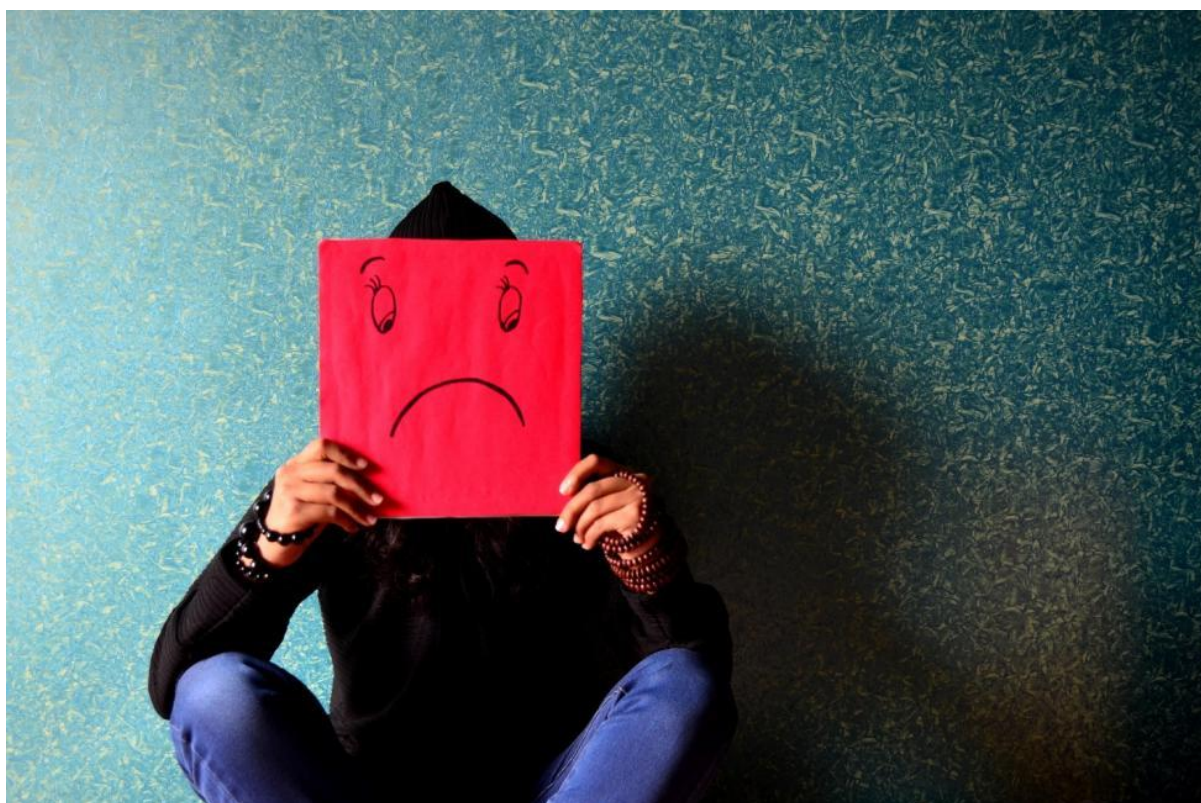
Sometimes, chanting your goals to yourself can get you motivated. This is called the **chanting mantra**. Get into a meditative position, focus on your goal, and chant it. Chant it until you feel more motivated than ever. As you are on the go, you can whisper under your breath some reassurance, especially if something isn't going your way. (for example, chant this: *"I'm not going to give up without a good fight"* or *"I'll do whatever it takes"*).

- **Always Remind Yourself**

Your mind needs constant reminders. There's always the phone option, but if you're the person who gets easily distracted, there are other ways to do this too. **Write it down**. Get some sticky notes and stick them all over your fridge, bathroom, office, or bedroom. Get the idea drilled into your head by seeing reminders. Seeing the same thing over and over can **BRAND** it into your mind. It's how advertisements work. Speaking of ads, create your own catchy little jingle or phrase to keep you motivated. Don't just say a generic phrase. Even if you feel like your words are white lies, it'll become reality if you repeat it enough.



Simple Yet Effective Ways To Eliminate The Negative Energy



People with bulletproof minds expel most of the negative energy around them. There are a lot of religious and spiritual names for this energy. You are most

probably familiar with this negativity or even struggling with it. Here are a few tips to keeping your negative energy at bay.

Begin ByWorkingSmart, 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.**

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!



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.

Is All Negativity 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.

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.

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 hating them and feeling upset, make it a strong drive. How can you get that thing you want?

HowTo Eliminate The Negative Energy?

- **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.

Further, by exercising regularly, you can improve the sleep quality especially those with sleeping disorders and better sleep equals a happier you. You can even try meditation to calm down your body to have a full night's sleep, or by benefiting from medication such as

valerian root or melatonin, which can make you rest easier without the harsh drugs.

- **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 overthinking things whilst improving our cardiovascular. Speaking of which, working out also contributes to your hormonal balance too!

To get you started, why not begin by visiting a nearby gym or even by running or doing yoga? Running keeps your heart healthy, and your mind is occupied by the runner's high. Meanwhile, yoga is good for peace of mind and releasing all the negative emotions.

- **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.

- **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.



The Key Elements to Decisiveness



No one became successful because they sat around, thinking the world was going to fall apart around them. This is the law of attraction at work. Decisive people will attract success. People will want to be around you, building you a

little network. You'll find yourself being more confident towards challenges you would have backed off beforehand.

Confidence goes a long way. Society likes someone who believes they can do it, and drowns out anyone who says they can't. By exuding confidence, you will find yourself being more likely to succeed, and when you fail, you'll imagine yourself succeeding next time and learning from your mistakes.



Taking risks are the key for success. For example, one of your parents probably had to take a risk and ask your other parent out, creating you in the future. With a brighter outlook, you can find yourself taking risks.

However, these risks must be weighted and calculated. You can't just recklessly go into anything. For example, when asking for a raise, think about the best

time to do it. If profits are down and the boss is in a sour mood, don't ask. Save the asking for when your boss is in a better mood, and not overwhelmed.



Everyone has regrets, but instead of moping, be self-correcting. Learn from your mistakes and figure out how you can fix them in the future. Have a brighter outlook on the past, and then focus on the now. Also, don't focus too much on the future, either. You can overthink outcomes, and this can cause you to back away from taking a risk. **Try to think of how many times you've overthought something and it turned out better than expected.**

By this, we don't mean you should ignore people who have an informed concern about what you're doing; sometimes, you should get multiple perspectives before taking a risk. We're talking about those who always say

that you can't do it. They just squawk "NO" like a bird, and provide no good advice otherwise.



The “Comfort Zone”– You might think that working that boring job every day is fine because you're familiar with it and it gives you financial peace of mind. Living in your one-horse town is fine because you know every person and location there, and if you moved to a new place, you'd have to relearn.

Did you realize that this has become your “*comfort zone*”? If you are happy with what you are doing, then that's fine...However, what if you are unhappy and stuck doing the same thing for the rest of your life, and then ending with nothing but regrets. If only you stepped out of your comfort zone and lived life. Now, you're at the end of life and can't do that!

Does that seem upsetting? That's because it is. **Everyone is going to leave their life with a regret, but there are regrets that you can fix now.**

It's difficult to change your mindset immediately, but by taking calculated and affirmed risks and ignoring the voice that tells you "no," for no good reason, you will begin to see subtle changes in your life. You don't need others' permission to affirm your decisions too.

Too Much Positivity? – In the previous chapter, we mentioned that some negative thoughts are fine. Likewise, we might as well talk about to what degree that positivity can be bad. Being optimistic is great, but some take it too far and think that positive thinking will make them invincible.



Try diving into lava while thinking that you won't get burned as long as you think positive. It's not going to work. While that's a hyperbolic example, some people will use their positive thinking to ignore possible consequences and risks, and ignore a bad situation, as they think it'll fix itself.

If you want a bulletproof mind, **you want to be decisive and try to take the calculated risks**, but not all risks are created equal. An example of a low-level risk is asking someone on a date. The worst that will happen is they'll say no. A high level risk is gambling all your money away in the hopes that positive thinking will double it. As you're losing money, you should probably pull back.



Your mind needs to have a balance. Like yin and yang. Keep a somewhat positive outlook, work hard to accomplish your goals, but be realistic when needed. Think critically, and always see how you can improve yourself.

Applying The Key Elements Of Decisiveness:

- **Be confident!**

Think positively. You can play positive recordings, push out negative thoughts, and be like the engine that keeps repeating that *“You can do it!”* It’s hard to change your outlook right away, but by slowly incorporating more positive elements into your life, you can slowly get rid of doubts.

- **Take calculated risks**

If you’re wanting to ask someone out, think about the right time to do it. Don’t wait, but don’t do it right away. Strike a conversation and figure out the best time to ask. Set yourself on a timeframe if you have to in order to give you time to build up some courage, but not procrastinate. Don’t dwell on the past.

- **Don’t listen to people who says it can’t be done**

Instead, if it couldn’t be done, question them back: *“Why it couldn’t be done?”*

- **Stepping out of the “comfort zone”**

If it doesn't work, return back to it, and at least know that you have tried, at least initially. What matters is that you will find a new way to get out of the comfort zone. Don't just return to normalcy because one thing didn't work. Further, imagine, think and plan about the alternatives.



Why Stop There, When Greatness Is Just One Step Away?



Someone with a bulletproof mind never stays on the plateau for long. When making a change, think of it as climbing a hill. You're running up to it, sweating and struggling with every step on the ground, and then you reach the top, and

the ground is now even. You run on the ground for a while, and then it becomes easy because you are used to it.

This is the plateau effect. This is widely used and most popular in the fitness scene. Someone does a workout, and at first, they see amazing results. Their weight may drop, or they may see muscles. But they end up doing the same workout every day and never mix it up. Soon, the effects are less noticeable. The number on the scale doesn't go down as fast. Or at all. Sometimes, it may go up. Your muscles may end up turning back to fat.

This is because your body struggles to get used to something new, but when it's finally used to it, there is no challenge, and the results aren't as good. The idea of beating the plateau effect in the workout scene is to add new workouts to surprise your body, **or take the workout you have now and make it more challenging than it was before.**



This is how you improve. Think about how you can take what you have and make it bigger. For instance, if you're getting into fitness, think about how you can lift ten more pounds, run a mile in less time, eat better, the list goes on.

A plateau should not exist. As soon as you get good at something, make it more difficult. How can I earn more money? How can I build onto my home? Take your life and look at everything you feel like you've hit a plateau at, and then think about how you can improve it.



You've come this far, and you've build yourself quite a support system. Outside your mind, you've surrounded yourself with friends who will cheer you up. Inside your mind, you've pushed out the bad thoughts and keep the positive ones locked in. You don't recklessly take risks, but instead look at your life, set a goal, and make it to your destination. You may fall a few times on your journey, but like a warrior of ancient times, you keep fighting, no matter how many arrows enter your body.

But how do you know if you've reached the plateau? Sometimes, you may feel comfortable with doing something, and then you may feel challenged by it again. Here are a few questions you need to ask yourself.

How To Grow Beyond Your Limits?

- **Ask yourself these simple questions.**

- Do I feel like I've done everything I can to make this more challenging?
- Do I feel bored with what I'm doing?
- Does my mind or body feel stimulated at all, or do I feel nothing?
- Do I feel myself deteriorating due to the lack of challenge?

If you answer yes to any of these questions, then you might have reached a plateau, and you'll want to challenge yourself again. See, humans thrive on stimulation. If their curiosity isn't piqued, if they feel like they aren't being challenged, then they suffer. Always mixing it up when you hit a plateau means your mind will be more stimulated, and thus more bulletproof.

- **Think of what needs the most improvement in your life.**

What things have descended into mediocrity, and how can you make them more challenging or stimulating? Write them down, especially if you feel bored whenever doing a task.

- Try doing your workout faster in order to feel more burn.
- If your art seems stale, try drawing, writing, etc. in a different style than the one you're used to.

Mixing up your lifestyle will smash the plateau, and in its rubble, the road to improvement lies.



Leave No Man Behind



By now, your mind is unstoppable. You're racing towards your goals, and no matter how many bullets come your way, you get past them or not afraid of it.

Your life has improved immensely, and you never hit any plateaus, but instead climb mountains that get taller and rockier.

There is one more trap you must not fall in, and that's **the trap of selfishness**. We did an entire section about empathy. You must listen to other people and learn from their experiences if you want to grow as a person. As you keep reaching your goals, you should not find yourself only doing it for yourself.

Think about it. There are tons of people who used to be like you. They're negative, and while they may have purposes, they put no effort into accomplishing them. No time is spent trying to improve on themselves. Their minds succumb instantly when faced with a mental bullet.



Act like a mentor to these people. Maybe it's your spouse, friend, or coworker who just can't shake the negative energy off. If you know anyone like this, you can go to them and offer your advice. Show them this book, or at least your own version of it.

Now then, just like the idea of too much empathy, you need to remember to keep a balance when spreading the concept of a bulletproof mind to people. You can't just spread it to everyone you see on the street. You'll end up sounding obnoxious to many people.



Instead, talk to some people around your life who do want to improve themselves, but don't know how. These people are sincere with their goals in their hearts, but their mind just isn't cooperating. You used to be like them, so why not reach out and show them this philosophy?

Not everyone will accept it; this isn't a technique that fits all, and some may find different ways to improve themselves. But if it does work, that's one less negative person in the world, and they can spread the idea of a bulletproof mind to their peers, and so on. You soon may weave a web of positivity.

Here's a simple guideline to helping someone:

- Someone comes up with you with their problems. They want to reach a goal, but are too afraid, or don't want to take any risks.

- You ask them what they've tried to alleviate the problem. Have they tried reaching the goal, or have they sat around, hoping the problem will correct itself?
- If no effort has tried, teach them about being more confident and decisive. Tell them that even if they fail, it's not the end of the world, and it's a learning experience.
- If they succeeded, teach them more about the ways of the bulletproof mind. You helped them once, so they'll be more trusting.
- If they failed, teach them the philosophy of never giving up. Tell them that successful people all around the world have had to fail dozens of times before they succeeded.

That's just one way to get the word across.

Life is just too short to let people suffer. If you're seeing someone who needs your help, listen, and then spread your techniques to them. There are some people who just can't learn unless they have someone teaching them, and by asking if they need help, you'll end up doing a deed that they'll never forget.



That's another little lesson we should discuss before we leave. Don't be afraid to ask for help! Some people think that depending on others is a sign of weakness, but if you have people who care about you enough to want to help you, that's a good thing. While you shouldn't take advantage of them and be totally dependent, if they have resources to help you accomplish your goal, don't be afraid to ask.

Helping others, and receiving help, is yet another way to having a bulletproof mind, and arguably one of the most important virtues of all. If the world did this more often, we'd be in a better place.



Simply talk to a friend, family member, or other acquaintance about how this book has improved your life. Don't preach to them, but instead show them if they're interested, and even if not, they will still congratulate you and make you feel motivated.

Your Journey Has Just Begun



We hope this book has made you want to take steps in achieving a bulletproof mind. Your mind is goal-oriented, decisive, and reducing the negativity. You'll want to share your thinking with others, and in turn, make the world a better place.

With that said, here are some pointers you need to remember.

- **This Won't Happen Overnight**



To change your thinking around, you'll need to train yourself. Think of your brain as a muscle. If it's not in shape, it takes a bit of strenuous training before it's in shape, and that's the same with changing your thinking. Try doing it slowly. Work at one part of you at a time. For instance, maybe spend one week becoming more decisive, and then another trying to work on your purpose. By trying to do everything at once, you'll get overwhelmed, and you may suffer because of it.

- **Slipping Up Is Natural**



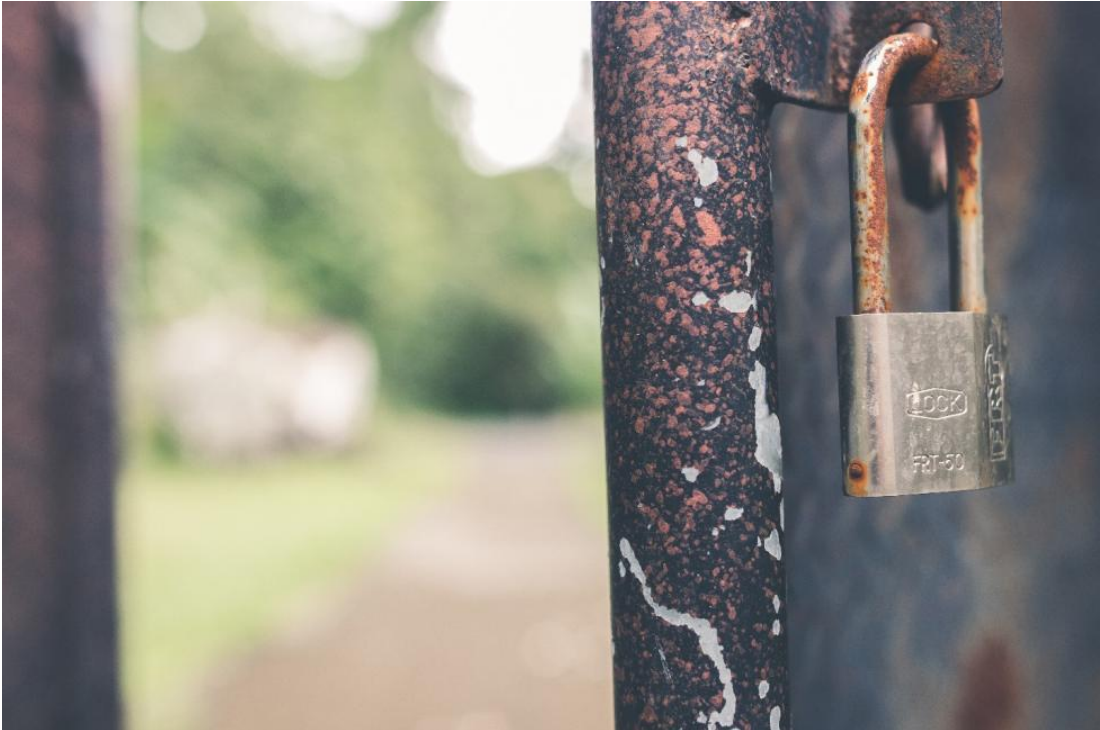
Do you have a day where you feel negative? Did you have a week where you didn't put much effort into accomplishing your goals? It's fine! Everyone is going to have their off days and weeks. The important thing is that you don't use that as an excuse to continue down that path. It's like dieting. You're going to have a day where you end up eating ice cream and pizza, but don't use that one slip-up as a way to eat like that every day. Go back to your normal diet after that day.

- **All Minds Are Different**



What works for one may not work for you. While this book is a great guide for everyone, we understand that not everyone can change their mind in these particular steps. Some people take different steps, or do them out of order. It all depends. You can take the advice of this book and change it to best suit your mind. If you get something good out of it, we don't care if you don't follow the directions to a T. As long as you reach your destination, taking a different road won't matter.

- **Failure Is the Key To Success**



If you take a risk and it ends up failing, don't give up. We said this before and we'll say it again: you have to fail a few times before you succeed. The car wasn't perfected the first time it was put together, and your goals probably won't be accomplished on the first go. The important thing is that you learn from your mistakes and self-correct as you try again.



A bulletproof mind will get you far in life. In a world that's a warzone, you'll need protection, and by tuning your mind so it's bulletproof, you'll survive what life has to offer.