



Life Hack: Creating A Better You!

"Your book has been written, its time to turn the pages and see a better you!"

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Life Hack: Creating A Better You

Handbook

PLR

The S twins: Success and Self-Improvement

Life is never random; a purpose lies in every part of your story. This includes the very highs, to the really sad lows in your life. The instinct may naturally be to hide in a cave, locked, hiding your fears and crying a river over past issues, failures and heartaches. The key is to use that as a stepping stone, and a platform for self-improvement and success.

So how does one get on the bridge that links self-improvement with success? By implementing these steps:

- 1) **Mindset change:** You must be your biggest cheerleader! Jump past the level of failure, and into success. Applaud every step!
- 2) **Goals:** Set small and reachable goals.
- 3) **Competition:** Look within and not outward. See yourself and not others as your greatest competition.

- 4) **Learn:** See everything as a learning opportunity. Learn everyday! See everything as an opportunity to take something from it all.
- 5) **Smile:** Research shows that smiling makes a person feel good. Smile more.
- 6) **Support:** Have people around you that you want to become like. You are the sum of everyone around you.

Success doesn't just happen. For every success story, there is a journey in it full of ditches and bridges. The journey starts when you allow it to begin. The moment you open yourself up to learning, and improving, the lessons start. Look around you, the world is your classroom. Class is in session.

Why?

Your biggest competition in the race of life, will always be yourself. The problem is many people spend time looking at the next lane, thinking that person

somehow has it better. The truth is that if you were to sit down, and talk to them, and listen to their story, you most likely will prefer your own version. It is time to look in the mirror, and appreciate the reflection you see.

You are a mother struggling with your tantrum throwing toddler. You have on your Saturday morning's best, which is pretty much an oversized hoody, and a pair of jeans. You are trying to stop the child from picking everything in the store. A pretty lady wearing a crop top, showing some wash board abs walks past you on the phone, she struts along with her 4 inches, and you just wish... Now what you may not know is she is thinking, I am tired of this life, I wish I had a family at home to go back to. She may have had a few miscarriages even, and just wants a child!

We see a young business entrepreneur and say "*Wooh... he has it made!*" He looks at himself every morning, "I really need to attend AA classes, someday they will see right through me."

Sounds funny right? We see others, and envy takes over, yet even within that perfection, things still are imperfect. As a result of our poor self-esteem, and lack of self-confidence, we create a cobweb of dark desperation.

I know someone who talks nonstop. And in most conversations, she rambles on and on, without realizing that no one else is interested in the things she has to say. She never listens, or gives room for one to say anything. Now many people tend to avoid the circles whenever she's around.

One key to self-improvement is to find a wise sounding board. Someone trusted that you can open up and confide in. Find someone who is open to telling you not just what you want to hear, but what you need to hear. Ask questions like "do you think I am arrogant?", "Do I always talk too much?", "Do I talk too loud?", "Does my breath smell?", "Do I ever bore you when were together?". Tell the person to be open and frank with their comments. Open up your mind and heart as well, to receive whatever comments may be as constructive criticism. This is crucial to helping you improve yourself.

The fastest way to stifle growth is with comparison. Learn to accept and love the person that you are right now. Only then, can you start the journey forward.



The best way a spouse can help the other with self improvement is not by negative criticism. It starts by loving and accepting that person. By creating an atmosphere of love, you allow them to trust and feel accepted. That act of love will be the biggest motivator to cause them to seek self improvement.

Self-improvement and learning the art of loving yourself does not mean going to the mountain top and proclaiming your greatness. It's the virtue of acceptance and contentment. Once we start improving ourselves, we naturally start feeling good, content and happy.

Constructing A Better You

So what ways can you stay calm, composed and maintain self-esteem in a difficult environment? Here are some key steps you may to consider as a launching pad to self-improvement.



Picture yourself as a Dart Board. Think of everything and everyone else around you as Dart Pins. As they strike, they damage your self-esteem and hurt you in so many ways. Now how can you stop them?

Dart Pin #1 : Work

Beware of "survival of the fittest theory" that may occur in a negative work environment. Some places rather than encourage cooperation, turn into a war zone. It is easy to want to jump in, and start a non ending fight. Stop it! Stay out of this, it will hurt your self-esteem. See others in a work place as a way of learning. What can you glean from others' experiences?

Dart Pin #2: Other People's Behavior

You can't change how other's act, you can only change your response to how they act. You control yourself and not others. Don't worry about the behaviors of others, worry about yours.

Dart Pin #3: Change

Change is painful. It forces us into an arena that is unfamiliar. It exposes our weaknesses. Gold is transformed by fire. It expands, but it ultimately ends up in the right shape that was intended. While change may cause you to hurt temporarily, if you look at it as an opportunity, you will discover new ways to self-improvement. For example you have a new job role, and much is expected. As you learn to ride the curtails of change, like a wave, it will surely carry you up.

Dart Pin #4: The Past

Cry if you must about the pain of the past, but don't remain there. See it as a chance to learn, and a lesson point. If you stay too long at your pity party, it will eat you up!

Dart Pin #5: Perception

Two people can go through the same experience, but perception will determine their different outcomes. Do not get caught up in the negativities of the world. In every dark area, determine to find the light, even you have to be the light!

Dart Pin #6: Determination Theory

What determines who and what you are, is a mix of genetics and the environment. Remember that you do not have to follow the negative patterns that may be in your family. If your parent was an alcoholic, by changing or creating the right environment, you can determine that you do not fall into that same tunnel.

Life is really about choices. You can choose to be happy or not. When you wake up every day, it is important to have affirmations to determine how your day goes. Choose to speak positive words, and determine that no matter what, even if someone says something negative, it will not change that stand. The more you do that, the more natural it becomes. Today you must choose to build your self-esteem. There is no magic genie. God wouldn't descend from heaven and say—"Michael, I give you the decree to now improve your life"

Let's face it. Life is rough, especially when negative forces around are bringing you down. Think of life as a battle. There are many wars to be won. Remember to have the right armor of protection, to prevent the random attacks. Also realize that falling down does not mean the war or battle is lost. Once you get up, you have another chance to fight again. The more you fight, the tougher you become, and the stronger you become. That is how it is with self-improvement.

Take responsibility for your inadequacies. You can never get on the journey of improving yourself if you never admit there is something wrong. What is interesting is that as you are fighting, you move up the ranks in the military. Eventually you become the commander of the team, the leader. Then you become the go-to person to help others develop their self-esteem. You become a movement. I know, because I have been there.

Where Does Your Faith Lie?



I need God, what about you?

Spiritual growth is challenging, especially in a world that seems to take one away with the lures of money, power and craziness. Technology also plays a key role by giving us easy, fancy gadgets that have taken our minds away from what is really important. Somewhere along the way we lose sight of self-worth and self-meaning. In what ways can we create a balance between the material and spiritual aspects of our lives?

To grow spiritually is to look inward.

Your thoughts, beliefs, and motivations. It is important to practice the art of introspection, and look within. Yield your mind, and flow with it. Question your motives for everything you do. Learn to hold every thought captive. Reexamine every decision, and learn to reach within to gain perspective and great insights on your life goals. Let go of bad and questionable behavior and traits. Once you are truly honest, you will know, and accept them, and discard. It takes practice, but also being willing, and courageous to discover the truths that are within you. Forgive yourself of anything negative you may have thought or done, and then move forward!

To grow spiritually is to develop your potentials.

Religion and science have differing views on matters of the human spirit. Religion views people as spiritual beings temporarily living on Earth, while science views the spirit as just one dimension of an individual. Mastery of the self is a recurring theme in both Christian (Western) and Islamic (Eastern) teachings. The needs of the body are recognized but placed under the needs of the spirit. Beliefs, values, morality, rules, experiences, and good works provide the blueprint to ensure the growth of the spiritual being. In Psychology, realizing one's full potential is to self-actualize.

Maslow identified several human needs: **physiological, security, belongingness, esteem, cognitive, aesthetic, self-actualization, and self-transcendence**. James earlier categorized these needs into three: material, emotional, and spiritual. When you have satisfied the basic physiological and emotional needs, spiritual or existential needs come next. Achieving each need leads to the total development of the individual. Perhaps the difference between these two religions and psychology is the end of self-development: Christianity and Islam see that self-development is a means

toward serving God, while psychology view that self-development is an end by itself.

To grow spiritually is to search for meaning.

Religions that believe in the existence of God such as Christianity, Judaism, and Islam suppose that the purpose of the human life is to serve the Creator of all things. Several theories in psychology propose that we ultimately give meaning to our lives. Whether we believe that life's meaning is pre-determined or self-directed, to grow in spirit is to realize that we do not merely exist. We do not know the meaning of our lives at birth; but we gain knowledge and wisdom from our interactions with people and from our actions and reactions to the situations we are in. As we discover this meaning, there are certain beliefs and values that we reject and affirm. Our lives have purpose. This purpose puts all our physical, emotional, and intellectual potentials into use; sustains us during trying times; and gives us something to look forward to---a goal to achieve, a destination to reach. A person without purpose or meaning is like a drifting ship at sea.

To grow spiritually is to recognize interconnections.

Religions stress the concept of our relatedness to all creation, live and inanimate. Thus we call other people "brothers and sisters" even if there are no direct blood relations. Moreover, deity-centered religions such as Christianity and Islam speak of the relationship between humans and a higher being. On the other hand, science expounds on our link to other living things through the evolution theory. This relatedness is clearly seen in the concept of ecology, the interaction between living and non-living things. In psychology, connectedness is a characteristic of self-transcendence, the highest human need according to Maslow. Recognizing your connection to all things makes you more humble and respectful of people, animals, plants, and things in nature. It makes you appreciate everything around you. It moves you to go beyond your comfort zone and reach out to other people, and become stewards of all other things around you.

Growth is a process thus to grow in spirit is a **day-to-day** encounter. We win some, we lose some, but the important thing is that we learn, and from this knowledge, further spiritual growth is made possible.

What is Your Inspiration?

What inspires you? Pain can be good because it forces some people to make a change. Bad grades can make us realize that we need to study. Debts may lead someone into stepping outside the box and starting their own business. Being humiliated gives us the 'push' to speak up and fight for ourselves to save our face from the next embarrassments. It may be a bitter experience, a friend's tragic story, a great movie, or an inspiring book that will help us get up and get just the right amount of motivation we need in order to improve ourselves.

With the countless negativity the world brings about, how can you stay on track? Try on the tips, we call the ABCs of life!

- A. **Action.** Take action. Avoid negative people, things and places. Eleanor Roosevelt once said, "the future belongs to those who believe in the beauty of their dreams."
- B. **Believe in your self**, and in what you can do.
- C. **Consider things on every angle and aspect.** Motivation comes from determination. To be able to understand life, you should feel the sun from both sides.
- D. **Don't give in and don't give up.** Thomas Edison failed once, twice, more than thrice before he came up with his invention and perfected the incandescent light bulb. Make motivation as your steering wheel.
- E. **Enjoy.** Work as if you don't need money. Dance as if nobody's watching. Love as if you never cried. Learn as if you'll live forever. Motivation takes place when people are happy.
- F. **Family and Friends** – are life's greatest 'F' treasures. Don't loose sight of them.
- G. **Give more than what is enough.** Where does motivation and self-improvement take place at work? At home? At school? When you exert extra effort in doing things.

- H. **Hang on to your dreams.** They may dangle in there for a moment, but these little stars will be your driving force.
- I. **Ignore those who try to destroy you.** Don't let other people to get the best of you. Stay out of toxic people – the kind of friends who hates to hear about your success.
- J. **Just be yourself.** The key to success is to be yourself. And the key to failure is to try to please everyone.
- K. **Keep trying no matter how hard life may seem.** When a person is motivated, eventually he sees a harsh life finally clearing out, paving the way to self-improvement.
- L. **Learn to love your self.** Now isn't that easy?
- M. **Make things happen.** Motivation is when your dreams are put into work clothes.
- N. **Never lie, cheat or steal.** Always play a fair game.
- O. **Open your eyes.** People should learn the horse attitude and horse sense. They see things in 2 ways – how they want things to be, and how they should be.
- P. **Practice makes perfect.** Practice is about motivation. It lets us learn repertoire and ways on how can we recover from our mistakes.
- Q. **Quitters never win.** And winners never quit. So, choose your fate – are you going to be a quitter? Or a winner?
- R. **Ready yourself.** Motivation is also about preparation. We must hear the little voice within us telling us to get started before others will get on their feet and try to push us around. Remember, it wasn't raining when Noah build the ark.
- S. **Stop procrastinating!**

- T. **Take control of your life.** Discipline or self control gives synonymously with motivation. Both are key factors in self-improvement.
- U. **Understand others.** If you know very well how to talk, you should also learn how to listen. Yearn to understand first, and to be understood the second.
- V. **Visualize it.** Motivation without vision is like a boat on a dry land.
- W. **Want it more than anything.** Dreaming means believing. And to believe is something that is rooted out from the roots of motivation and self-improvement.
- X. **X Factor is what will make you different from the others.** When you are motivated, you tend to put on “extras” on your life like extra time for family, extra help at work, extra care for friends, and so on.
- Y. **You are unique.** No one in this world looks, acts, or talks like you. Value your life and existence, because you’re just going to spend it once.
- Z. **Zero in on your dreams and go for it!!!**

Here Are The Keys



When we look at a certain object, a painting for example – we won't be able to appreciate what's in it, what is painted and what else goes with it if the painting is just an inch away from our face. But if we try to take it a little further, we'll have a clearer vision of the whole artwork.

We reach a point in our life when we are ready for change and a whole bunch of information that will help us unlock our self-improvement power. Until then, something can be staring us right under our nose but we don't see it. The only time we think of unlocking our self-improvement power is when everything got worst.

Take the frog principle for example.

Try placing Frog A in a pot of boiling water. What happens? He twerps! He jumps off! Why? Because he is not able to tolerate sudden change in his environment – the water's temperature. Then try Frog B: place him in a lukewarm water, then turn the gas stove on. Wait until the water reaches a certain boiling point. Frog B then thinks "Ooh... it's a bit warm in here".

People are like Frog B in general. Today, Katie thinks Jan hates her. Tomorrow, Michael walks up to her and told her he hates her. Anna stays the same and doesn't mind her what her friends says. The next day, she learned that Carrie and Mark also abhors her. Anna doesn't realize at once the importance and the need for self-improvement until the entire community hates her.

We learn our lessons when we experience pain. We finally see the warning signs and signals when things get rough and tough. When do we realize that we need to change diets? When none of our jeans and shirts would fit us. When do we stop eating candies and chocolates? When all of our teeth has fallen off. When do we realize that we need to stop smoking? When our lungs have gone bad. When do we pray and ask for help? When we realize that we're gonna die tomorrow.

The only time most of us ever learn about unlocking our self-improvement power is when the whole world is crashing and falling apart. We think and feel this way because it is not easy to change. But change becomes more painful when we ignore it.

Change will happen, like it or hate it. At one point or another, we are all going to experience different turning points in our life – and we are all going to eventually unlock our self-improvement power not because the world says so, not because our friends are nagging us, but because we realized its for our own good.

Happy people don't just accept change, they embrace it. Now, you don't have to feel a tremendous heat before realizing the need for self-improvement. Unlocking your self-improvement power means unlocking yourself up in the cage of thought that "its just the way I am". It is such a poor excuse for people who fear and resist change. Most of us program our minds like computers.

Jen repeatedly tells everyone that she doesn't have the guts to be around groups of people. She heard her mom, her dad, her sister, her teacher tell the same things about her to other people. Over the years, that is what Jen believes. She believes its her story. And what happens? Every time a great crowd would troop over their house, in school, and in the community – she tends to step back, shy away and lock herself up in a room. Jen didn't only believed in her story, she lived it.

Jen has to realize that she is not what she is in her story. Instead of having her story post around her face for everyone to remember, she has to have the spirit and show people "I am an important person and I should be treated accordingly!"

Self-improvement may not be everybody's favorite word, but if we look at things in a different point of view, we might have greater chances of enjoying the whole process instead of counting the days until we are fully improved. Three sessions in a week at the gym would result to a healthier life, reading books instead of looking at porns will shape up a more profound knowledge, going out with friends and peers will help you take a step back from work and unwind. And just when you are enjoying the whole process of unlocking your self-improvement power, you'll realize that you're beginning to take things light and become happy.

Now for the...

Crash Course 7-Day Program to Self-Improvement

I seem to have lost count on how many times I've read and heard of celebrity marriages failing almost left and right. Not that I care (and personally I don't), it seems strange that we often see movie and TV stars as flawless people, living the fairytale life of riches and glamour. I suppose we all have to stop sticking our heads in the clouds and face reality.

There are many ways to lose your sense of self-esteem despite of how trivial it could get. But whatever happens, we should all try not to lose our own sense of self.

So what does it take to be a cut above the rest? Here are some of the things you can think and improve on that should be enough for a week.

Day 1: Purpose and Direction.

Are you wandering through life with little direction - hoping that you'll find happiness, health and prosperity? Identify your life purpose or mission statement and you will have your own unique compass that will lead you to your truth north every time.

This may seem tricky at first when you see yourself to be in a tight or even dead end. But there's always that little loophole to turn things around and you can make a big difference to yourself.

Day 2: What are your values?

What do you value most? Make a list of your top 5 values. Some examples are security, freedom, family, spiritual development, learning. As you set your goals for this year - check your goals against your values. If the goal doesn't align with any of your top five values - you may want to reconsider it or revise it.

The number shouldn't discourage you, instead it should motivate you to do more than you can ever dreamed of.

Day 3: Know yourself.

Unmet needs can keep you from living authentically. Take care of yourself. Do you have a need to be acknowledged, to be right, to be in control, to be loved? There are so many people who lived their lives without realizing their dreams and most of them end up being stressed or even depressed for that matter. List your top four needs and get them met before it's too late!

Day 4: Know your passions.

You know who you are and what you truly enjoy in life. Obstacles like doubt and lack of enthusiasm will only hinder you, but will not derail your chance to become the person you ought to be. Express yourself and honor the people who has inspired you to become the very person you wanted to be.

Day 5: Live your best life.

Increase your awareness of your inner wisdom by regularly reflecting in silence. Commune with nature. Breathe deeply to quiet your distracted mind. For most of us city slickers it's hard to even find the peace and quiet we want even in our

own home. In my case I often just sit in a dimly lit room and play some classical music. There's sound, yes, but music does soothe the savage beast.

Day 6: Honor your strengths.

What are your positive traits? What special talents do you have? List three - if you get stuck, ask those closest to you to help identify these. Are you imaginative, witty, good with your hands? Find ways to express your authentic self through your strengths. You can increase your self-confidence when you can share what you know to others.

Day 7: Serve others.

When you live authentically, you may find that you develop an interconnected sense of being. When you are true to who you are, living your purpose and giving of your talents to the world around you, you give back in service what you came to share with others -your spirit - your essence. The rewards for sharing your gift with those close to you is indeed rewarding, much more if it were to be the eyes of a stranger who can appreciate what you have done to them.

Self-improvement is indeed one type of work that is worth it. It shouldn't always be within the confines of an office building, or maybe in the four corners of your own room. The difference lies within ourselves and how much we want to change for the better.

As the book is coming to an end, I'd like to share with you some 10 of my favorite quotes on improving yourself. Hope you find them useful!

10 Inspirational Self-Improvement Quotes

1. **"Money is better than poverty, if only for financial reasons."** It sounds good to me, I mean the practicality of all things does involve money but it doesn't have to take an arm and a leg to get it.
2. **"I believe there is something out there watching us. Unfortunately, it's the government."** 'Enough said.

3. **"There are worse things in life than death. Have you ever spent an evening with an insurance salesman?"** This happens to be one of the classic ones. I mean the issue about life's little problems isn't all that bad, until 'he' shows up. Sure, relationships can get complicated, or does have its complications that probably any author about relationships is bound to discover it soon. We follow what our heart desires, unless you're talking about the heart as in the heart that pump blood throughout your body.
4. **"Love is the answer, but while you're waiting for the answer, sex raises some pretty interesting questions."** And if you want more, just keep on asking!
5. **"A fast word about oral contraception. I asked a girl to go to bed with me, she said 'no'."** It sounds, 'practical', I think. And when it comes to everyday life, he really knows how to make the best out of every possible scenario, and it doesn't involve a lawsuit if he strikes a nerve.
6. **"Basically my wife was immature. I'd be at home in the bath and she'd come in and sink my boats."** I never had a boat in my bathtub before. Just staring at it while soaking in hot water makes me seasick already.
7. **"I am not afraid of death, I just don't want to be there when it happens."** If it rains, it pours.
8. **"I am thankful for laughter, except when milk comes out of my nose."** It could get worse when you're guzzling on beer... or mouthwash, and it happened to me once!
9. **"If you want to make God laugh, tell him about your plans."** At least he doesn't smite us with lightning, and I'm thankful for that. And despite of what may happen to all of us in the next ten, twenty, or even thirty years, I guess we all have to see things in a different kind of light and not just perspective. I can't seem to imagine life without any piece of wisdom that could guide us. Whether we're religious or not, it takes more courage to accept your fears and learn how to deal with them is all that matters when it comes to even just getting along. And to sum things up,

here is the last nugget of wisdom to go by... however, whenever, and wherever we may be.

10. **"The talent for being happy is appreciating and liking what you have, instead of what you don't have."**