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EASE YOUR MIND



THE SHORTCUT TO LIVING YOUR
BEST LIFE

A note to you.

Everybody wants success. Success might be complete financial freedom, or it may be to have a loving and happy marriage, but the one thing we all have in common is that we all want to achieve *our own* version of success. We all want to improve our lives in a way that we are at ease and at peace.

I wrote this book in an attempt to help you to begin your journey to success. Just like many of you, I have failed, strived, failed, strived some more, and then failed again. At times I would lose myself in my failure and allow negativity to consume me and set me back, but I have come to learn that failure is not the opposite of success. It is part of it. Without my failures, I would never have gotten to this point of being a professional sales coach and mentor.

In the pages to follow, you will learn how to handle your past, cope with your current situation, and how to pursue and prepare for your successful future. The information you read will be a condensed version of all the teachings of my coaches and mentors and all the books that I have read written by people that have achieved their success.

You may be reading this to improve certain areas in your life or perhaps you are looking to do a complete realignment to transform your life, either way - this book will give you the tools you need to achieve your success. All you need to do is put in the effort.

You deserve and are capable of achieving everything your heart desires: happiness, love, wealth, health, and more. You are just as worthy of these successes as anyone else on this planet. You need to engrave this into your thoughts because before you can **achieve**, you have to **believe**.

This is your moment. This is your chance to open up your mind and eyes to a new way of existence. You do have a purpose and I want to guide you to discovering it and fulfilling it. This is your moment to learn what you need to learn to achieve what you truly desire. You are not a victim of your

circumstances, you are a product of your intentions. Whatever you intend on becoming you will become - and that right there is your superpower.

May peace, blessings, and success fill your life. May you develop a mindset that is filled with ease to keep you on the path to achieve your goals.

With love and gratitude,

Raees

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"DON'T GO THROUGH LIFE, GROW THROUGH LIFE."

- **Eric Butterworth**
Author

Preface

The very fact that you are reading this already sets you apart from most people. It is so scary how many people in this world tend to settle for a mediocre life. By starting this journey of personal growth, you are already doing more than most people are doing to live a better and more fulfilling life. I am so grateful that you have chosen to grow as a person and I am very excited to be part of this journey with you.

Now reading this book won't magically make you rich or make you lose weight, but rather help you develop the mindset and personal skills to develop you into someone that will achieve your dreams and goals, and once you have achieved your version of success to continue to develop and maintain your success. It is my intention to spread the philosophies in this book to as many people as possible to uplift and empower them to be the best version of themselves and to live the best life that they can.

**"YOUR LEVEL OF SUCCESS, WILL RARELY EXCEED YOUR
LEVEL OF PERSONAL DEVELOPMENT, BECAUSE SUCCESS IS
SOMETHING YOU ATTRACT BY THE PERSON YOU BECOME."**

- **Jim Rohn**

Entrepreneur, Author, and Motivational Speaker

This book will cover several key areas that many successful people have developed and implemented. There are many books out there that will cater to each slice of your "Pie of Success" and I encourage you to go out and read them to provide yourself with more clarity and information to develop yourself fully.

These practices come from over 10 years of personal experiences, as well as from the philosophies of some of the most successful people in the world's

experiences. These practices are proven ways to get you from where you are right now, to where it is where you want to be. Those that I have worked with and coached before, will know that I always talk about going from point A to point B, and this book is that journey in between.

The aim of these philosophies is to help you understand that you are the captain of your ship - your ship being your life. Your decisions and actions literally determine your destination. If you are trying to reach a specific destination and you are just 2 degrees off course every day, you will end up being miles and miles away from your destination after some time. This just shows that even the smallest decisions can put us off course of our goals. The sooner you identify that you are off course, the easier it would be to get back on track. And no matter how far off course you are, once you realise it, you can always steer yourself back on course.

Reading this book will help you identify some of your failures, and there is absolutely nothing wrong with failure. As I always say, failure is not the opposite of success, it is part of it! If you have failed before in anything, whether it is in business, or your career, or in a relationship, you are much closer to being successful than you thought. It is the decision you make from the point of falling that will keep you down, or you brush off the dust and get up again to push through to achieve your goals.

We will also identify your successes and how you can learn from them and continue to push yourself toward your success. Once you have seen where you have been, you will be able to start the journey of where you want to be.

Today is the day that you can start to believe in your success. Every time you wake up, it is not only the start of a new day but also the start of a new life. You are now alive to the possibility that you have what it takes to achieve everything you have ever wanted. All your dreams can now be turned into goals.

So without any further delay, it is time to climb aboard and set sail.

Chapter 1: The Power of Intention

Before we dive into the journey of self-development and achieving your goals, it is very important to know your intentions that will drive you to achieve your goals. Your intentions are the root of your actions. It reflects the underlying motives of why you plan something or do what you do. It is the foundation of actions that you take to achieve your goals.

One of my spiritual mentors once told me something that he was taught and I find it to be so powerful: "A virtuous intention is the source of all goodness". I interpret this that if you have good intentions to achieve your goals, you will undertake good actions in the journey of conquering those goals. Which means only good things can come from it. It is widely believed that all intentions are formed in your heart, and because of the connection between your heart and brain, it makes sense that your intentions will directly influence your thoughts which lead to your actions.

Therefore, it is very important that your intentions are clearly defined before taking the necessary actions to achieve your goals. Your intentions will easily lead you to your meaning and purpose.

**"IT'S OUR INTENTION. OUR INTENTION IS EVERYTHING.
NOTHING HAPPENS ON THIS PLANET WITHOUT IT. NOT
ONE SINGLE THING HAS EVER BEEN ACCOMPLISHED
WITHOUT INTENTION"**

- **Jim Carrey**
Actor, Comedian, Writer, Producer, and Artist

An intention vs a want

It is so easy to want something, but a lot of the time when you choose to want something, it leads to some form of resistance - physically as well as mentally. If you tell yourself, "I want to be a billionaire" or "I want to lose weight", do you immediately accept and believe it? Most of the time you will be met with resistance within that makes it very hard for you to believe that can be true.

That is why an intention is so much more important than wanting things. By just saying, "It is my intention to be a billionaire" or "It is my intention to lose weight", you feel more emotion to fulfill that idea because an intention is not just a thought. It is more of a feeling and that is why it is said to come from the heart.

By declaring an intention, not only do you feel the emotions of what you want to achieve but you also subconsciously make a commitment to achieve that goal. Commitment and intention are very closely related and just by creating that intention you already start taking the steps to commit to that goal. Of course, intention without action is as good as a dream, but intention drives you toward action, which leads to your success.

There is a book called *Living With Intent* by Mallika Chopra, the daughter of Deepak Chopra, where she breaks down the differences between intents and wants. Her book helped me realise that when you are aware of your intentions behind your actions and goals, it will help you be more focused on achieving your goals. Your intentions will also direct you on what needs to be done and how it should be done.

It is easy to see that you will get what you intend for. So go ahead and write down as many intentions as you can and align them with your goals. You may just be surprised by what you can achieve.

Chapter 2: Developing the Right Habits

I like the definition where success is living a life where you go to sleep knowing that you will wake up in the morning being better than the day before. It is a commitment to consistently improve yourself.

To be successful, you need to duplicate what successful people continuously do. With the right habits, you will have the ability to become just like the people who have achieved the same level of success that you are looking for.

Think of your bad habits, do you realise that you're doing it? Most likely not. It is built into you. Now the concept of developing high-performance habits is the same. Successful people have developed habits that have gotten them to where they are and it is totally hardwired into them. By continuously doing specific tasks or actions, they are able to almost instinctively increase their level of success daily.

Habits, therefore, are the glue that pieces all of your action steps together to achieve your success. Your habits will also be the glue that maintains and improves that level of success. Lose the glue or use bad/poor glue, and that success that you put together just falls apart.

This section identifies the habits of many of the successful people that I have followed and learnt from over the years.

Successful Habit 1: Plan ahead

How many times have you told yourself that you don't have the time to do the things that could help you move forward in life? If you find yourself saying this often, then the chances are that you may need to learn how to plan better.

It is a common habit that successful people tend to plan out their week before it starts. This way when they wake up on a Monday morning, they know exactly what needs to be done every day to continue on their journey of success.

**"SOMEONE'S SITTING IN THE SHADE TODAY BECAUSE
SOMEONE PLANTED A TREE A LONG TIME AGO"**

- **Warren Buffet**

Investor, Business tycoon, and Philanthropist

There are 3 types of people.

The first are the people that don't bother planning and wake up just hoping their ship will reach its destination. They have no direction and no control of achieving their goals. Relying only on hopes and dreams will not get you very far if you want to be successful.

The second type of people are those that plan but not flexible with their plans and tend to lose control when things go off course. You will find that these people tend to give up very easily when things don't go according to plan.

The third and most effective type of people are the ones who are flexible and dedicated to their schedule. These are people that can handle external factors that may steer them off course and have either planned for the unexpected or have the drive to get themselves back on course no matter what. These are people that know exactly how to prioritise their lives to be effective in achieving their goals.

It is important that you develop yourself into a masterful planner so that you are prepared for anything that comes your way during the week. Your planning is the backbone of your success and without it your goals are just dreams.

There is a saying, "A goal without a deadline is just a dream". And this is so true. By planning your weeks every Sunday, you are able to assign a goal to a deadline (the following Sunday). Once you have established what you want to achieve by the end of the week, you are able to plan exactly what needs to be done every day to make sure that you achieve that goal. For example, if your

goal for the week is to lose 3 KGs, you can plan your daily meals, you can plan to cut out sugar, you can plan a workout routine or you can plan to wake up early to go for a walk/jog.

By knowing what it is you want to achieve, you are able to prioritise what is important to you and it allows you to commit to the activities that matter the most. Once you know what you want to achieve, and you have laid out the daily steps of how you will achieve it, it will be so much easier to focus on getting it done. Even if you encounter challenges that don't go according to plan (which are going to happen), because you have given yourself a schedule and direction, it will be so much easier to get yourself back on track - no matter what the obstacle is.

The majority of the most successful people in the world have planned their success and once they achieved their success they continued their planning to maintain or improve on their success.

Planning not only schedules your success, but it also gives you purpose the moment you open your eyes in the morning.

Successful Habit 2: Wake up early

In your journey of personal growth, it is very important to put emphasis on the word *personal*. You have to make time to focus on you. Remember, to achieve the goal you want is not all about doing tasks, it is also about self-development to help you fulfill the tasks required to achieve your goals. For example, if you want to start a business you will need to network, meet suppliers, market your ideas, set up a website, perhaps set up an office or get equipment - perhaps you still have a job that takes up most of your day, as you can see it doesn't leave much room for "me time".

This is why so many of the most successful people in the world start their days in the early hours of the morning. Jim Rohn famously said, *"Your level of success, will rarely exceed your level of personal development, because success is something you attract by the person you become."*, and this is why successful

people take the time to focus on themselves, and where do they find the time? Before the sun rises.

I have compiled a list of successful people that have claimed in books and interviews that they wake up early every day:

Nelson Mandela - *Former President of South Africa*

When the South African President was alive he woke up at 5 am to go for a jog

Tim Cook - *CEO of Apple*

Tim Cook wakes up at 4 am every morning to read user comments about Apple products and then hits the gym. His net worth is \$1 Billion.

Richard Branson - *Founder of the Virgin Group*

Sir Richard Branson wakes up at around 5 am to exercise and spend time with family. He also takes the opportunity to read emails and catch up on the news. His net worth is \$4.4 Billion

Oprah Winfrey - *Talk show host, television producer, author, and philanthropist*

Oprah starts her day at around 6 am. She brushes her teeth, takes out her dogs, and then has her morning tea or coffee before meditating and exercising. Her net worth is said to be at \$2.6 Billion.

Dwayne Johnson - *Actor*

"The Rock" starts his morning at 4 am where he has his coffee followed by some cardio and then breakfast. He then hits the weights. Net worth: \$320 Million.

There are many more examples in the likes of Mark Zuckerberg, Howard Schultz, Michelle Obama, Jack Dorsey, and Bob Iger to name a few. What you will notice is that all these people not only wake up early, but they also have a set morning routine.

In the evenings most people's energy levels are too low to allow any time to give themselves any attention - also many of them have families and children, and the evening is the best time to spend with them. The afternoons are where most people are going about their scheduled day-to-day activities. This means that the early mornings is the best time to focus on personal development and also to set yourself up for a successful day.

Now I am aware that many of you will be saying, "But I am not an early morning person", and that is understandable. But how badly do you want to grow? The person you become is what attracts your success. It is so important that you develop a morning routine that is filled with accomplishment. Make your bed, exercise, pray, and/or meditate, or take the dog for a walk. By accomplishing these small tasks, you are starting your day with success and it will most likely lead to your day ending in success.

I will not go too deep into the benefits of waking up early, there is a great book written by Hal Elrod called *The Miracle Morning*. This book has helped me develop my morning routine and I can not recommend it enough. You should find it at most bookstores and it is also available on South African online stores. It is really a life changer and will give you more details around the benefits as well as tips to waking up early.

Successful Habit 3: Set Goals

It is clear that you are reading this because you have goals you want to achieve, but what sets the successful apart from the unsuccessful is how they go about achieving their goals.

Successful people are diligent goal setters. Once they realise their goal, they make sure they know the exact reason why they want to achieve it, then break it down into smaller steps, and plan their steps and actions that will help them achieve their goals by the date they set to achieve it by. The first step to goal setting is to write them down so that not only does it hold you accountable, but it turns your goal into a physical, tangible thing and makes it more real.

Since setting goals is such a massive fundamental step in achieving success, I will be dedicating a full chapter to setting goals later on in the book.

Successful Habit 4: Read Everyday

It is a common fact that those at the top of their game still continuously pursue knowledge and want to be better. In fact, a study revealed that the average CEO reads about 60 books every year. That is more than 1 book a week!

Success is not a goal, it is a lifestyle, and it is one that you must maintain by being hungry to learn more.

I was never a big reader, yes as a kid I loved reading fiction but I could never get in the habit of reading “self-help” books. Whenever I tried, I found myself losing focus and never really finished the book. When I started my journey of self-development, I got into reading by choosing a book by someone I truly admired and that’s what got me going.

It is important not to read just for the sake of it. Read the books that will boost your personal growth and that will be most beneficial to you. The smartest and most effective people in the world have most likely written books so everything you could ever need to learn on your journey to success has already been written.

Find the one that speaks to you and start reading with the goal of being a better person.

Successful Habit 5: Exercise / Physical Activity

Exercising regularly is said to improve your health and cognitive functioning. It improves your brain health, boosts your memory, and enhances your concentration and focus.

Once you develop this habit, you will notice that your body functions better. If your body is functioning better you will be able to demand more of it and this will allow you to be more effective with every other day-to-day activity.

**"THOSE WHO DO NOT FIND TIME FOR EXERCISE WILL
HAVE TO FIND TIME FOR ILLNESS"**

- **Edward Stanley**
British Statesman

If you are the type of person that struggles to set schedules for yourself, working out is a great way to build that habit. Set time aside and give yourself goals you're actively working towards, whether it is losing a specific amount of weight or running a certain distance.

Successful people all make time to exercise. They don't do it because they feel like doing it, they do it because it is beneficial to their long-term goals.

Successful Habit 6: Proper Nutrition

Just like exercise, you need the right nutrients for optimal brain and body functions. That is why successful people watch what they eat.

Taking care of your body is so important. Nutrients are the fuel your body needs to power your mind and body. It is what gives you the energy to push through a productive day at full capacity.

It is very important to be aware of what you are consuming. Personally, I love food way too much to ever be on some kind of diet. But to make sure that my body is fueled I try to eat the most nutritious food possible. I try to eat organic as much as possible because I am a firm believer that you are what you eat, so try your best to watch what you eat.

I won't be diving into how and what you should be eating because everyone has their own lifestyles that they follow and there are thousands of books and articles that you can access that will suit your requirements. I will however say

that I do recommend staying away from processed foods. If it says “fat-free” or “low fat”, I would recommend that you avoid those foods.

Successful Habit 7: A Good Work Ethic

To achieve your goal you have to work hard. It is so rare to find a successful person that is lazy. They will all tell you that they got to where they are by working hard.

Everyone has the ability to work hard to achieve what they truly desire. There is a famous quote, “Hard work beats talent when talent doesn’t work hard.” It teaches us that hard work will always win. Yes, talent can get you far, but it will always be surpassed by a greater work ethic - that hunger and drive to do and be better.

We all have that value that we want to give to the world, and if you are not putting 100% of your effort into showing that value then you are not living your life exceptionally. Successful people rarely ask *why* they have to work hard at something. By keeping their end goal in mind, they develop the work ethic to do whatever it takes to achieve their goal.

Successful Habit 8: Build Strong Relationships

Have you ever heard the saying, “It’s not what you know, it’s who you know.”? I feel this has been misinterpreted by most people. It is not about “connections” and who you can use to get ahead in life, but rather about who you surround yourself with that will contribute to your version of success.

Recognising toxic relationships is a key factor in your journey to success. Negative people can destroy your pursuit of success just by what they say and do. This is why it is extremely important to treat people the right way because what you give is what you get.

Building the relationships that you want is your responsibility. Each relationship in your life requires certain resources to allow it to develop fully. Go into your

relationships with the full intent to provide some sort of value and you will start to notice that it will be returned without even asking for it.

Important relationships also come in the form of mentors. You are the average of the five people you spend the most time with and why not spend your time with people that have already built the success and lifestyle that you desire. The beauty of doing this is not just to learn from their success, but also to learn from their mistakes and failures so that you can shorten your journey to success.

It took me some time to build up the courage to start asking people for guidance and mentorship but you will be so surprised by how many successful people are willing to give you their time if you show your drive and willingness to learn.

You should have a mentor for every aspect of your life that you want to change, for example if you want to build a lasting happy marriage, why not speak to the couple that has overcome obstacles and difficulties but are still happily married after many years? If you want to lose 25 KGs then your best bet is to speak to someone that has lost 25 KGs.

By learning from your mentors you give yourself the chance to cut your time to success in half. Try by just meeting them once a month and see if it doesn't lead to an improvement in your life. Not only will you be surrounding yourself with success and learning from them, it also gives you the drive to work harder as now there is someone holding you accountable.

Successful Habit 9: Be in a Constant State of Gratitude

It is so easy to focus on the negative in your life. Negative things do happen in life, and it will continue to happen to everyone, even the highly successful. How you respond to it is what makes all the difference. Everything that you focus on will magnify. So if you focus on the negative things in your life you will continue to have negative thoughts and feelings which will lead to negative actions and you will most likely lose control of your ship. However, if you focus on the

positive and you consistently practice gratitude you will see more of those things pop up in your life.

Successful people are always reminding themselves what they are grateful for and more importantly WHY they are grateful. When practicing gratitude try to dive deeper into what it is that you are grateful for to help strike an emotional attachment to it. Let's take family for example. If you are grateful for your family, make sure that you express that gratitude everyday by saying why you are so grateful for them. An example of this could be, "I am grateful for my family because they always encourage me and support my dreams, and they show me unconditional love."

**"BE THANKFUL FOR WHAT YOU HAVE; YOU'LL END UP
HAVING MORE. IF YOU CONCENTRATE ON WHAT YOU
DON'T HAVE, YOU WILL NEVER, EVER HAVE ENOUGH"**

- **Oprah Winfrey**

Talk show host, television producer, author, and philanthropist

I have found that the best way to encompass your life in gratitude is to start by practicing gratitude twice during your day. Firstly, just before you fall asleep. So when you are in bed and your eyes are closed ready to fall asleep, think of everything that you are truly grateful for. It doesn't matter what it is as long as it is something that makes you feel positive. This allows you to wake up to not only the things that you are grateful for, but it also helps you muster the will and determination to succeed during that day.

Now that you have woken up, you can start your morning routine by being grateful that you have been given another day to set out and achieve your goals. Follow this with everything that you are grateful for again. By starting, and then ending your day with gratitude you are just simply encasing your day in success.

Many successful people use a gratitude journal to write down what they are grateful for. You can set it next to your bed and before you sleep you can read and remind yourself what you are grateful for and when you wake up it will be right there next to you to start your day off positively.

By developing these habits you will start to feel a balance in your life that will give you the knowledge, energy and drive to achieve everything you have set out for yourself. These are the most common habits among the world's most successful people and if they continuously do these things then it stands to reason that if you do what they do then you will be successful like they are.

Chapter 3: Goal Setting - Realising Your Goals

What are your goals?

The big houses, the nice cars, the extravagant holidays and dining in the finest restaurants. These are usually the answers I get when I ask my clients what their goals are. And it seems to be a common trend because many people are taught that a goal is “the things that you want”. And although that is on a very low level true, it is not the best way to define a goal.

A goal is the determination of what, why and then how you want to better a specific area of your life as well as the focus on the things in life you desire most. A goal is something you dream of, that you truly believe in and something you will achieve.

I am sure many of you reading this will know that you should write your goals down. Not only does this serve as a reminder for you to remember exactly what it is that you are working towards, but also it allows your goals to move from a thought to a physical, tangible object that you can hold onto and make more real.

This chapter is aimed at breaking down how you set your goals in a way that you become emotionally and physically invested in them, and once you realise what it is that you intend on achieving you will start defining your purpose.

Where do you start?

The first step to defining where you need to be is to reflect on your past. It is so important to understand that even though you may be trying to move away from the situations of your past, the only way you can do that is to reflect on your past and use it as the learning curve to move forward and achieve your goals.

I am sure that at some point in your life you have allowed your past to determine your future in some aspect of your life because of the fear of failure. You need to challenge yourself in not allowing those fears to stop you from living an exceptional life. This is where you take the time to reflect.

By taking the time to reflect on every experience, you open up a world where you learn how to respond to experiences in the best way possible. By reflecting on the situations of your past, you allow yourself to consciously react to future situations instead of automatically allowing those situations to influence your behaviour.

This section of the book is going to allow you to honestly look at the habits that you have developed, good and bad. Yes it will be uncomfortable for some, but no one has found their true success in their comfort zones. This is where your journey begins.

I have put together an exercise for you to do to help you find what habits you have created that have either assisted you in achieving your goals or what bad habits you have developed that have prevented you from achieving them. Only when YOU truly realise what those bad habits are can you start working on developing successful habits.

You will be reflecting on the following aspects that all add to your journey to success:

- Relationships
- Romance
- Spirituality
- Finances
- Career
- Physical
- Personal Development

Relationships

The relationships that you develop will absolutely contribute to your success. Not only is it important that we not neglect the people that have helped and supported you to get you to where you want to be, but success is no fun if you don't have anyone to share it with. You have to nurture the relationships that you value the most. You need to reflect on all the relationships in your life. How has your relationship with your family been in recent times? When last have you spoken to or visited your siblings? When was the last time you sent a message to your good friends that have always supported you? When was the last time you showed your appreciation to someone you genuinely care about? Who are the people who are influencing you negatively? Who should you be spending more or less time with? Complete this exercise honestly - it is for your eyes only.

Rate your relationships on a scale of 1 - 5. ___ / 5

What are all the good things that have come from my relationships in the last year?

What lessons have I learnt from my relationships in the last year?

Complete the following based on your relationships in the last year:

I need to start

I need to stop

I need to continue

Romance

Ask yourself how you feel about your romantic situation. Are you extremely happy? If the answer is no, then reflect on why not? Figure out what type of romantic relationship you want. Describe what your ideal romantic situation looks like.

Rate your romance on a scale of 1 - 5. ___ / 5

What are all the good things that have come from my romance in the last year?

What lessons have I learnt from my romance in the last year?

Complete the following based on your romance in the last year:

I need to start

I need to stop

I need to continue

Spirituality

Regardless of your religion or personal beliefs, everyone practices spirituality in some way or another. It is very important that you continue to develop your spirituality, whether it is through prayer, meditation, or even moments of silence. Your actions of mindfulness and kindness is also a form of spirituality. How often do you pray or practice words of gratitude? How often do you meditate or practice yoga?

Rate your spirituality on a scale of 1 - 5. ___ / 5

What are all the good things that have come from my relationships in the last year?

What lessons have I learnt from my relationships in the last year?

Complete the following based on your relationships in the last year:

I need to start

I need to stop

I need to continue

Finances

Finances are one of the leading causes of stress and anxiety. Your financial situation needs to be in order for you to live the best life you possibly can. Now just because you might not be able to relieve your financial stresses today does not mean that you can't be successful. But by you reflecting on the good and bad behind your financial situation means you have taken that first step to your best life. Reflect on your spending habits, are you spending more than what you are earning? Are you repaying your debts? Have you saved toward retirement or have funds in case of emergencies?

Rate your finances on a scale of 1 - 5. ___ / 5

What are all the good things that have come from my finances in the last year?

What lessons have I learnt from my finances in the last year?

Complete the following based on your finances in the last year:

I need to start

I need to stop

I need to continue

Career

In the last year, what has your work situation been like? Are you happy with your position or have you worked towards a promotion? Are you happy with your career or is it "just to pay the bills"? Has your level of competency at work increased in the last year or are you still in the same place? If you were able to get everything you wanted just by doing what you loved, would you still be doing what you are doing now?

Rate your career on a scale of 1 - 5. ___ / 5

What are all the good things that have come from my career in the last year?

What lessons have I learnt from my career in the last year?

Complete the following based on your career in the last year:

I need to start

I need to stop

I need to continue

Physical

How would you rate your fitness? Are you happy that your health and energy levels are enough to get you to where you want to be? Are you happy with the state of your body or do you want to improve? Are your eating habits keeping you in top physical shape or are you eating cheat meals everyday of the week? How have you been in control of your physical well-being in the last year?

Rate your physicality on a scale of 1 - 5. ___ / 5

What are all the good things that have come from my physicality in the last year?

What lessons have I learnt from my physical situation in the last year?

Complete the following based on your physical situation in the last year:

I need to start

I need to stop

I need to continue

Personal Development

You are reading this book because you want to develop your life. How has your personal growth and development been in the last year? Did you know that the average Fortune 500 (largest companies in the US based on revenue) CEO reads 60 books per year? That is more than 1 book a week. How many books have you read in the last year? Should you be reading more? How many educational podcasts have you been listening to? Have you learnt a new skill?

Rate your personal development on a scale of 1 - 5. ___ / 5

What are all the good things that have come from my personal development in the last year?

What lessons have I learnt from my personal development in the last year?

Complete the following based on your personal development in the last year:

I need to start

I need to stop

I need to continue

Congratulations. You have just completed your first step to a better life and a better version of you. I have in no way perfected my “well-being pie” but just like you I have reflected on my past and I am now dedicated to my journey to personal growth and success. It may be a good idea to start a well-being journal where you reflect on all these aspects at the end of every week to monitor and measure your progress.

You have discovered what your strengths and weaknesses are and hopefully your eyes are now open to what is needed for you to achieve your goal. Can you see that if you master all these aspects you will be well on your way to getting everything you intend on achieving? Take this experience and make it work for you. You now know what steps to take and fear can not stop you anymore. You are in control of everything that comes your way and all doubt and anxiety can be put aside because you have written down what needs to change and what needs to remain in order for you to live a fulfilled life. You have just handed yourself your captain's hat - your decisions and actions you take from this point on will determine the direction that your life will go.

Chapter 4: Goal Setting - Determining Your Goals

Let's start with the very basics. Your goals need to be SMART.

Specific - What do you want to achieve and what actions are you going to take?

Measurable - How will you be tracking your progress?

Achievable - Do you have the resources, skill and/or knowledge to achieve your goals?

Relevant - Are your goals relevant to you and your life right now?

Time-bound - Have you set a clear deadline of when you want to achieve your goals?

These SMART goals will be your guide to the important results that you want to accomplish. Lets use losing weight as an example.

Firstly, you need to be more **SPECIFIC** in what you want to achieve. Losing half a kilogram is losing weight so add some detail like, "I want to lose 20 kilograms".

Now that you have written down your **SPECIFIC** goal, you will need to write down how you will be **MEASURING** your goal. The easiest way to track your weight is to have a weigh in session once a week. A good tip here is to have someone that holds you accountable and is there to weigh you every week.

Next you need to look at what you need to **ACHIEVE** your goal. Perhaps you need to buy a scale to monitor your weight. You may need to sacrifice a few things like take-outs or sugar. You will need to exercise so maybe you will need to join a gym or take a walk / jog everyday for 30 minutes. This is where you can write down how you will be achieving your goal and what you will need. For example, "I will cut out sugar and fast foods for the next 5 months and I will wake up early every morning to take a 30 minute jog around the neighbourhood."

Now that you know your goal is **ACHIEVABLE** you have to make sure that it is **RELEVANT** to the journey you want to take. In this case, a healthy body is a healthy mind and since you are on a journey of personal growth it is important that you do this.

A goal that is not **TIME-BOUND** is just a dream. You need to set a deadline of when you want to achieve this goal. Let's say you want to lose 20 kilograms in the next 5 months. The easiest way to do this is to break down your timeline. Losing 20 kilograms in 5 months can seem like quite a daunting task, especially for those that have tried to lose weight before. If you break it down into months, then you will realise that you only need to lose 4 kilograms every month. Now break it down even further - there are roughly 4 weeks in a month so therefore you would need to lose 1 kilogram every week for 5 months to achieve your goal. This way you can easily track your progress and you will find how simple it is to achieve your goal.

By having all of this written down, you will begin to see how easy it is for you to achieve every single goal that you want to achieve.

Now that you know how to set a goal, it is time to make formal goals. Goals that are detailed, measurable and that have deadlines. Goals that are SMART. This next exercise will once again focus on the aspects you covered in the previous chapter.

Relationships

To help guide you with what goals you want to achieve regarding your relationships, ask yourself the following questions:

- What relationships do I need to focus on and nurture in the next year?
- When was the last time I expressed my appreciation to someone that I truly care about?
- Who do I need to spend more time with?
- Who do I need to spend less time with?

Write down at least 3 goals regarding your relationships that you will achieve in the next year (make sure to make them SMART):

Example: I will visit/call my parents/family at least twice a month for the next year to build a better bond and keep the family ties strong.

Goal:

Goal:

Goal:

**"LET US BE GRATEFUL TO THE PEOPLE WHO MAKE US
HAPPY; THEY ARE THE CHARMING GARDENERS WHO MAKE
OUR SOULS BLOSSOM."**

- **Marcel Proust**

Novelist, critic, and essayist

Romance

To help guide you with what goals you want to achieve regarding your romance, ask yourself the following questions:

- What do I want my romantic relationship to look like?
- What do I see in an ideal partner?
- What are the qualities that I will develop to be a better partner?

Write down at least 3 goals regarding your romantic relationship that you will achieve in the next year (make sure to make them SMART):

Example 1: I will be a supportive, honest and trustworthy partner that will remain focused on building a happy and successful future by keeping my and partners needs in mind at all times.

Example 2: I will open myself up to finding a partner that values honesty, respect and building a successful future together.

Goal:

Goal:

Goal:

Spirituality

To help guide you with what goals you want to achieve regarding your spirituality, ask yourself the following questions:

- How often will I pray or practice being grateful?
- How will I consciously be more mindful and kind?
- How often will I meditate or find some time to be silent?

Write down at least 3 goals regarding your spirituality that you will achieve in the next year (make sure to make them SMART):

Example 1: I will wake up an hour earlier everyday to meditate and express gratitude for everything that I have in my life.

Example 2: I will make sure to go to the local church/mosque/temple once a week and will build a better relationship with God through prayer.

Goal:

Goal:

Goal:

Finances

To help guide you with what goals you want to achieve regarding your finances, ask yourself the following questions:

- What can I do to make sure that I am not spending more than what I earn?
- How much will I start saving every month?
- How much will I invest toward my retirement or children's education?
- How can I change my spending habits to focus on relieving my debt?

Write down at least 3 goals regarding your finances that you will achieve in the next year (make sure to make them SMART):

Example 1: I will contact a financial advisor to help me plan for a comfortable retirement by opening a retirement annuity.

Example 2: I will save R500 of my salary every month by budgeting and not spending money on things that are unnecessary or will not contribute toward my goals and success.

Goal:

Goal:

Goal:

**"YOU MUST GAIN CONTROL OVER YOUR MONEY OR
THE LACK OF IT WILL FOREVER CONTROL YOU."**

- **Dave Ramsey**

Author of "The Total Money Makeover"

Career

To help guide you with what goals you want to achieve regarding your career, ask yourself the following questions:

- Am I happy with where I am in my career?
- What steps will I take to advance my position or career?
- What skills will I learn to get the promotion I want?
- Who will help me achieve the advancement I want in my career?
- Do I see myself doing what I am doing for the rest of my life?

Write down at least 3 goals regarding your Career that you will achieve in the next year (make sure to make them SMART):

Example: I will have conversations with my manager every week so that I can develop a relationship with them as well as learn from them to help me get promoted within the next year.

Goal:

Goal:

Goal:

"THE ONLY WAY TO DO GREAT WORK IS TO LOVE WHAT YOU DO. IF YOU HAVEN'T FOUND IT YET, KEEP LOOKING. DON'T SETTLE."

- **Steve Jobs**

Inventor, Designer, Entrepreneur and Founder of Apple Inc

Physical

To help guide you with what goals you want to achieve regarding your physical situation, ask yourself the following questions:

- Am I happy with the current state of my body?
- Am I eating foods that are healthy for me?
- What can I do to achieve a new personal fitness record?

Write down at least 3 goals regarding your physical situation that you will achieve in the next year (make sure to make them SMART):

Example 1: I will train to compete in a marathon within the next year and will complete it in under 4 hours.

Example 2: I will work out at least 3 times a week so that I can lose 20 kilograms and have the body that I have always wanted in time for beach season.

Goal:

Goal:

Goal:

**"EXERCISE IS KING. NUTRITION IS QUEEN. PUT THEM
TOGETHER AND YOU'VE GOT A KINGDOM."**

- **Jack LaLanne**

Fitness and nutrition guru, and motivational speaker

Personal Development

To help guide you with what goals you want to achieve regarding your personal development, ask yourself the following questions:

- How many books will I read in the next year?
- What skills will I develop to better myself?
- Who can I speak to that can help me become a better version of myself?

Write down at least 3 goals regarding your personal growth that you will achieve in the next year (make sure to make them SMART):

Example 1: I will read at least 2 self-help books every month written by people who have achieved the success I desire in the next year.

Example 2: I will replace listening to the radio in the morning with listening to a motivational or educational podcast to set myself up for success.

Goal:

Goal:

Goal:

**"PERSONAL DEVELOPMENT IS A MAJOR TIME-SAVER
THE BETTER YOU BECOME, THE LESS TIME IT TAKES YOU
TO ACHIEVE YOUR GOALS."**

- **Brian Tracy**

Motivational public speaker and self-development author

Chapter 5: Goal Setting - Finding Your Why

Now that you have discovered and written down *what* you want to achieve, it is now time to focus on the most important step of goal setting - your '*why*'. If your '*why*' is properly defined then you will find the '*how*' will naturally materialise.

Your why is what gives your life purpose. It is the reason you want to accomplish all that you desire. Yes you want to lose weight, but why do you want to? Yes you want to have a happy marriage, but why? Yes you want total financial freedom, but why?

Only when you are able to confidently answer the "why" questions will you be able to ease your mind into achieving everything you want. Think of a three year old child that keeps asking "why?", as soon as you answer their question to their satisfaction they will move on from the subject and give you peace. It is the same with your mind, only when you know why you are doing what you are doing and you are satisfied with your "why" will you be able to be at peace and confidently go out to achieve what you most desire.

One of my favourite books is written by James Allen called *As A Man Thinketh*. In his book he writes, "until thought is linked with purpose there is no intelligent accomplishment.". Without purpose, you open yourself up to petty worries, fears and self-pity which can all lead to failure and unhappiness.

This means you need to discover what it is that will drive you to achieve your goals. Without a true purpose to why you want to achieve your goals, you may find yourself drifting away from them and just aimlessly pursuing something you won't have the desire to achieve - which will just end in you neglecting them. Your why is the raw emotional reason that you have set out your specific goals and it is the fuel that will help you reach your destination.

Chapter 6: Planning and Action

Now that you have set out your SMART goals and have found your 'why', it is time to move on to the more challenging aspect of your journey to your success - planning and action.

This is where you will be providing more clarity on how you will be achieving your goals, and then following through with it. You will need to clearly define weekly and monthly checkpoints to make sure you are on course to achieving your goals within the next year.

A good starting point is to discover what you will need to sacrifice in order to achieve your goals. More often than not, sacrifices will have to be made on your journey to success. Examples of things you may need to sacrifice:

- **Sleep** - You may need to wake up earlier or stay up later in order to achieve your goals.
- **Socialising and free time** - The partying and socialising may need to take a break while you are pursuing your goals. Not to say you shouldn't take a break every now and then, but your goals have to be more important than going out to have a good time.
- **Friends** - This is never easy but you will need to identify the people in your life that are slowing down your progress. If you are like the five people you surround yourself with you may need to sacrifice the friends that have toxic behaviour and bad habits. Spend your time with the people that contribute toward your personal growth and well-being.
- **Money** - If your goal is to start a business, you may need to invest some money toward start-up costs to get it going. Maybe you need to spend some money on a sales coach or mentor to further your career.

Let's dive into how to plan out your goals.

Planning

The great thing is that you have already done step 1 of planning and that is determining the deadline of when you will achieve it. Now that you have a deadline, it is important for you to break this goal into smaller actions that will make it easier to accomplish.

If today is 1st January and you have a goal that you need to achieve by the end of the year, you need to know what actions you will be taking every month to achieve the end goal by its due date. Once you know what each month's goal is, you can then break it down even further into weekly goals that will make it simpler for you to achieve that month's goal. You could even then take it further by taking some time on a Sunday to plan out what you will be doing over the next week to make sure you achieve that week's goal.

Since I am a sales coach, let's use a business/sales example. If your goal is to make R1,000,000 by the end of the year, you will need to break it down into smaller monthly goals. This would mean you need to make roughly R84,000 per month. To make this happen, you would need to make approximately R21,000 per week. This will equate to roughly R3,500 per day working Monday to Saturday. If as a salesman you stand to make R500 for every sale you make, you will only be required to make 7 sales per day. Now this may not be easy - but think back to that feeling of you having achieved all your goals. Visualise it again, now ask yourself how badly do you want it?

This strategy needs to be applied to every goal you set out achieving. By breaking them up into small manageable steps, you have made your end-goals much easier to achieve, and also a lot less stressful.

Taking Action

Now that you have set out your plans for the year, it is time to develop the action plan. It is important that you have a planner for this. Although there are many mobile apps or online planners, I prefer one that I can physically write in

and carry around. Setting out your action plan is something that you have to do on a weekly basis. Usually it is best to take an hour every Sunday so that you can start your week knowing exactly what is going to have to be done everyday.

The first step to developing a rock solid action plan is called **Analyse and Prepare**. Firstly, you review your previous week and see what worked and what did not work. Remember, sometimes things don't always go according to plan but by analysing your previous week you will be able to learn and rectify the problems that may have arisen. By reflecting on the previous week, or even weeks, you are able to build a sense of accomplishment as you see yourself progress. Next you will need to look at the next week or two so that you know exactly what is coming up. This will allow you to go deeper into your planning and will prepare you for what is coming up. Once you have analysed and prepared, you can move onto the next step.

The second step is **Prioritising**. To start things off you will need to make a list of absolutely every action that needs to take place over the next 7 days. From work to lunch to gym to doing the dishes, absolutely everything that you control needs to be listed. This list will then need to be prioritised in a way that you will know exactly what actions you will be taking throughout each day.

The third and final step is to **Organise**. This step will require you to decide which activities are fixed and which ones are flexible. A fixed activity is the activities that are confined to a specific time and date and can not be changed, for example a weekly appointment with a mentor. The flexible activities are the activities that you schedule around your fixed activities. Now that you know which is which you can now schedule your activities in your planner, starting with your fixed activities and then adding the flexible ones. By doing this you would be able to learn what free time you have to be more productive and it will also show you that your time is limited which is why you will need to consider what sacrifices you need to make. What is most important is that you now have your action plan set out and all that is left is to follow through.

It is very important that you complete this step before continuing so even if you need to draw a planner by hand - do it. Below is a template that you can use for yourself.

Planner for the week of _____

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8 AM							
9 AM							
10 AM							
11 AM							
12 PM							
1 PM							
2 PM							
3 PM							
4 PM							
5 PM							
6 PM							

Chapter 7: Responsibility and Control

Taking Responsibility for Your Life

You have now documented what your intentions are, what you want to achieve and why you will achieve it. You have formulated a plan of when you will achieve it by and broken it down to smaller bite-sized plans. You have now created an action plan and dedicated yourself to be disciplined to follow through.

Now it is important for you to understand that if you want to be successful, you need to take responsibility for your life. Everything that has happened in your life up until this point, and everything that happens from this point is your responsibility. The bad as well as the good.

You need to realise that everything that has happened in the past can't be changed. You can't keep blaming other people or your circumstances or history for where you are now in your life. This is difficult because of what the media shows you and even what you may have been taught in school, but now is the time for you to look past that and take responsibility and move yourself in the direction you intend for it to go.

All the anger you have from things in the past you have to let go of - it is a limiting factor that will block your progress. If you focus on why you are unsuccessful, then you will continue to be unsuccessful. But if you focus on why you will be successful then those thoughts will govern your successful future.

You can either continue to complain about your situation or you can choose to focus on taking the action needed to improve your life. Whatever thoughts, habits, and people that do not serve your ideal future need to be left in a place that can't be touched - and that is the past. Though you can't control what happens to you, you can control how you react and respond to the things that happen to you.

You are not a victim of your circumstances, you are a product of your intentions. What you intend, you will become.

Taking Control

It takes a lot more than taking control of your life to be successful. You also need to make sure you control your mind. Your thoughts are the stepping stones to your actions. Bad thoughts lead to bad actions and vice versa.

Now you can't control the first thought that comes to your mind but you definitely can control your second. This is why it is very important that you learn how to control your thoughts so you choose to develop the habit to consistently think positive thoughts.

Your thoughts are very powerful and they usually result in action. If you think poor, you will be poor. If you think wealthy, you may not necessarily produce the wealth you want, but you most definitely have a much better chance of becoming wealthy than the person who thinks poor. However, if you control your thoughts which lead to good habits and positive action, you are most likely going to be wealthy.

Think happy, be happy. Think healthy, be healthy. Think successful, be successful. This is a very important tool to help you achieve your goals. If you fail this, you fail yourself. It is you that controls your thoughts and your reactions. Take responsibility and take control.

"YOU CAN INFLUENCE, DIRECT AND CONTROL YOUR OWN ENVIRONMENT. YOU CAN MAKE YOUR LIFE WHAT YOU WANT IT TO BE."

- **Napoleon Hill**
Self-help author

Chapter 8: Mindfulness

Mindfulness is something that is already built into every human and with daily practice it will allow you to be fully aware of everything that you do, say, think and also react to. It is being in control of every single situation in life so that you are not overwhelmed and over react to the things that occur around you.

Breathing and meditation are good ways to practice mindfulness. While you are sitting in silence, negative thoughts tend to creep in and your first reaction may be to resist these thoughts and try to push it out or even ignore it. I am sure that this only causes your anxiety and stress levels to elevate which is the last thing that you want.

What you want to do is acknowledge the thought and know that it is there, but because you on this journey to a greater life, you know that you have a plan to alleviate this stress and you may find that it doesn't immediately go away, but because you are mindful to the situation, you can handle the negativity and it shouldn't stress you out.

This will help you when you're driving and someone cuts you off. Your first reaction I'm sure is to yell and maybe throw a finger. How would that reduce the stress in your life? It only adds to it, right? Just take a breath, focus on being in control and turn up some good music to get you smiling again.

Being mindful in all aspects of life will give you clarity when it comes to making decisions regarding your future. It allows you to be fully present in every situation and will allow you to control every aspect of every situation that life will present you with. Think back to you being the captain of your ship, if you are in control of everything you get to navigate your ship anywhere you desire and you will be able to get there exactly when you want to, no matter what obstacles come your way. It is the same with your life. Be fully aware and present in every situation and you will guide yourself directly to the vision you set out for yourself.

It is okay at times to not feel okay, but by being mindful you are aware of your negative feelings and once you master mindfulness, you will understand that there is no need to resist the negative but your power to control the positive will overpower the bad.

**"MINDFULNESS MEANS BEING AWAKE. IT MEANS
KNOWING WHAT YOU ARE DOING".**

- **Jon Kabat-Zinn**

Creator of the Centre for Mindfulness in Medicine, Health Care, and Society

Meditation

There are many books on mindfulness and meditation and for me the best book on this subject is called *The Miracle of Mindfulness* by *Thích Nhất Hạnh*. It gives you the insights of how to master your mind and your thoughts and also the fundamentals of being aware of everything that you do.

Meditation is in no way an escape from reality, in fact - when you meditate you must allow yourself to become more aware of absolutely everything going on in your life. Take 15 minutes of silent time every morning to allow everything that you are dealing with to come to your mind. The trick here is to not allow it to overwhelm you, but rather to be more aware of what is happening in your life and to allow yourself to calmly accept that it is part of your reality and that you have the power and the control to resolve or deal with these matters.

Mindfulness is a very important trait to master and can be very difficult to get into when starting with the practice of it. A lot of time will be dedicated to this subject in future podcast episodes to help you get you on your way to achieving your best life.

Chapter 9: Self-discipline

Everyone has a pretty powerful inner voice that can cause a lot of damage to your personal growth. That little voice that tells you to hit the snooze button, or that it is too hot or cold to go for a jog, or that you can do it tomorrow.

When adjusting to life outside of your comfort zone that little voice, that has developed through fear, will only ever think of your survival and will try to steer you back into your comfort zone. There are times on your journey to success where this little voice will win, but what you need to try to be conscious of is whether you are willing to sacrifice your vision of a good life just because of a little discomfort.

You need to discipline yourself in a way that when you plan to undertake something that you immediately get up and do it. Do you want to lose weight? Stop ordering take-outs today - not from Monday. Do you want to experience the benefits of a cold shower? Do it! The cold is uncomfortable, but it has so many mental benefits - but if it is something small to help you on your journey to success, forget that little voice and just do it.

A study has shown that people that have great self-discipline tend to be happier than those without. The reason for this is that self-disciplined people are a lot more capable in dealing with goal conflicts that will arise on your journey. By being self-disciplined, you will find yourself spending less time debating whether to do the things that are important to helping you achieve your vision and will allow you to make decisions easily, and effectively.

You will be faced with many impulses and feelings when making decisions regarding your change of habits and lifestyle, self-discipline will make sure that your decisions you choose are not affected by these “fight-or-flight” impulses.

By being in control of the rational decisions you make every day you will be well on-course to achieving a happy and stress-free life.

How to become more self-disciplined

Self-discipline is not a reflex or something everyone is born with. It is a learnt behaviour that requires practice and repetition in your day-to-day life. Try the following to get you started on a more disciplined, yet happier life.

1. Remove the temptations that will lead you off your path

Get rid of all the negative influences that would hinder your steps to living your best life. If you want to look your best in that bikini at the end of the year, then remove the things that would stop you from achieving that goal. No take-outs, no sugar, no junk food. Toss it. Need to focus more on your work? Turn your cellphone off and disable all social media on your computer. Out of sight, out of mind. Do these things consistently, so that they become habits.

2. Now is always the right time

Changing up your routines and habits in order to accomplish your goals is never easy and is almost always uncomfortable. Your brain over time becomes accustomed to the current life you are living, so when you make these changes, your mind will tell you that what you are doing is wrong. This is just because it is not “normal”. The best thing for you to do is to be aware of that “wrong feeling” and embrace it. Tell yourself that it will take some time for you to accept the new lifestyle and for it to feel more natural. Keep pushing through those feelings of resistance. In no time, the new behaviours will soon become habits that will require little to no decision making.

3. Eat well, eat regularly and eat healthy.

Being hungry or lacking important nutrients will weaken your resolve. Being hungry will lessen your focus at the tasks at hand and also makes you grumpy and pessimistic which allows the negative thoughts to flood in. Eat often and have healthy snacks (like almonds) on standby so that your blood sugar levels are regulated which will assist with decision making and concentration. Your brain needs to focus on what you want to achieve, not on an empty stomach.

4. Reward yourself

Just because you are on this well-being journey does not mean you have to be a hardcore drill sergeant in the things you do. By giving yourself no margin for ease, you will most likely encounter failure often. So while practicing self-discipline it is important for you to schedule “cheat days” for yourself. If you are trying to control your finances and spending, set one day out of the month where you can spend a set amount of money just on yourself. Take R300 cash (leave the credit cards at home!) to the shops and spoil yourself a little bit. If you are looking to eat healthier and lose weight then have an ice-cream every Sunday. Call it Sundae Sundays. Self-discipline is so hard because we have already hardwired our habits into our brain, so reward yourself for doing good.

5. Always move forward

Things don't always go according to plan and on this journey that you are now taking you will accomplish amazing things and you will encounter spectacular failures as well. There is no straight line to success, there will always be ups and downs. When you do experience a failure, be mindful of what caused it and then move on. The easy option is to get caught up in the anger and frustrations but that is just a setback to improving your self-discipline. Every failure is a learning curve. Read that again. Forgive yourself, pick up your pieces and keep moving forward.

There are many aspects to ultimate happiness but for you to live the very best life that you intend for, and you are on the path to long-term success, then you have to start practicing self-discipline now. It is the most important aspect to achieving every goal and living a happy life.

**"I COULD ONLY ACHIEVE SUCCESS IN MY LIFE THROUGH
SELF-DISCIPLINE, AND I APPLIED IT UNTIL MY WISH AND
MY WILL BECAME ONE."**

- **Nikola Tesla**

Inventor, electrical engineer, mechanical engineer, and futurist

Chapter 10: Conclusion

You have every tool developed by some of the worlds most successful people. This book is the guidance that you need to better your life. It is now up to you to take these concepts and investigate further through reading, podcasts, mentors, coaches and conferences to become the best version of yourself so that every goal that you have set out to achieve becomes a reality.

You have the power to change the world and you need to start by changing yours. Follow your intentions and discover your why. Don't give up. It is okay to make mistakes, but remember - the biggest mistake would be not to try. Learn from them and keep pushing forward. Your destiny is in your hands.

One thing I must mention is that in your pursuit of success, never forget the things that truly matter. You only have this one life and success will mean nothing if you have not lived your life to the best of your ability. There is a beautiful buddhist saying - In the end, only three things matter: how much you loved, how gently you lived, and how gracefully you let go of the things not meant for you. Don't let your pursuit of success make you forget that your life is worth enjoying.

I would like to stay involved with each and every person that reads this book and that listens to the Ease Your Mind podcasts. I have created a Facebook group called The Ease Your Mind Community. In this group I encourage you to share your experiences, post about your successes and document your goals. This will be a private group so you will be in contact with a community of like minded individuals that will be there to encourage you and share what they have learnt.

The link to the Facebook Page is www.facebook.com/groups/easeyourmind

Although this is the end of the book, the journey does not stop here. The Ease Your Mind podcast will continue to come your way every Monday and Thursday, free of charge, giving you more tips and tools to be a better version of yourself.

This is a journey for me too and the more I learn the more I will give through the podcast. Please follow on Spotify, Apple Podcast and soon on Youtube and more importantly, if the podcasts help you in any way, please share it with the people you love so that we can build a positive, vibrant and successful community that will be capable of changing the future of this beautiful country of ours.

You can also keep in contact by emailing me directly at easeyourmind@salar.co.za or simply connect with me on social media.

I am truly grateful for you wanting to better your life to achieve your goals. Be proud of yourself because it is not easy to get to this point, but you are here now and your journey to greater things has just begun.

Once again; May peace, blessings, and success fill your life.

Thank you and I appreciate you.

Take it easy.