Some men see things as they are and say “why”; I dream of things that never were and say “why not.” George Bernard Shaw

You have the potential for a perfect life, this is certain. Whether it is mental, physical, emotional or financial mastery that you are seeking, you will receive the following benefits:

i) a deep sense of well-being and happiness
ii) strategies to erase the worry habit and have far more confidence
iii) richer relationships that really last
iv) little-known skills for self-mastery and peak performance
v) an understanding of the powerful Eastern secrets of longevity
vi) boundless energy, enthusiasm and glowing health
vii) greater serenity, tranquility and a radiant personality
viii) tools to achieve lasting prosperity and financial independence
ix) proven techniques to take control of your destiny.

At this dinner, in the twilight of your life, do you really want to hear that you have lived in an uninspired fashion, without passion and without concrete accomplishment? How would you feel on hearing that you did not even come close to meeting your mental, physical, financial and spiritual potential? How would you feel on hearing that your dreams however lofty, went unfulfilled and that you never did supercharge your life because you were always too busy trying to pay the bills and so very tired at the end of your day?

Deep within man dwell those slumbering powers; powers that would astonish him, that he never dreamed of possessing; forces that would revolutionize his life if aroused and put into action. Orison Sweet Marden

One of the most fundamental of all strategies for success is also one of the most simple: there is no such thing as a negative circumstance, only a circumstance that you may learn from. There are no mistakes in life, only lessons which will allow you to grow and advance higher on the path of self-mastery

The mind has immeasurable and vast potential that remains untapped in most people. It has been said that even the best conditioned thinkers use only about 25% of their minds Every moment is perfect in nature, whether you realize it or not. Stop being a prisoner of your past - become the architect of your future

And yet most human minds remain uncultivated, unexplored and unchallenged. On an average day, the average person thinks about 60,000 thoughts. Even more startling is the fact that 95% of those thoughts are the same as the ones you thought the day before. Your thoughts can create magic and every thing you have ever wanted. Today’s thoughts build tomorrow’s dreams

Napoleon Hill wrote in his wonderful book, Think and Grow Rich: “whatever the mind of man can conceive and believe he can achieve.”

Emerson wrote: “what lies behind us and what lies in front of us pales in comparison to what lies within us.”
Analyse > What beliefs have kept you from success, happiness, love and self-mastery? What habitual thoughts are keeping you from the peace of mind, rich relationships and ideal health that you deserve? Once you note the limiting thoughts and consciously remove them from your consciousness, it is key that you replace them with an alternative that energizes you, motivates you and fills your dreams with hope and passion.

*Infinite riches are all around you if you will open your mental eyes and behold the treasure house of infinity within you. There is a gold mine within you from which you can extract everything you need to live life gloriously, joyously and abundantly.* - Joseph Murphy

Past experiences, failures or trouble spots have nothing to do with the potential that exists within you. Pain is a teacher. Today, and every day, take complete charge and responsibility for your life and all that is in it.

*If you keep doing the same things every day, you are certain to get the same results every day.*

We are happiest when we are growing and feeling that we are contributing in some way. The purpose of life is a life of purpose and we all, deep down, want to leave a legacy of some form or another.

Patanjali said it best: “When you are inspired by some great purpose, some extraordinary project, all of your thoughts break their bonds, your mind transcends limitations, your consciousness expands in every direction and you find yourself in a new great and wonderful world. Dormant forces, faculties and talents become alive and you discover yourself to be a greater person by far than you ever dreamed yourself to be.”

**Letting a day slip by without doing something, no matter how small, to improve the quality of your life will mean that you are falling backwards**

*Man is made or unmade by himself. In the armoury of thought he forges the weapons by which he destroys himself. He also fashions the tools with which he builds for himself heavenly mansions of joy, strength and peace. By the right choice, and true application of thought, man ascends to divine perfection. By the abuse and wrong application of thought, he descends below the level of the beast.* - James Allen, As a Man Thinketh

Kaizen means constant and never ending improvement in Japanese. There is no pursuit more noble nor important than the pursuit of self-improvement. As Confucius said many years ago: “good people strengthen themselves ceaselessly.” Consistent and constant improvement in all areas is essential to reaching your true potential. It has been said that the mind is a terrible master but a wonderful servant. Personal mastery is like a bank account, call it the Personal Excellence Account. By improving daily, whether it is by spending some time exercising, reading, visualizing or forging better relationships, you are making regular deposits into your account. Nothing can stop a person who refuses to be stopped. Remember, happiness is a method of travelling through this wonderful world and not a destination, a place you arrive at in the future. Now exert your personal influence (which may currently be dormant inside of you) to exercise and condition your mind.

Issac Newton said that “if I have done the public any service, it is due to patient thought.” German poet Johann von Goethe said: “Things which matter most should never be at the mercy of things which matter least.”

1. **Personal Development**  
2. **Physical Fitness**  
3. **Relaxation and Personal Renewal Time**

*Thought is a vital, living force, the most vital, subtle and irresistible force that exists in the universe. ... Thoughts are living things.* - Swami Sivananda

The first step to personal mastery and successful living is to learn how to run your mind like a winner. The second step is to understand once and for all that your mind can create magic in your life if you only let it.

As a baby, you were in the ideal performance state to achieve excellence. Did you fear public speaking, starting a successful business or skydiving? Of course not. As you grow up, What happened? What happened to your aspirations and deep hopes? Real change takes only one second - the time it takes for you to make a concrete decision from the very core of your heart that your life is more than the sum of your present circumstances. Lasting success in life surely requires desire, persistence and practice as visible changes will not come in a week or ten day age-old expression says, “sow a thought, reap an action, sow an action, reap a habit, sow a habit, reap a character, sow a character, reap a destiny!” Every experience has many positive elements. Every moment is a celebration - the winners on the playing field of life know this. H.G. Wells “Man must not allow the clock and the calendar to blind him to the fact that each moment of his life is a miracle and a mystery.” you can accomplish
anything in your life with the right knowledge. Knowledge provides the means for achieving all objectives and the training to meet all goals, seek out all available knowledge and then apply it thoroughly. You must become a mirror image of the person who has succeeded in the activity you desire excellence in – be it running a country or a local bakery. You must emulate. Just as a butterfly must shed her cocoon before she flies out into the deep blue sky, you too must make an energetic effort to shed the cocoon of limitations that has enveloped your life and prevented you from self-mastery and life excellence. Get ready to expand the limits of your mind and rekindle your spirit.

Man is still responsible. He must turn the alloy of modern experience into the steel of mastery and character. His success lies not with the stars but with himself. He must carry on the fight of self-correction and discipline. He must fight mediocrity as sin and live against the imperative of life’s highest ideal. Frank Curtis Williams

With discipline and mental persistence, you will find the means to your ends and ensure that the things which matter most in your life are never at the mercy of those that matter the least. There are 168 hours in a week. Erasmus said, “a nail is driven out by another nail; habit is overcome by habit.” Without the power that discipline brings, no dream can be realized. Without discipline, or at least a clear desire to build it, you are lost and are destined to be the servant of your mind rather than having your mind serve you. Success on the outside begins with success on the inside. Life management begins with self-management and a key ingredient of self-management is refining your will-power muscles. Liddon said: “what we do upon some great occasion will probably depend on what we already are; and what we are will be the result of previous years of self-discipline. Saint-Laurent writes that “the man of character is one who selects a reasonable objective and never gives up pursuing it so long as he has not reached his goal.”

Winners Are Disciplined! Use Your Will! Have Big Hopes and Think Good Thoughts! Become a Will-Power Warrior! Once you start to discipline your mind, it will work wonders for you. A wandering mind will do more to make you tired than a 10 mile run. The mind is like a thousand volt battery. The first step to eliminating mental fatigue is to control every thought in your mind. You must be strong and not seek to escape the task you may be finding dull and unpleasant.

Be not afraid of life. Believe that it is worth living, and your belief will help create that fact. William James

FeelGood Principle: everything you have ever done in your life, every action you have ever taken has been a direct result of your powerful need to feel good, you derive more pleasure by sitting on the couch doing nothing than becoming physically fit or finishing that report for work that could really give your career the boost it deserves. Think of all the things in your life that you know you should not be doing. Why do you continue? Perhaps the most powerful tool is simply to start applying the Feelgood Principle for positive rather than negative ends. Once you challenge negative, thoughts and behaviors which are holding you back from all that you deserve, they will soon realize that they are unwelcome guests in the palace of your mind and leave this mental kingdom quickly. Substitute the negative thought for a positive, empowering one. Thoughts are things and it is so very important that you recognize that you control the thoughts in your mind - not the other way around. The Decision 2: The Challenge Technique 3: The New Reality: The Slide Strategy 4: Think Good Thoughts

Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy. Norman Vincent Peale

Your mind is the Universe’s most powerful computer and you are the programmer. What you enter into it is all that will come out. The quality of your life therefore is a direct result of what you put into your mind - your programming. Your thoughts are things which you are releasing into the world. A habit is like a wire cable. It starts off with a thin thread and through constant conditioning, it becomes stronger and stronger until a time arrives when it cannot be broken. You can have whatever you want but step one means controlling the thoughts swirling around in the garden of your mind. If you encourage yourself daily and cultivate the garden of your mind it will blossom far beyond your expectations. “My whole game is attitude. You’ve got to think positively to achieve the impossible, to be what you expect to be. If you seek mediocrity, then that’s all you get!” Marcus Allen

Cultivate the spirit of positivity and joy in every area of your life. Become a true adventurer, seeing life’s little obstacles as challenges that will allow you to become wiser and to grow. Unsuccessful people see adversity as something that will break them and complain that life is hard. Winners design strategies to benefit from
challenges, regroup if they do not work and maintain a burning commitment to succeed at all cost. Winners will always find a way.

*Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.* W.W. Ziege

Find, recognize & mentally visualize the goals you are working towards. One of life’s biggest success tips is to figure out what you love doing and then find someone who will pay you to do it.

You start to live with tremendous passion and focus. Write out your goals and attach firm deadlines to them so you will not put them off. Then develop a daily plan of attack which breaks the big goal into smaller bite-sized chunks that are easy to swallow and far less intimidating.

Remember that ageless principle: your inner world determines your outer world. Therefore, every morning, recite your goals out loud. Study any winner in life and you will see that they have trained their mind to concentrate on nothing but the attainment of their goals.

One of the primary reasons that most goals are not reached is that it is too easy to let them slip to the side of the road because other more pressing things happen to come up. Thus if there is a little pressure on you to reach your goal, you will be pushed forward.

Having a support network will keep you focused, motivated and inspired. Tell your friends and family what you are doing.

There is power in persistence days. Samuel Johnson wrote that “great acts are performed not through strength but by perseverance.” If you do anything for 21 days in a row, you will have an excellent chance of making it into a habit.

“Enjoy the journey” say the sages. Treat yourself when you achieve even the smallest of your goals. Small victories bring large victories. And do not be too hard on yourself if you don’t achieve a goal on schedule. Be flexible. Whatever you are aiming towards, you must commit yourself to making small sacrifices for the larger good of your life goals.

Success Mechanism is triggered by positive goals that you give to it. Once you feed the mechanism a goal, it takes over and relies on all of your past experience to scan for any feedback and information which will allow it to accomplish the goal given. Ideas and inspirations that you may have been exposed to in the past almost unconsciously, are still deep inside of your mind, waiting to be recalled to assist you in your achievement. By setting clearly defined goals with time limits, your Success Mechanism leaps into action. *It cannot tell the difference between a mental picture that has actually happened (i.e., your bad speech) and one that you put into the mind by dreaming and visualizing.* Goals, clearly defined, will serve to motivate, inspire and guide you as you reach for what you want out of life.

Your mission statement is a capsule statement of what you want to accomplish in your life and how you wish to be remembered. By physically writing out your goals on a piece of paper, you have set very special forces into play which will work to bring them into reality.

Now that you know where you want to be at the end of your life in general terms, turn to specifics. Set the one year, five year and ten year goals for your personal development.

The only limits to what you can receive are those you choose to set up in your imagination. Do not analyze how Nature works. Simply think big and have some fun here. No dream is ever too big.

Meticulously consider where you want to be from a financial viewpoint over the next number of years. Your financial destiny will affect your personal destiny. What amount would truly make you happy and allow you the freedom to do all the things you want to do? You have now set the goals that will provide you with inspiration and a burning desire.

Through repetition of thought, picture yourself having achieved your outcome. Make your visualization clear and colorful.
Here are just a few of the benefits you will receive from daily physical exercise:

a) A significant increase in your energy levels and stamina
b) A higher state of general health and an ideal weight
c) Better muscle tone and a trimmer physique
d) A much more relaxed and serene mental outlook
e) More enthusiasm and confidence
f) Greater alertness and mental poise
g) Less illness and enhanced achievement/productivity
h) More discipline in all areas of life
i) Increased circulation and oxygenation
j) Much greater resistance to stress

As the old saying goes: “the person who has no time for exercise must make time for illness.”

The practice of yoga offers not only physical but mental training as well and is the world’s oldest system of personal development.

The “sattvic” or pure diet is one based on living foods – those created by the natural interaction of the sun, air, soil and water. Eat in moderation and follow a strictly natural diet. Energy is the first fundamental of life excellence for without an abundance of it you are like a rocket without fuel. Fruits grains and vegetables will provide you with all the building blocks for first-class protein Most people are in such a hurry, they gobble down food half chewed. Food should be digested in the mouth before being digested in the stomach Proper and slow chewing of all food is essential for perfect health and youthful vigor.

Good breathing practice (as well as good posture) fully oxygenates the body and charges up every one of your cells to fuel your activities and keep you in a state of high vitality.

It is especially important to keep flexing your mind as you age to prevent deterioration. To keep your mind young, simply remember that your mind will give you what you ask of it.

A poor posture has a very negative impact on both your physical and mental health The way you stand, move and act affects the way you feel

If you firmly stand guard at the door of your mind and let only the very best thoughts enter, you will be happy, healthy and serene. If you let thoughts of negative past and future experiences dominate your mind, you will be burdened by them, you will never enjoy bliss. Everything is created twice - first in your mind and then in the outside world. if you dream great dreams and good thoughts, forces which you never understood will be activated to bring you to your goals. Thoughts combined with the emotion of faith and belief yield phenomenal results You are responsible for your thoughts Thought is matter and thoughts influence matter. This is why belief in your desires and goals is so very powerful and can reshape your life. Master your thoughts and you will soon become the master of your inner world personal effectiveness, greater peace of mind, far more productivity, ideal health and lifelong success will await you

Everyone knows that weeds eat out the life of the garden and of the productive fields. The gardener and the farmer alike each has to keep the weeding process alive... It’s like that in the building and developing of character. No one knows our faults and tendencies better than we do ourselves, so that it is up to each one of us to keep the weeds out, and to keep all growth vigorous and fruitful. George Matthew Adams

Self-mastery is the DNA of life mastery Before you can ever hope to change your circumstances, you must first improve yourself The surface of your thoughts is your character Be a strongly disciplined thinker and you are assured of a strong, unstoppable character. A character rich with integrity, courage and trustworthiness is the bedrock of lifelong success. You are responsible for everything that happens to you in your life. The quality of your life is determined by your interpretation of what happens to you
You must exercise your proactivity muscles to develop the mindset of a true champion. All highly successful people have come to understand that pain is a teacher and there are no negative events in life, only outcomes which you can choose to view in a positive light if you wish. When you begin to realize that you hold in your mind infinite power to shape your destiny, wonderful things start to happen. In the twinkling of an eye, this very second you can transform your life. Make the decision and the commitment to be the very best you can be. Roosevelt said: “no one can hurt you without your consent.” Ghandi put it another way: “they cannot take our self-respect if we do not give it to them.” Remember, it is not the snake bite that kills but the venom which circulates afterwards that is fatal. Do not let the snakebite of another person release any venom inside of you.

Being proactive means that you can live a blissful existence, seeing the good in all events unfolding on the beautiful canopy of life. True winners see problems as great opportunities. And self-control, like all essential mastery qualities, can be developed through patient and consistent perseverance and regular conditioning and so you can use the momentum created by little self-mastery successes to guide you to your ultimate goal of a perfect life. The journey of a thousand miles begins with a single step and you must start off small if you want to achieve big results. Your mind is like any of the other muscles of the body: you must use it or “lose it”. You can change your focus and your beliefs with a simple commitment to change and a daily dose of mental practice. The very best physician is a mind full of good thoughts, thoughts of hope, courage, strength and bliss.

Without a concrete life plan and precisely defined goals, you are like a ship drifting aimlessly in the sea. You will go wherever the tide decides to take you.

The first step to the realization of lasting wealth is to know what wealth means to you. What is it that you are searching for? Happiness is not an oasis that lies at the edge of the desert, a place that you reach only when you are prosperous. Every man and woman in this world was born to succeed, be wealthy and be prosperous. If there is not an abundance of all that you desire in your life, do something about it and do something this very day. The subconscious mind responds to suggestion, both verbal (autosuggestion) and mental (through the form of pictures in your mind’s eye). When you soak your mind in thoughts of wealth, happiness and peace, you start to tap and harness the incredible power of the subconscious mind.

Law of Attraction states that what you constantly and consistently focus on in your inner world is precisely what you will receive in your outer world. The more you focus on your wishes, the more you believe deeply in their realization and the more every thought in your mind is a good one, the more you will receive. Throughout the day, affirm, “I am attracting great prosperity and wealth.” Also repeat, “every day in every single way, I am getting better and better.” Never let go of a tight hold on your dreams. And the essence of effective mind management is mental discipline which is nothing more than controlling each and every thought to ensure that it is a useful and good one. Everything is created twice: once as a blueprint in the mind’s eye and later in your reality. 80% of the results come from 20% of your activities. Therefore, the overriding principle is to never let what matters most to you be sacrificed to those things that matter the least.

Guard your time; it is your most valuable commodity. Once it passes through your hands, it is gone forever. It is essential to live a life of balance. What separates the peak performers from the weak performers is how this “every day with a twenty-four hour” gift is used, your life goals (your mission) must be sufficiently thought out to maintain the essential balance in life.

What is mastery? Mastery is a state of performance one reaches where every action in the mastered activity reflects unconscious excellence.

Commitment & Desire  Knowledge & Instruction  Kaizen & Consistent Practice
Persistence Raise Your Standards and Keep Pushing  Even the Teachers Have Teachers  Have Fun and Enjoy the Journey  Share Your Knowledge and Serve