# Mastering Ourselves to Master Our Destiny

Have you ever been in the room with someone who doesn’t seem to realize that they are overstepping boundaries and generally just making other people around them feel uncomfortable? Have you ever wondered during such times whether or not you yourself might come across as one of these types of people?

The sad fact of the matter is that many of us are oblivious to our own faults and social faux pas, and because humans are social animals this can sometimes get seriously in the way of our success. Fortunately, learning how to communicate effectively in the ways that help others feel at ease around us is a skill that we can develop over time.

The first thing we need to do is to feel confident. When we are not confident in ourselves and our opinions, it shows. Other people can tell when we are trying too hard, and that becomes unappealing and a little bit embarrassing to them. If you want to master your destiny and communicate in an authentic way, then you need to realize that you are a capable and competent person with your own plethora of strengths.

Here is a little secret: you don’t need to impress anybody. You are simply there to share ideas and try to have a good time doing it. Whether people agree with you or not isn’t the end of the world; opinions and ideas are just that. It is fact that is indisputable, and if you find yourself bickering about facts, as long as you are doing so in a respectful way, then chances are high that you are garnering respect while doing so.

The next thing you can do to communicate authentically is probably so simple that it might sound stupid. Think before you open your mouth. You have probably heard this all your life, but it couldn’t be more true than it is in the world of achieving goals and networking. You do not want to go off half-cocked and make a fool of yourself in front of someone who may remember you as a hothead later on down the line when it could truly matter. Instead of blurting out all of your thoughts and opinions, learn to listen and make mental notes to look into ideas that challenge your own. It is always good to be open-minded to new perspectives, so give it a shot!

Last but not least, learn how to concede. Many of us are insecure and will hold tightly to an idea or opinion even if we are proven wrong. Don’t let yourself be that guy. Instead, learn how to listen to opposing perspectives and give everybody the impression that you are going to respect them no matter what they think or believe, even if that happens to differ from your own personal thoughts and opinions.

Once we have mastered ourselves in the art of communication, then all that is left from there is to go after what we truly want with no apologies! Only then can we be true masters of our destiny!