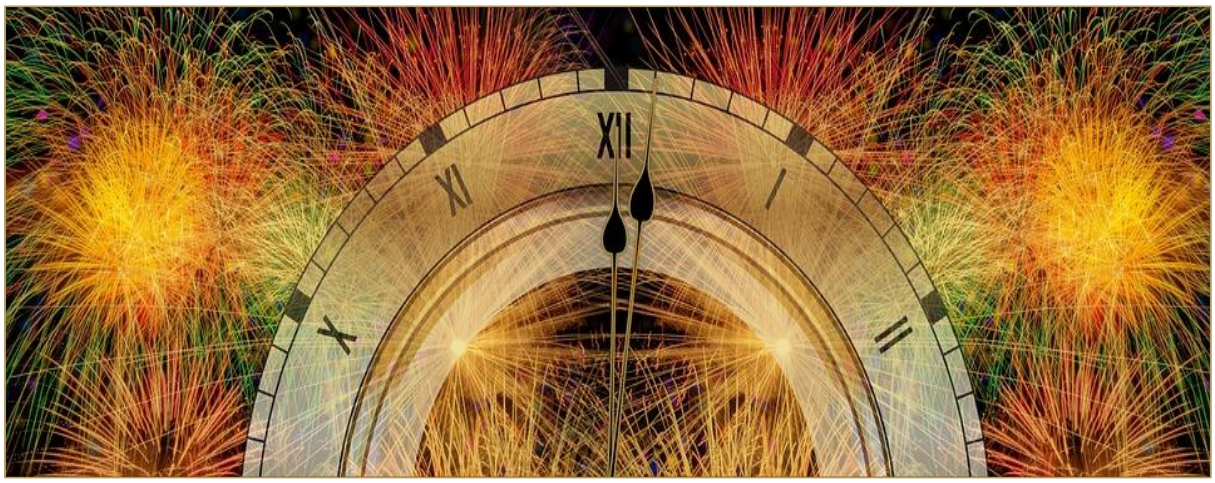
Learn the Art of Reinventing Yourself



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Introduction

Making new strides toward a better you is one of the best decisions you can ever make, whether you've been feeling on top of the world lately or you've not been able to get your steps together. Regardless of how it is to you, committing to change, reinventing yourself, and building a new, better you are undoubtedly a great cause. And with this, you'd probably be wondering — how can I make changes for the better to reinvent myself? How do I become a better me? What must I do to enjoy better relationships with my family and friends? How do I even change?

You see, the answers to the question aren't very far. And, you don't have to get too worked up over all of these because there are simple tips you can make use of and there are baby steps you can take to become a better you. Take note that your potential can be hindered, irrespective of all the opportunities that may surround you, if you keep causing problems for yourself. You need the determination to work on yourself to do better and become better.

As humans, one of the things we should prioritize is striving to maximize our potential and improve ourselves. If you want to develop yourself to be a better version of who you are; someone who can achieve his or her dreams, you must stay committed to that goal. You'll eventually be glad you did because this is where you'll easily realize all the prosperity, love, success, and happiness that you've always been running after.

For you to improve your life; your energy, capital, and time are the resources that you'll need to allocate appropriately and there's no better time to start investing in yourself than now. To reach important personal milestones and make daily progress, you need to invest in yourself. Start dreaming again. Evaluate your goals. Get re-energized. Stay dedicated to exploiting the day and building a better you for the future by making use of the tips and ideas that have been embedded in this book to help you achieve a new, better you.

More so, it's worthy to mention that the changes you expect may not come suddenly. So, don't be too hard on yourself because your efforts will certainly start showing gradually and the results will bring a beautiful smile to your face! Let's get to it — building a new, better you.

CHAPTER 1

DO YOU WANT TO BECOME THE BEST YOU?

Chapter 1: Do you Want to Become the Best you?

In our journey to become better and grow to be the best we can be, we're constantly exposed to different kinds of lies that often tend to appear true. Some will say hard work is what it takes to become the best and some people will also share that it takes confidence to be the best. Our parents, books, and movies have also projected many ideas to us about becoming the best. While we try to put in as much effort as we can and give in to the hard work that's recommended, we find ourselves enjoying a couple of benefits slowly but as time goes on, we begin to realize that hard work isn't usually the key.

The simple truth is you only become better at what you're doing or what you do when you work hard. For example, you may become better at writing when you read and write frequently. There's even a high probability that you'll become the best at it. Now, if you become the best at what you're doing, does that mean you're now the best version of yourself? Think about that yourself. Becoming the "best you" encompasses a wide array of

things, beyond just what you do. It cuts across many areas of your life and it's an unending journey. It will cost you determination and consistency to reap the good fruits of this journey. Plus, you should also check the reason why you want to do this.

Ask yourself; why do I want to become better? Is it to spite others around me? Or is it to improve me and become kinder, more focused, and more compassionate? Once you've been able to define your "why", you'll become more refueled and re-energized. As you stay committed, you'll realize that the little things you do will gradually become habits and they'll become a part of you.

Why You Should Build a New, Better You

It's quite disheartening that those areas like self-improvement and personal development do not get much emphasis because our academic courses and performances are usually the priority in colleges and schools. Acing our exams, getting good grades, and excelling in academics is what we're wired and encouraged to focus on when we're young and this is the mindset we have had until adulthood. Why is it that people don't know that although academics are important, personal development and

self-improvement are also critical for shaping people's lives too? Most of us don't value how significant it is for us to become better.

Maybe we're happy being ignorant, we take pleasure in refusing to face the fact, or we just love to brush our shortcomings under the carpet. We must understand that we can't run away from ourselves. To overcome being overwhelmed when these lapses start showing outrageously and taking a huge toll on our welfare and relationships, we must choose to welcome self-improvement as a necessity and become more conscious of our responses, emotions, and thoughts. Still on the reasons why you must build a new, better you, here are some more convincing reasons.

- **Increase Self-Awareness**

Do you know that things would be very different if you dedicate some time to know yourself more? Rather than being focused on others and their issues, redirect your attention. You must get to know yourself better and be more self-conscious if you want to take a step to build a better you. Nevertheless, you must understand that self-awareness doesn't have a fixed duration — it's a continuous journey.

- **Enhance Strengths**

You must know what your strengths are. You'll get to have more clarity on your strengths and be able to put them into use when you welcome self-improvement. Self-improvement helps you know what you want, achieve your goals, set more life goals, and excel. It will make you understand where you can perform better and where your weaknesses are and will consequentially propel you towards a happier and more productive life.

- **Overcome Weaknesses**

We've spoken about strengths: you should also know what your weaknesses are. Don't feel bad or shy about your weak areas; instead, think of them as growth and development opportunities. Be determined to overcome your weaknesses after you've identified their roots and accept them.

- **Step out of Comfort Zone**

"Comfort" can be very tricky and even though it feels good and relaxing to be in a comfort zone, it's usually not a healthy place to be because it's a place where growth cannot be attained. You'll be able to challenge yourself, take risks, try new things, face your fears, and step out of your comfort zone when you choose to work on reinventing yourself.

- **Improve Mental Health**

Self-improvement will furnish you with the capability to tackle your emotions as you'll have a better understanding of why you're experiencing them. You'll be able to effectively manage your emotions and thoughts when you work on knowing yourself better and building yourself. Your mental health is massively impacted when you are obliged to self-improvement.

- **Heal Relationships**

You're more likely to nurture healthy relationships when you improve your self-image and become a more self-sufficient person. By developing yourself and looking inward, you'll be laying the foundation to build meaningful relationships and combat conflicts. Both your professional and personal relationships will be enhanced through the positive changes you effect through self-improvement.

- **Sense of Purpose**

If you've been struggling with finding the meaning and purpose of your existence on earth, you should not hold back on keying into personal development and self-improvement. When you choose to walk this path, you'll be able to stay on the right track, your physical and mental well-being will be improved, you'll be motivated, you'll feel alive, and you'll be able to maintain focus on your life goals. You'll be able to deal with life's challenges that you're bound to meet when you have a sense of purpose.

- **Instill a Learning Attitude**

Nobody knows it all and no one can know everything. Because we're not perfect, we must channel self-improvement to improve, get feedback on our shortcomings, and recognize where our weaknesses are. Your attitude towards learning will become more positive when you give room for self-improvement and you'll be able to achieve success when you develop a learning attitude.

- **Better Decision Making**

Your capacity to make better, informed decisions will be increased when you can set your goals and you're conscious of what you want for yourself. Self-improvement gives you confidence and increases your self-awareness, which further helps to beef up your clarity and empowers you with good decision-making skills.

- **Cultivate Self-love**

Your self-esteem and confidence will be greatly increased when you see the growth you've experienced. Compassion and self-love are part of the positive effects of self-improvement.

Chapter 2: Is it Possible to Change?

Having understood how important it is to become better, there are no doubts that some people may be bothered about how feasible it is for them to change to become better. Over the years, it's been constantly debated and researched if personality changes are possible or not. Several answers have been sought for; if people can change truly and if personality is developed or inherited. Nevertheless, several pieces of evidence have justified that across our lifetime, it's possible for us to modify parts of our personality. For us to understand this, we must understand what the word "personality" means. So, what is personality?

All humans have their respective character which is often formed by a mix of qualities or characteristics. Now, these sets of qualities or characteristics are what's referred to as personality. The thing is, we all have some traits that have been with us throughout our lives and these traits do get to form our personalities. For instance, you may not like routine or anything that's too predictable but adore seeking something new if you've

always loved challenging yourself and being adventurous and optimistic when you are little.

You might as well be sensitive, challenging, friendly, cautious, disciplined, spontaneous, thoughtful, encouraging, outgoing, positive, organized, even-keeled, hands-on, or logical if you've always had any of these traits. In fact, there are some attributes that have been ingrained in us. But the truth of the matter is, life offers us endless opportunities to grow and evolve, work on our actions, modify our behavior and personality, and change and build ourselves for the best — we enjoy all of these as we become older and wiser with experience.

So, to answer your question; is it possible to change? The response is yes. Yes, you can change. Yes, you can do better. Yes, you can build a new, better you.

Tips to Consider for Change

- **Know Yourself**

You have to know yourself before you can even attempt to change yourself. It's very crucial. Knowing yourself comes with loads of benefits and, Pythagora, Socrates, Aristotle, and a host of other ancient philosophers did emphasize how relevant this is. So, how can you get to know yourself? A little soul searching and self-reflecting can help you to become more acquainted with who you are. You can as well take an assessment to get to know your personality better and have more knowledge about yourself.

- **Be True to Yourself**

We live in a world where people love to bask in deception and take pleasure in being fake about everything and who they are. “To thine own self be true.” This is one of the famous quotes of Shakespeare that calls for the acceptance of our uniqueness. You may have a model that's motivating you, you may be taking courses to impact your behavior, and you may be reading books to be knowledgeable about your actions but, are you true to

yourself? Why do you want to change? Is it to meet up with people's expectations or to fit in? Do you just want to be better than you used to be? Reflect on that but have it registered in your mind that you're uniquely you and living a life true to yourself is a courageous act.

- **Set Yourself Up for Success**

There are a couple of things you must keep in your mind when you're trying to change, and here are some of them:

- **Understand Your "Why"**

Your desire to make a change shouldn't come from the outside in but from the inside out. Thus, endeavor to be conscious of why you must change. If you don't have a substantial and compelling reason, you may not be able to make a lasting change. The changes you try to make won't stick if you don't find your "why" to be essential or you're just doing it because some people feel it's best you should. You must believe in the benefits of change, just as you know why you must change.

- **Be Specific**

What exactly is it that you're planning to change? Be clear and specific about it. Do you desire to be more disciplined, social, less selfish, more thoughtful, or kinder? Be specific. Know the areas

you want to improve on and don't just flow with "whichever way" or "whatever comes".

- **Take Action**

Once you've understood your why and you're now aligned with "what" you want to work on, the next step is to focus on "how" you intend to change. It takes time and dedicated effort to effect real change. Thinking solves nothing and neither does it foster a change in your personality. To make a change, you must build positive and helpful habits.

- **Invest**

Yes, invest. This time, not for a business purpose but for yourself because an investment in yourself is the best investment you can ever make. What trait do you desire to improve, change, or grow? Identify that first and then proceed with your plan. You can invest in skill development, training, or education. You can read on any topic, find books to read, or even take advantage of the many resources, online courses, and the massive podcasts available. Take time to listen to other people's stories if you want to be more open-minded or you're curious. If you want to develop your emotional intelligence (EQ), take a course on that. Likewise, you can read a book or take a course on time management if you desire to become more organized or more efficient.

- **Build Your Self-Esteem and Confidence**

Take action to beef up your self-esteem and confidence. When you're idle, you'll become vulnerable to think negatively but when you're active, you'll feel more motivated and more confident, which will help you eliminate fear and self-doubt.

- **Understand Your Values and Beliefs**

Some people don't even know what their values and beliefs are and, little do they know that changing their personality warrants that they understand their values and beliefs. How you show up in the world, how you interact, and the decisions you make can be massively influenced by your values. This is simply because your values are the principles guiding you. When it comes to values, there are no wrong or right ones and neither are they bad or good ones. It's all about what you find to be best suitable for you — your values. And, given how influencing these values are, you must become aware of them. You can use Values Cards, work with a life coach, journal, or explore any other option to discover your values. Beliefs, on the other hand, are your dispositions towards some things or your attitude towards a notion.

CHAPTER 3

HOW TO STOP BEING A PEOPLE-PLEASER

Chapter 3: How to Stop Being a People-Pleaser

If you're a people-pleaser, you're likely to end up feeling anxious, stressed, and emotionally depleted when you keep going too far to please others. Of course, it's a good thing to be helpful and kind but when you keep doing anything at all for other people's happiness, without giving little to no thought about how you feel too, you're gradually killing yourself.

Who is a People-Pleaser?

Someone who's a people-pleaser will often find himself practicing self-neglect or self-sacrifice because such a person will find it very herculean to advocate for himself. This kind of person will be perceived to be highly kind, helpful, and agreeable as he cares less about himself but shows more concerns about other people's needs.

Most people who are people-pleasers may feel they need to do whatever it is they have to do so that they can maintain their

relationships and enjoy the approval of people who are distant, close, or dear to them. "Sociotropy" is the personality trait associated with people-pleasing. People who have codependency or dependent personality disorder, borderline personality disorder (BPD), avoidant personality disorder, depression, or anxiety are likely to exhibit this behavior.

Signs You Might Be a People-Pleaser

Some people may not even know that they're indulging in people-pleasing. However, most people-pleasers do have some of these characteristics:

- Even though they have different opinions, they act as they agree with people's opinions.
- They care more about the needs of others and they care less about their own needs.
- They're so occupied doing things for other people and they never have free time to look after themselves.
- Even when they're not at fault, they love to take the blame.
- They're constantly telling people they're sorry.
- They're always trying to earn the approval of people around them and for that, they strive to do things for them that will make people like them.
- They suffer from low self-esteem.
- They do what they don't desire to do and they're quick to agree to things they don’t like.
- They are excessively scared of being perceived as being selfish or mean, and for that, they're very fearful about turning people down.
- When they tell people "no", they feel very guilty.
- They're often concerned and constantly worried about what other people might think.
- Saying "no" is a very difficult thing for them.

Although being a people-pleaser has its downsides, it also has its few good sides because people-pleasers can be caring, thoughtful, and empathetic. However, this still doesn't obliterate

the fact that people-pleasers may feel stressed and drained when they're so worked up to make others happy.

Causes

There are lots of reasons why you're exhibiting this kind of behavior and you must know why it's very important for you to stop being a people-pleaser. Here are some of the causative factors:

- **Poor self-esteem:** Most people who are people-pleasers are often long for acceptance and approval from others because they crave external validation as they score very low on self-confidence. Their needs and desires aren't valued by them.
- **Insecurity:** Some people go above and beyond to make they're beloved happy because they're concerned that they might not be liked and they have no choice but to please them.
- **Perfectionism:** Some people love to present themselves as a perfect being and they'll do whatever it is that they can do to satisfy people's expectations and make themselves appear "perfect and acceptable."
- **Past experiences:** To avoid inciting abusive behavior in others, some people try to be very agreeable and make efforts to please others because of their traumatic, difficult, or painful experience.

Effects of Being a People-Pleaser

It's not a bad thing to indulge in people-pleasing but take note that this act can become very worrisome when it begins to affect your well-being and you refuse to take care of yourself.

- **Anger and Frustration**

People-pleasing often makes you feel sorry for yourself, you feel regretful, and you feel you're being taken advantage of, which will end up making you feel mad. Since you're not doing these things out of your will, you're likely to end up feeling frustrated.

- **Anxiety and Stress**

You're prone to excess stress when you don't leave time for yourself but keep stretching yourself out for others.

- **Depleted Willpower**

You'll not be able to work on your own goals more effectively because you'll be focusing all your resources and energy on the happiness of others.

- **Lack of Authenticity**

People-pleasing makes you lose who you are. It makes you become a fake person because you'll only be consumed by the need to accommodate others and to keep dancing to their tune.

- **Weaker Relationships**

The relationships you form may not be healthy when you're all about meeting other people's expectations.

Being Nice vs. Being a People-Pleaser

It's worthy to point out that there's a huge difference between being nice and being a people-pleaser. There are lots of reasons why people do things. Someone may be motivated to do something to earn favor, to return a favor, to help, or to just feel good. Nevertheless, you should know you're indulging in people-pleasing when your fear of being rejected or being disliked is what's motivating you to do something.

Tips to Stop People-Pleasing

People-pleasing is an act that can prevent you from being a better person and this is why you must understand what it is and take a step to overcome it. Thus, you must learn to strike a balance

between helping others and not leaving yourself unattended. To stop being a people-pleaser, here are some of the things you can do:

- **Establish Boundaries**

Setting boundaries will help to communicate your limits. When you're very precise about what you can take and what you can't, people will understand the extent you can go. Creating boundaries isn't usually difficult. You can start by fixing a schedule for yourself or limiting the number of hours you speak on the phone.

- **Start Small**

Don't despise little beginnings. It could be quite difficult to change behavioral patterns, so you have to brace up yourself to start small. To start small, you can commence by asking for what you need, giving your opinion about something, or just saying no to some requests that you're not fine with. Remember that you don't always have to say yes all the time and you'll be able to take back control of your life and even gain greater confidence when you keep taking all these little steps.

- **Set Goals and Priorities**

Most people don't know if they're available to do something simply because they don't know their priorities. Be sure of what you're trying to accomplish. Define your goals. Where are you planning to spend your time? Why? Is it important? Is it necessary?

- **Try Positive Self-Talk**

You're not born to please anybody in this world. Always remember this whenever you feel struck by that feeling that you must do something that gives you no joy. Tell yourself that your goals are important and you're worthy of having time for yourself. e.g. I deeply, completely and profoundly, love, accept, forgive and approve of myself. Tapping the top of your crown whilst repeating this statement, anchors the statement in.

Stall for Time

Don't be too quick to say yes to people's requests, there are times when you should tell them that you need some time to ponder over it.

- **Help When You Want to Help**

The fact that you wanted to stop people-pleasing doesn't mean you should stop helping people. Help when you want to help. The only thing you should do is to check your intentions and motivations.

CHAPTER 4

MAINTAINING INTERPERSONAL RELATIONSHIPS FOR GROWTH AND SUCCESS

Chapter 4: Maintaining Interpersonal Relationships for Growth and Success

Do you know that as humans, our physical, emotional, and social health can be negatively or positively influenced by our connections with others? This is so because we humans are social creatures and thus, we are social by nature. Because no man is an island, no one can truly survive on his own since life often gives us a series of challenges, and the strength we need to survive these challenges is provided by the support system we build. This support system comes from our interpersonal relationships. As a result of this, we must learn to build quality interpersonal relationships with the people that surround us.

What Is an Interpersonal Relationship?

Your interpersonal relationship cuts across people that are socially connected with you, ranging from your co-workers and acquaintances to close friends, loved ones, partners, and several

others. When two or more people have a mutual affiliation or a social connection, it's an interpersonal relationship.

Tips to Form a Better Interpersonal Relationship

A better person knows how to manage his or her relationships better and treat people humanely. Many people don't really know how to socially interact with people and because of this, they miss out on great opportunities and they constantly find themselves in a conflict zone. To become better, you need to improve your interpersonal skills because as a human, you need people to survive. Here are some helpful tips you can make use of:

- **Be Open**

Life is all about giving and taking. Don't be too conservative about sharing your opinions, emotions, and experiences. Your willingness to let others in is what will make people open to you. When it comes to sharing information, you must embrace the idea of a mutual give-and-take for this is crucial in forming and maintaining strong bonds. Take note that intimacy between two people can be deepened through self-disclosure and two people can get along together better through mutual sharing. Although

it's not always easy to let others in when you choose to share some things, you'll be sending care and trust messages, and they'll be willing to naturally reciprocate. Allow people to get to know the “real” you. Make yourself vulnerable. When you learn to be open, you'll be able to maintain interpersonal relationships.

- **Maintain Boundaries**

This point transcends from the previous point mentioned. The fact that you're advised to be open doesn't mean you should set no boundaries. Any strong relationship must have healthy boundaries and giving people around you total and unrestricted access to your time, feelings, or thoughts isn't what being open means. Nevertheless, don't forget that it's one thing to establish them and it's another thing to enforce them. Boundaries can involve many things — it may be the number of things you share digitally, the amount of time you spend with people, or where you meet up.

- **Listen**

Your ability to listen is one of the factors that determine how effective you communicate and any relationship without good communication is endangered. You need to learn to practice active listening by engaging, reflecting, and asking questions. You'll be sending a message that you care and you show interest when you listen actively. Listening helps to make people value

you and it's a great way to give emotional support. It also helps you to know more about who's speaking.

Here are some tips for active listening:

- Rephrase what the person speaking to you said
- Ask open-ended questions
- Keep a good eye contact
- Don't be judgmental or opinionated
- Avoid interrupting

- **Show Respect**

You need to show respect for others, just as they respect you. But what is respect? The fact that you respect someone doesn't mean you're bound to dance to their tune even when it's not pleasing to you or you must agree with whatever they want to say. Nevertheless, respect is just a way to appreciate people's interests, time, opinions, and feelings, and show you do not belittle them.

- **Be Empathetic**

Empathy is all about feeling people's pain as if they're yours and seeing things from other people's points of view. You choose to feel what others are feeling and you put yourself in their shoes. Empathy improves mental health; it helps behaviors and

promotes cooperation and kindness. Empathy does help to improve closeness, trust, and understanding in a relationship.

Here are some other tips you can make use of to improve your interpersonal relationships:

- Validate their feelings
- Be honest
- Appreciate and accept feedback
- Work on your listening skills
- Try to show that you care
- Earn their trust

Why Relationships Matter

Relationships are a necessity and they're vital for all-around success. Given the fact that we need each other to thrive and excel, we need to value the relationships we have and treat people better. The journey to becoming better is already made easier when you make it a point of duty to improve the quality of your relationships with people. There's an array of psychological and physical health benefits interpersonal relationships offer, as stated by research, and they include:

- Improving longevity
- Decreasing the risk of cardiovascular disease

- Lowering the risk of suicide and depression
- Fostering resilience to stress
- Combating loneliness

Another thing you should also know is that you're likely to be more inspired to engage in healthy behaviors when you develop strong interpersonal relationships. Research has also proven that you have a higher chance of avoiding smoking, exercising regularly, and eating healthily if you engage more in social relationships.

When Relationships End

The fact that relationships are necessary and important doesn't mean that you must be involved in all relationships. Some relationships are unhealthy and this includes the painful and the toxic ones — if at all you're involved in any, you do have to let them go. You must also understand that not all relationships are meant to go on forever and this is usually because of their connection nature.

For example, your relationship with your teacher, healthcare provider, or coworker is likely to end based on your life's diverse transitions. Death, relocation, divorce, and breakup are some other reasons why some relationships end. Nevertheless, it's advised that you talk to your therapist or doctor if you find it difficult to cope and move on after the loss of an interpersonal relationship.

CHAPTER 5

LET GO OF NEGATIVITY AND STRESS

Chapter 5: Let go of Negativity and Stress

Stress and negativities are some of the reasons why some people find it difficult to be a better person and this explains why it's crucial to learn to let go of negativity and stress so that you can joyfully step on the ladder of self-reinvention. Whether we like it or not, we're bound to face stress and it's up to us to work on managing stress and reducing it drastically by using thought patterns and some habits. Hanging out with supportive persons, staying positive, exercising, and meditating are some of the plentiful habits that can help to beef up your stress resilience level.

Nevertheless, you should also know that the only way to relieve yourself from stress isn't by building your resilience alone. There are a couple of other helpful ways such as quitting your self-sabotaging habits and eliminating the stressors. Additionally, you may learn to let go of any negative vessels such as toxic relationships, negative perspectives, grudges, and the likes. Even

though, at first, it may seem as if you can never let go, you'll find it easier to do as soon as you make up your mind to let them go.

Let Go of Grudges

There are times in our lives when we're offended by people, especially those that we hold so dearly and we are often encouraged to forgive. But why do we forgive? Some people forgive superficially just because they are told to and many practice forgiveness because they're sure of the benefits it fetches. However, with all the rap forgiveness gets, many people only say they forgive but they still hold on to grudges.

Most times, holding onto grudges isn't intentional — people just don't know how to let go of that grudge! Some wounds do hurt deeper, sadly. However, to let go of stress and negativity, you must learn to breathe and let go of grudges. Now, the question is, how do you forgive and let go of grudges? There are several strategies to go by.

- **Express Yourself** — Communicate with the person so that he or she can understand how you're deeply affected by his/her actions. Do this without using any threatening language. Another option is to write a letter and burn it or tear

it up. This option is best recommended if you're skeptical about addressing the situation directly because you feel things might worsen or you just want to sever the relationship and move on.

- **Look for the Positive** — Forgive a little every day and keep an ongoing gratitude journal to appreciate your silver linings.
- **Cultivate Empathy** — Put yourself in the person's shoes, think of some of the good things that person has done to you, and accept that their actions to you weren't intended to hurt you.
- **Get Help if you Need it** — Consider working with a therapist if you find it very herculean to let go.

Cull Your Clutter

Can you ever feel comfortable in a messy house? Just imagine that you're just coming from the office and you had a very hectic day and you met your home just as you left it — scattered and messed up. Do you think you'll feel relaxed or otherwise? Normally, a home should be "home" but the thought that you'll be coming to a messy room can even make you more worked up. Although you may not consciously realize it, you're likely to be more prone to stress and get your energy depleted when you have too much clutter. Your stress levels are significantly impacted by

your clutter and you should do well to take note of this so that it wouldn't cause you stress or add to your stress.

Drop Negative Attitudes about Yourself or Others

If you find yourself belittling your capacity, you think low of your successes, and you negate your abilities, it's high time you took a step to stop that. Most times, most people are not aware that they have limiting beliefs about themselves. They don't only look at themselves negatively; they can also be envious of other people's success because they feel threatened by their success.

Nevertheless, you must encourage yourself to change your cognitive distortions and negative thinking patterns once you're able to identify them.

Know what to Tolerate

Most times, we're often told to learn to "tolerate" but little do we know that it's this act of toleration that creates stress and drains us. Thus, it's crucial that you understand what toleration is and you know what you can tolerate.

Say No to Toxic Relationships

This has already been mentioned earlier. A toxic relationship is like a virus that will corrupt you and your personality. So, make sure you let go of toxic relationships because they can be very dangerous.

Practicing Self-care

Self-care can be simply explained to be the deliberate act of promoting your emotional, mental, and physical health. If you're not sleeping well, meditation will be useless to you. In the same manner, if you refuse to take care of yourself, no stress relief activity can work for you. Consequentially, you need to take care of yourself so that you'll be better equipped to live your best life.

- **Physical Self-Care**

You'll think and feel better when you care for your body and this is simply because your mind and your body are strongly connected. Good physical self-care cuts across managing your health, taking your prescribed medication, attending appointments, caring for your physical needs, exercising, and getting enough sleep.

- **Social Self-Care**

For the sake of our well-being, we need to form close connections although when we get busy we may care less about our relationships and have no time to spend with our friends. Self-care is the key to socialization and you should endeavor to build your relationships with people.

- **Mental Self-Care**

Your psychological well-being is greatly influenced by what you fill your mind with and how you think. Practicing self-compassion and engaging in things that help to improve your mental health such as watching movies, reading books, and solving puzzles are examples of mental self-care.

- **Spiritual Self-Care**

Although some people may not like "spiritual talks", research has, however, shown that it's healthy to be spiritual. Spiritual

self-care may include praying, attending a religious service, or meditating.

- **Emotional Self-Care**

Sadness, anxiety, and anger are examples of uncomfortable emotions that you must learn to manage with healthy coping skills. This self-care has to do with engaging in activities that will help you own, control, and convey your emotions.

CHAPTER 6

7 HABITS THAT WILL IMPROVE YOUR LIFE

Chapter 6: 7 Habits That Will Improve Your Life

There are times in life that we feel incapable of taking care of our mental, physical, and emotional health and we feel out-of-tune with life, making us feel afflicted in all areas. And because we cannot reach our potential and accomplish our goals, we become very far from happiness. Foremost, let me tell you this, you're not alone. A lot of us have experienced this at a point in our lives.

More so, note that you have the power to change all of these and your life doesn't have to be this way. You can become the best version of yourself and achieve your goals — you just have to believe in yourself and never stop moving. Nevertheless, you must also know that you'll need a lot of grit and courage to better yourself. To improve your life, here are some habits you should work on cultivating.

- **Beware of what you Sacrifice**

Many people are so concerned about instant gratification that they would prefer to be obliged to what they want right now at

the expense of what they want most. If you have to make dinner at home, go to the gym, work extensively on a demanding project, or any other thing that demands your immediate attention, choosing to go meet a friend, go for a show, or watch a movie instead could sabotage your efforts and output. Don't let superficial, momentary happiness make you sacrifice substantive happiness that's long-lasting and fulfilling. Beware of the satisfying and seductive spell of instant gratification.

- **Stop Making Excuses**

It's very easy for you to enable poor decisions and this usually commences by you making excuses. The simple truth is that excuses are very easy to make. You'll find one to give whenever you choose not to do the right thing. You need to stop making excuses. It takes work to make things happen and happiness can't be plucked from trees. Push yourself to do the work. Own your life. Quit the habit of making excuses.

- **Stop Taking Things Personally**

You don't always have to react to everything. Sometimes, people say what they don't mean, and at times they may, but not everything said about you is true. The idea is that you shouldn't let people get you down. Keep building on your progress and don't stop moving forward.

- **Exercise**

Exercise does help you feel better. It helps to clear your mind and it releases stress. Exercise helps to reduce your anxiety. It makes your mind sharper and stabilizes your emotions. If you need to decide and you feel overwhelmed and very anxious, you should consider doing some exercise as it can help you make quality decisions.

- **Eliminate Distractions**

It's high time you started monitoring habits that distract you and waste your time. Some of these habits include pressing the phone all day, perusing social media constantly, staring at various screens, and the likes. Time is precious; you waste time, you waste life. To become more productive, you need to find out what your distractions are and take action to eliminate them.

- **Quit Playing the Victim**

A lot of people are fond of playing the victim and this is usually because they feel it's easier to be the victim. There are some things about our life that we can control and we're not just a victim of every occurrence in life. What guarantees if your circumstances would change is how you wield your control. You'll be able to make progress when you start doing what you should do and you will enjoy more autonomy when you stop blaming others and accept responsibility for your life.

- **Face Fear**

For how long do you want to keep running from your fears? Though you may run, for now, you certainly can't run forever. Since you can't run forever, why not brace yourself, stamp your feet, and rise against whatever it is that prevents you from making a giant move? Don't be scared to work hard and fail. Summon your courage to give your best. If at all you fail, no one will blame you. At least, you learned to be courageous and you now know better. To become your best self, you need to gather courage, do the work, and don't be cajoled by failure. Face your fears.

8 Life Skills to Help You Improve Your Personality

1. Become a Better Listener

One of the very finest skills you can develop is listening skill. With this skill, you'll be able to learn more about your surroundings and you'll make people feel good and show them that they're important.

2. Expand Your Interest

If you want to have new things to share with people and discuss and you desire to become more attractive to others, you should

consider expanding your interest. Your mind will be kept fresh and your mental health will benefit greatly from this too. Expanding your interest makes you think out of the box and it also helps you become more creative.

3. Become a Better Conversationalist

So many people don't know how to hold a conversation. There are some people you can't have a simple conversation with without them flaring up and they don't even know how to communicate. You'll be able to learn from people and share your knowledge when you work on becoming a better conversationalist and an impressive communicator.

4. Meeting New People

As already mentioned, we're all social animals and this explains why it's important for us to form good relationships with people around us. Thus, if you desire to broaden your horizons, become more tolerant, expand your mind, and be exposed to diverse opinions, ideas, and cultures, you must start trying to meet new people.

5. Interpersonal Skills

A lot has already been said about

6. Leadership Skills

You need to try to develop and polish your leadership skills because this will help you to be successful in both your personal and professional life.

7. Presentation Skills

Presentation skills will help you to be able to pass your message effectively to your audience. To make the best use of this skill, creativity, and speaking are some of the necessary skills you must possess.

8. Treating People with Respect

Respect cost no time. Stop looking down on people, whether they are rich or poor or young or old. If you desire to have an excellent life, you must respect yourself and others. Moreover, take note that people will only respect and admire you when you do the same to them.

CHAPTER 7

KEYS TO REINVENT YOURSELF

Chapter 7: Keys to Reinvent Yourself

1. Find a hobby

Hobbies are more like the pathway to something greater or lesser. With a man's hobbies, it's easy for you to predict much about him. The hobbies you develop have a significant impact on who you are. Nevertheless, engaging in a hobby can be very nice. The important thing is that you should indulge in helpful and positive hobbies. You can even develop a relaxing hobby like joining a community sports league or doing DIY projects at home.

2. Clean it out

There are some things that you can't have forever and since you can't, you should let them go. Let go of all your irrelevant possessions. What would you do with them anyway? It can be quite refreshing when you get rid of old items that have exhausted their value to you.

3. Volunteer

There are lots of benefits to volunteering. Volunteering can open doors of connections for you as it does help to meet a wide range of people and it also offers a good share of mental benefits. It's a good thing to give back to the community through volunteering and there are ample rewards that are there for you to enjoy too. Just make sure you volunteer for a cause that interests you as this will help you to channel your creativity more.

4. Have some fun

All work and no play make you a dull boy. It's not Jack this time around, it's you. We know you have lots of things to do and we've preached against squandering your time on wasteful things. Nevertheless, you need to have some fun too. Whatever it is that gives you joy, do well to create time for it. Take a road trip to a concert. Attend reunions. Go out for dinner. Just enjoy life but don't forget to do so cautiously and moderately.

5. Get back on the horse

There's a possibility that there are some plans that you've made but haven't been able to achieve because of some reasons best known to you. Now is the time to start doing. Get back to it. Find your motivation. However, before you start all of these, make sure you ask yourself how valid and important these things are.

If you still hold them in high significance, then saddle up for a ride.

6. Scratch off the items on your to-do list

If you're used to creating a to-do list without really getting them done, trust me, you're not alone. A lot of us do this. But the thing is, it can't keep going on like that. You see the items on your to-do list so start working on ticking them. Call that old friend you've always wanted to, clean out the garage, or fix the lightbulbs. Whatever it is that you've wanted to do for weeks or months now, take a bold step to start doing them. As soon as you're done with the first task, you'll be surprised to see how motivated you'll be to keep going on to the next.

7. Try something new

Life can be very boring with the usuals and just, as they say, variety is the spice of life. So, why not try doing something new today that will push you out of your comfort zone and challenge you? If you're thinking of things to do, you don't need to think too far because your options are endless. You can start learning a new language, learn to play the piano, or just work with anything you find interesting.

8. Foster your relationships

There's no need to drag further on this. The need to nurture good relationships has been mentioned earlier on. So, make sure you work on ensuring that you make people who care about you feel valuable. Your spouse deserves spontaneous dates with you. Make sure you follow through with whatever promise you made.

9. Reassess your current goals or set new ones

Living a life without goals isn't healthy. You need to set goals and if you already have some, make sure you do a reassessment and try to see what you must do to accomplish them. If you don't have goals set already, start setting some for yourself. You can set both short-term and long-term goals. However, make sure that you don't just set goals. Make sure you work towards accomplishing them and your goals should be specific, measurable, achievable, realistic, and time-bound.

10. Take a vacation

The weight of this world can be very sapping. A vacation will certainly do you some good. Nevertheless, make sure that you keep a vacation a vacation. Don't go on a vacation and start working stylishly. Keep distractions away. If you must, turn off your devices. Relax. Have some fun.

11. Embrace Fear of Failure

Regardless of whatever you've read or whatever you've made up your mind to do, you'll find it very difficult to take a step if you're still living in fear. The reason why most people fear doing what they should do is that they're scared of failure. If you desire to become a better version of who you are, it's natural that, at some point, you'll be afraid. However, you must not give up. Excessive fear will cripple your chances of success and it will leave you with "nothing much." Rather than being daunted by the fear of failure, embrace that fear and use it as a stepping stone to get what you desire. Fear can be a very strong motivator. Use it to your advantage.

12. Control your mind

What do you feed your mind? You can think of your mind as a garden with a very high tendency to thrive. It will grow whatever it is you plant in it. Be conscious of the seed you sow in your garden (mind). Don't let your mind keep wandering because if you allow this, you'll be exposed and presented with lots of limitations. Master your behavior and thoughts and with this, you'll be able to control your unconscious mind.

CHAPTER 8

PATH TO BECOMING A KINDER AND BETTER PERSON

Chapter 8: Path to Becoming a Kinder and Better Person

If spreading positivity and kindness sounds good to you, then you might want to consider being nice because this is a great way to contribute to your quota. Being kind isn't only beneficial to the recipients, you also benefit from it as well. Research has shown that you can enjoy a mental boost when you're nice.

In your day-to-day engagements and interactions with people, show kindness, empathy, and compassion, and there are ways to go by this. How do we know if someone is kind? In defining kindness there are usually hosts of attributes that are usually evident, and they are:

- Thoughtfulness
- Responsibility
- Politeness
- Honesty
- Helpfulness
- Generosity
- Fairness
- Empathy

- Altruism

Now, when we speak of defining what "kindness" means, everyone does have their respective views on it. While some experts describe nice as being agreeable, others believe that being kind entails how you treat others and your attitude towards people. Politeness and compassion are the two essential elements of agreeableness, as suggested by research, and when it comes to being kind, these two traits play a huge significance. Politeness, simply put, has to do with being fair and respecting others and compassion relates to being driven to help others by understanding people's emotions.

Here are some signs that show that you're a kind person:

- You do not discard what people say to you but pay attention and listen to them
- You're not disrespectful and you're truthful
- You accept your mistakes and you take responsibility for them
- You're not hard or harsh on yourself
- You're compassionate and empathetic
- You compliment people genuinely
- People love being around you

If you cannot picture yourself having exhibited most of these attitudes, then you should know you haven't been kind.

However, if a picture of someone keeps flashing through your mind as you read those, the person is probably kind.

Why You Should Be Kind

You'll be promoting people's welfare when you're kind and your mental health will as well benefit from this act. Let's be factual, no one has had it easy these days — speaking of the troubles and the stress we all go through virtually every day. The dramas, the need to rise to the responsibility, and just do something. If we're always having to deal with some of these life events, the least we could do is to be kind to one another. And trust me, your kind gestures wouldn't be in vain. Here are some of what you stand to enjoy:

- **Increased Attractiveness**

Do you know that several people looking for a life partner are always looking for someone kind? Amidst other characters, kindness makes you more attractive to people and many find it to be more valuable than having a sense of humor, being physically attractive, or being wealthy.

- **Better Mood**

You'll enjoy more feelings of happiness when you partake in kindness activities and this will certainly help to improve your mood.

- **Decreased Stress**

There's a high chance that you'll experience lesser negativity and feel less stress when you perform acts of kindness.

- **Increased Kindness**

Do you want to make the world kinder? Let it start with you. You'll be surprised how rapidly this love will spread from one person to another because kindness can be contagious — research has shown this.

What you Should Know about Being Kind

Being kind has its disadvantages, even though it has lots of benefits. And if you find it difficult to be authentic and communicate genuinely because you're trying to be kind, then you need to find a way to strike a balance. The fact that you're trying to be kind and seen as a kind individual by people shouldn't make you repress how you truly feel continually. If you do, there's a high likelihood that you'll get to a point where you'll have emotional outbursts.

Moreover, if you don't want your relationship with others to be negatively impacted and cause feelings of resentment or bitterness, make sure you don't let your desire to be kind make you deny your emotions or conceal your true feelings. Additionally, if you want to create relationships with good intimacy, make sure you show your authentic self. Being superficially nice will only create superficial relationships.

How to Become a Kinder Person

Being a kinder person isn't as difficult as you might have thought. Here are a few tips that can help you.

- **Practice gratitude** — Focus on positive thoughts and/or keep a gratitude journal.
- **Practice forgiveness** — When you feel good about others, you'll find it easy to be nice. So, forgive others and let go of resentments.
- **Look for ways to be helpful** — You can always practice kindness daily by trying to help someone. A simple smile at someone can even do the trick.
- **Be polite** — Don't let your behavior be put down by other people's behavior and note that you'll be setting a positive tone for discussions when you're polite.
- **Think about others** — Help someone keep his or her workspace tidy, help a family member, or just do anything that respects people's needs.
- **Act with kindness** — Brace up yourself to do more random acts of kindness. Be kind to people.

How to Become a Better Person

1. Let go of anger. To become a better person, we must learn to manage our anger and even let go of it. We're prone to experiencing complications, extra problems, and incurring more stress when we leave our anger uncontrolled and let it cause

problems for us. Though it isn't usually easy to let go, you must brace yourself to identify what makes you angry and work on finding a better way to release your anger. And just as you let go of anger, make sure you don't also keep residual anger and grudges in you.

2. Support others. It's better to give than to receive. Research has proven this. To become a better person, you should learn to help others. A good person isn't self-centered but cares for others too. Note that your peace of mind can be enhanced and your emotional well-being can be improved when you practice altruism.

3. Leverage your strength. This is just to tell you to recognize your "state of flow" and do more of the activities that are right for you.

4. Take care of yourself. For you to be able to face life's challenges, grow as a person, and reduce your stress levels, you need to learn to take care of yourself. You're likely to create more problems for yourself and become more vulnerable to stress when you do not prioritize self-care. You'll be in optimum shape when you take good care of your mind, soul, and body. When it comes to self-care, downtime, connection with others, nutrition, and sleep are the basic aspects you should focus on.

5. Learn to be user-friendly. To become a better person, you need to work on your relationships. If you've not been doing well as a family member, partner, friend, coworker, or colleague, now is the time to do better.

One of my favorite sayings is:

"IT IS BETTER TO BE KIND THAN TO BE RIGHT"

My tip for you is the following:
Smile into your heart center with Golden Light,
Now breathe the light into your heart center, radiating with love, joy, and happiness, out through your Aura, and with the exhalation, breathe out dark, cloudy energy of any sadness, grief, or depression.

Conclusion

Sincerely, it does take a lot of courage to admit that you need to become better and reinvent yourself because the world is becoming more populated with narcissists and proud humans who believe they've got it all. Making a commitment to become a better person is an investment that will certainly pay you in the long run. You'll not just become better; you're also going to enjoy fine improvements in areas of your life that are very significant.

Nevertheless, it's worthy to note that taking a step to becoming better is not a chase for perfection. Perfection is an illusion. The fact that you discharge your work better doesn't mean you're a better person. No. Being a better person does encompass a whole lot of things and they've all been enlisted in this book. Have it registered in your mind that it's possible to reinvent yourself and

build a better, new you? However, you must be ready to take baby steps and make every moment count. Enjoy your better you!

To your success and wisdom,

Melody Bass

For further information on Private Consultations and Courses including Reiki Level 1 and Level 2, Hypnosis Training, Quantum Energy Healing, Awaken Mind-Body Course, Sound Healing Courses with Tibetan Singing Bowls and Meditation Classes and Courses.

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