

Unleash The Power Of Your Mind

Master Your Mind, Master Your Life...

Authored by

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ISBN: 978-93-93557-76-6

Price: 200.00

Publishing Year 2022

Published and Printed by:

Shashwat Publication

Office Address: Ram das Nagar,

Bilaspur, Chhattisgarh – 495001

Phones: +91 9993608164 +91 9993603865

Email: contact.shashwatpublication@gmail.com

Website: www.shashwatpublication.com

Printed in India

Foreword



I have known Jyotsna Rani Mohanta since September 2021 since she became a part of my NLP Life Coaching closed group community and during the NLP Practitioner course, I must say that she has been one of the most sincere mentees I have ever seen who carries a mission and purpose of adding values in the financial life of people with the help of scientific and spiritual techniques.

Being a Mindset & Brain Coach now she has achieved an exceptional transformation in her life. After reading this book, I can see that the author has been successful in giving an immense clarity and sense of fulfillment to the readers on how to evaluate life & transform yourself with the help of understanding different stages of frames, learning and beliefs in our life. Her experiences will make us feel how significant and crucial it is to understand the challenges faced by people on how to create a desired state with the help of eliminating blockages and limiting beliefs before thinking about success, which is the most ignored thing nowadays. Also she focuses on how impactful it is to master your mood and how a normal person is supposed to know with the help of developing new habits and replacing old ones to achieve peak performance by creating a new version of yourself. Finally I will admit that after reading this book, I felt that the book is written in such a manner that the common people will take action and open the possibilities for happiness & fulfillment in their life via a new way of living and activating the real potential of their life with the help of beating procrastination.

At last, this book is the complete balance and a Roadmap to deal with anxiety and also from stopping chatter of thoughts in mind to

become calm, relaxed and composed by improving with the help of understanding how to install confidence and achieving mindset in people.

Yogendra Singh Rathore



Acknowledgements



My first heartily thanks to my Mentor Mr. Yogendra Singh Rathore, for your mentorship & guidance. It is very hard to express my gratitude through words. As I learned a lot of things from you. And thank you for inspiring me to write this book.

Yes life is a best teacher. After that you are my best teacher.

So thank you for all the Teachings & Guidance.



Introduction



Well my first instinct to learn NLP (Neuro Linguistic Programming) subject was to master my mind. And I want same for everyone. That's how this book came into existence.

Everything we do in our life, all are driven by our mind / intellect. Imagine removing this mind from your life equation. What will left, a robot without any feelings, without any desire to learn, without desire for growth, without desire to live a fulfilled life, without desire to feel happiness and peace.

Similar to an animal, just need to survive and need to procreate.

This brain makes us special & different from other species.

But irony is we don't own our mind. It is like our mind runs us, for most of the time. That is the reason you want to do something, but you act its opposite.

You want to wake-up early morning, but you sleep till late morning.

You want to go gym, but you procrastinate.

You want to start your own business, but you procrastinate. And go to same job, even if you do not enjoy the work.

Yes, I can feel the situation, the struggle. I was also in job at corporate for 12 years of my carrier. But then life plays its role & I am blessed that I able to decide & choose a carrier that I really love and enjoy today.

And behind all this my mind played a very nice role. Yes at first I was also facing similar challenges, like I wanted something else for

my life, but I was doing different things. Not able to leave past memories behind, not able to focus on building a compelling future. I was like stuck, not sure how to move forward. How to manage my mind & emotions better.

So all these needs lead me to study of NLP subject and NLP Practice. Then it leads me to become a Life-coach.



Abstract



Life, a very beautiful word, a very beautiful experience. If we don't consider its different phases when we feel like we are stuck. Not able to deal with a situation. When we feel sad, depressed or stressed.

And our life is revolved around, hugely depends upon our health. More precisely mental health. As Our mind and body are one system. Our physical health affects our mood. Also our mental health affects all aspects of your life. Like carrier, relationships (with self + with people around us), physical Health, Building Wealth. So we can see all aspects of our life are connected.

And on top of all comes mental health.

Which if not maintained right, it stops you from reaching to your full potential.

In day to day life, we face challenges like not able to stay in motivated state always.

Not able to maintain your peak performer state always.

Not feel confident enough, at the time of need.

Sometimes we overthing about situations.

We procrastinate our important tasks, so we lose opportunities.

We want to implement a good habit like yoga, meditation, exercise or a simple habit of waking up early in morning, but not able to integrate that in daily routine.

So all these and there are many other things, which limits us from living our desired life.

And I will say from my personal experience that, all these limits are connected to each other, not so separate. When you improve yourself in one area or in one habit, a few other things get improved automatically.

For example if you implement early morning wakeup habit, then most probably you will add exercise in it. Then you may win over procrastination, as when you wake up early, you get more time for yourself & for your task.

Another example, when you learn to manage your overthinking, your sadness, depression & anxiety situations taken care of.

So now let's deep dive into the next sections of the book, learn some new perspectives, learn some new techniques to deal with some of your day to day challenges or so called limits.



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Chapter-1

Introduction to NLP



NLP stands for **Neuro Linguistic Programming**.

Neuro– Neurology or our nervous system. Our Neurons controls results in our life. How we are earning, how we behave around our relationships, how we grow in our business, how our carrier progress, how we handle our thoughts & emotions, how we act in different situations, all controlled by our Neurology.

Linguistic– Language & Communication. Means how we communicate with the world. Our language tells about our thought process, our beliefs & value system.

Programming– Mental Patterns. Like computer works based on a programming, our brain has specific patterns. Which controls our thoughts, then feelings, actions, behaviors and results we get in our life.

NLP is the subject in which by using specific techniques & methods we can manage our thoughts, feelings, actions in our life. So we can manage our health, wealth, relationships and carrier decisions in right way. And we achieve desired results.

What does NLP Do?

NLP is the very powerful and practical approach to personal change. NLP brings about the change and self-development. NLP helps to get desired results in our life.



Chapter-2

How To Master Over Your Mood



In common language we call it mood. In NLP we call it **State**.

It is a very important subject. And in our day to day life we use the word mood very frequently and face a lot of challenges on managing our mood. So let's understand it deeply.

At any given moment, the state of your 80 billion neurons & 60 trillion cells of body combinely defines our state or mood.

States are generally 2 types:

1. Positive / Resourceful State:

Examples of Resourceful State are:

Confidence, Happiness, concentration, decision making, love, peace, kindness, flexibility, clarity, certainty, good health, playfulness etc.

It is called Resourceful state because when you are in this state of mind, you have full access to your internal resources. Internal resources like your skills, talents, creativity, clarity of mind, decision making etc.

2. Negative / Unresourceful state:

Examples of Unresourceful State are:

Anger, fear, phobia, sadness, depression, stress, guilt, confusion, frustration, stuck state in life etc.

We call it unresourceful state because when you are in this state of mind, you blocked your access to your internal resources. Like your creativity, skills, capability and inner potential. So you live life in disease, in less productive state, sometimes took wrong decisions etc.

For example, when you are fearful or stressed you have resource of confidence / peace inside you. But you can't reach to that. When a cricket player goes out of form, in those times also his skills, talents are inside him. He just not able to access them because he is in Unresourceful state during those periods.

You can also observe by studying your own life that, in your previous years you used to be more creative, or more playful, or felt more confident during decision making situations, or more certain about future. But now you may feel that your creativity is blocked, may not be as playful as before, may live in confusion state, or feel uncertain or feel stuck in life., Just because now you are in unresourceful state.

How to manage our States?

We can easily observe that to be in positive state we have to put efforts maximum time. But negative state triggers naturally, through day to day events those we do not like.

Everybody wants to live maximum time of their dasys in resourceful state.

If you are not living a happy, healthy life. If you are not living a life you really want, then it directly means that maximum time you are living in un-resourcesful state.

NLP says that all resources are already present within us. Or we have the capability to generate new resources. It could be the resource to heal your body, or to increase your income, or to establish a new business empire, or to maintain a loving relationship. But maximum people never able to realize their potential because maximum time they live in un-resourceful state. Live life in blaming, complaining, making excuses, justification. Victim-hood state. They always try to fix other people or outer situation. But truth is every change starts from you.

High performers, Elite performers, those are in top levels of their life, millionaires, achievers lives their maximum time in resourceful state.

Technique to manage your State / Mood

Let's learn a very practical Technique to manage your state. You will definitely get amazing results when you apply it.

For example you are going for an interview or for a business deal, then how to gain state of confidence,

Step 1:

First shake-off the present un-wanted state of stress (or anger / doubt / sadness / depression / low-energy). For that make hand movements around your body like you are shaking-off dust from your cloths.

Step 2:

Decide the state you want to gain. For example confidence (or happiness / relaxed / peaceful).

Step 3:

Sit / Stand in a relaxed position. Close your eyes. Make your spine straight, neck straight, chest open.

Now ask yourself in your mind **“How will be my body posture, if now I am fully confident state”**. Your sub-conscious knows the answer, so relax and adjust your body posture as-if you are fully confident.

Step 4:

Next ask yourself **“How I will breathe, if now I am fully confident state”**.

Breathe as-if you are feeling confident, all will happen automatically, don't force or don't get confused, just let it happen.

Step 5:

Keep your spine straight, neck straight, chest open during the whole process.

Next ask yourself **“What will be my facial expression, if now I am fully confident state”**.

Your sub-conscious knows everything, so just ask the question in your mind and allow yourself to change facial expression.

Step 6:

Now speak in your mind, **“my name is “your name”, and I am full of confidence”**.

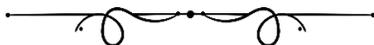
Repeat the statement in your mind with body posture + breathing + facial expression. You will see your state is changing in no time. You are feeling confident.

Must use the above technique & enjoy small miracles in life. You could use the technique to gain happiness / relax / peaceful / calm states as you need in different situations.



Chapter-3

Break Your Overthinking Pattern



Everybody worries from time to time. So when does worrying become overthinking?

Overthinking is simply what its name suggests – thinking too much. Overthinking is going over the same thought again and again. Analyzing the simplest of situations or events until you feel like your mind is totally blocked or confused. Not sure what to do next.

And here notice one more thing. We never over think about positive, happy events.

We over think about bad, negative events. And we add-on more bad results while re-thinking. Actually we don't do it intentionally. Our brain is programmed that way.

From ancient time, Our Brain is programmed to keep us safe & alive. And it knows that if you want to survive then consider all - Ve outcomes. That's why you do over-thinking.

Disadvantages of too much Thinking:

1. An Overthinking brain can't translate thoughts into action, so you go to procrastination mode.
2. An Overthinking brain doesn't have space for creativity. So you block all your creativity.

3. Overthinking fills the stress bucket. So it ultimately creates feelings of stress, depression, sadness and anxiety.

How you will know that you are over-thinking?

Simple rule is, observe your thoughts, then ask yourself. All these thoughts leading me to any solution or result, or just causing me tension?

Ask yourself, by thinking about the situation, can I do anything about this situation? Do I have control over the situation? If you have control then just take required actions & relax.

If you do not have any control about the situation, then stop thinking. And focus on tasks you can do. Where you can produce some result.

How to stop Your Overthinking Pattern

Here I will give you a very powerful and Practical technique to clear your Extra, unwanted thoughts.

Step by Step approach to the Technique...

Step 1:

Take a Pen & Pepper.

Step 2:

Write down all your thoughts on a page. Clear out everything in your mind. Thoughts consume space in your brain. Understand it like our brain is a super-computer. And we all know in computer everything consume some memory. Same our thoughts consume space. So now clear space in your brain by writing them on that paper.

Step 3:

Divide thoughts into two categories.

1st- thoughts you can control.

2nd- Thoughts you can't control.

Put tick mark on thoughts you can control. Put cross mark on thoughts you can't control.

Step 4:

Now take another page. Re-write thoughts you can control.

Step 5:

Then burn the first paper, or tear down & flush it.

This final step is very much important. This step will act as a metaphor for your brain. And brain will clear-up unnecessary memory space. And left space for creative ideas.

Now let me explain how this process will be helpful for you?

Now you have a separate paper left, where you have written down thoughts you can control. This gives you a sense of control. Sense of certainty, Sense of responsibility. You feel like I am in power and everything is perfect. You will stay away from all disempowering feelings like stress, depression or sadness.

And best time to do this process is at night before going to bed. It is very much important that you should not go to sleep with your worry & stress of the day.

Very Powerful Frame to Look Into Your Life Situations

Here let me give you one very powerful concept, which will change your Perspective. Help you live your life with a sense of control and clarity of things or situations. Also help you understand logical part of above technique.

We live our life in two zones or circles.

1st - Circle of Concern (COC)-

This circle includes all the things in your life, you are concerned about. Things which affects you directly or indirectly.

For Example: It's raining outside & you have to reach to a meeting on time. You have to reach office on time but you got stuck in Traffic. Increase of petrol price. Global warming, too much cutting of forest. Weather change, less job opportunity in market. If you will get promotion this year or not? Kids not getting good grades in school. Maid did not come today. Tax rate increase. Disease in family etc. etc. There is a long list.

2nd - Circle of Influence (COI)-

Here lie the things you can control. Or you can influence.

If you notice in general your Circle of Concern (COC) is too big. And your Circle of Influence (COI) is very small. By our brains default programming maximum time of our life we live inside Circle of Concern (COC).

In above technique you are separating your COC & COI.

For Example- suppose it's raining outside. And obviously you can't control rainfall.

Rain comes in your Circle of Concern (COC). Here instead of cursing rain that it always come in wrong time. God don't want me to be success in life. You should focus on your Circle of Influence (COI). Like if you have to go out, you can take an umbrella / raincoat/ take your car and reach to destination. Or you wait rain to stop. Or you reschedule your program. This is in your Control.

Another Example- for students preparing for competitive exams, studying comes in their Circle of Influence (COI). Exam result comes in their Circle of Concern (COC). So they should focus on study not on result.

So instead of focusing on your concern, just check if the situation is in my control?

What better I can do that the situation will affect me less. Or think about what other solution you can find.

Here next very important thing to remember that when we start living life inside circle of Influence (COI), Our circle of Influence (COI) starts getting bigger & bigger. And Circle of Concern (COC) starts getting smaller & smaller.

All highly effective, all highly productive people, millionaires, billionaires, those who are getting extra-ordinary results in life, live their life maximum time in circle of Influence (COI). They are always engaged in activities they can control. Instead of wasting time in activities / thoughts they can't control.

So adopt above two things in your daily practice. Practice consciously till they become your automatic behavior (habit). Then eventually you will feel that life is so effortless.



Chapter-4

Eliminate Stress & Detox Your Mind



Clarity of mind, calm mind, inner peace & happiness are some basic needs, after food & shelter human kind needs most in our present world.

In this chapter I will cover another big & serious pandemic situation after Covid-19 (we faced during year 2021 & 2022), that is STRESS.

Corona Virus came & gone. But stress is now like a permanent part of our lives. Now around 80-90% of population is affected by this stress virus at different levels.

Why This Subject Need to Understand?

STRESS affects very badly in our Life.

1. First it affects your body,
2. Then it affects your intelligence, affects your decision making...
3. Weakens your memory & concentration power. Even lowers your patience level.
4. Your productivity & performance goes down,
5. Slowly it causes hormonal imbalance in body,
6. In some people it causes sleep disorder,

7. Slowly it converts into severe Anxiety issues,
8. Thyroid, BP, Diabetes, Cancer, Psoriasis... Around 80% of physical illnesses in our body are due to psychosomatic reasons.

What Is Stress? Let's Define It,

Technically stress is a biological response of our body when we are in unwanted, uncomfortable environment. When our mind thinks that we are in a danger. Danger to our survival. Or danger to our life. As our brains main function is to keep us alive.

Stress caused because of 2 hormones,

1. Cortisol
2. Adrenaline

When we live continuously in stressed environment, our immune system gets sacrificed, and creates diseases in our body.

Stress is a part of our life. Stress to a limit good for us, helps us. But excess, continuous stress destroys our life. At initial level stress does not seem so harmful for us. So we ignore it, let it grow within us unknowingly.

Now we are stressed out in Job, in business, in our relations, also in our health.

Now we are facing uncertainty in our job carrier & uncertainty in business due to rapid changing environment. Some are facing toxic relationship issue. Lifestyle stress; some are stressed about their bad habits. Some are stressed that they not growing in life. Feel stuck in carrier.

So we can see stress is now deep rooted in all areas of our life. And some of us feel that it is normal. I have to live with all these. They stopped to find out solutions.

But now stop reading & ask yourself do u like this kind of stressed life. Stressed mood? Obviously no. So remember that if you do not like something, if you do not feel comfortable with something it means it is not normal. It should change, and it can be changed.

How We Can Manage Stress Better, How We Can Heal From Stress?

First requirement to beat stress is awareness.

First you have to understand, acknowledge that something is not right. And I should change it. I should not live with it. I could do better.

Now we can categorize stress in 2 types:

Acute Stress- This is situational. And it is good for us. As it helps us, pushes us to perform better. Ex. Stress before Examination, stress before an Interview, Stress of finishing a project on time.

Chronic Stress- This causes serious issues in our body. As we live constantly in stress.

For Example: If you don't like the job you are doing, you want to do something better in life, but not able to come out of it. So this situation will create Chronic or continuous stress in your mind.

Example 2: If you are in a relationship. But relationship is not working. You both are not comfortable, not happy with each other, still staying inside it, because of social pressure or any other reason. This also causes Chronic Stress.

Example 3: Sometimes if you are suffering with a physical disease for very long time, then that also causes Chronic Stress.

Symptoms of Stress:

As we discussed stress affects us emotionally, Physically, affects our performance, business, job carrier, relationships, in every area of life.

Now what are the symptoms?

As people handles stress differently, symptoms of stress can vary.

Emotional / Behavioral symptoms of stress include:

- Becoming easily agitated, frustrated, and moody,
- Feeling overwhelmed, like you are losing control or need to take control,
- Having difficulty relaxing and quieting your mind,
- No interest in learning new things, Inability to focus,
- you feel like your creativity is blocked,
- decrease in self control,
- Feeling bad about yourself (low self-esteem), lonely feeling, worthless, and depressed feeling,
- Procrastinating and avoiding responsibilities,
- Increased use of alcohol, drugs, or cigarettes,

Physical symptoms of stress could be:

- Low energy
- Regular Headaches
- Tense muscles around neck/shoulder.
- regular pain around lower back, without any other reason,
- Knee pain

How to Deal With Stress?

Here I will describe few simple but very effective techniques to deal with stress.

1) Deep Breathing 7-10 times, till you feel relaxed & in control.

This method helps to deal with Acute Stress.

When you feel stressed, deep inhale from nostril, slow exhale from your mouth. Do it as deep you can inhale, and exhale as slowly as you can do.

2) Include meditation in daily Routine:

Best way to deal with stress, Anxiety situation is to live life consciously. Means focusing on what is around you. Instead of living in What-if zone (in future). like what-if I lose my job? What drama will happen today at home? etc. etc...

We should live in present. Living in present does not mean we should not plan our future. Yes we should plan, just not worry about future. There is a difference between worrying & planning.

You know what 90% of bad things we imagine in our brain, never happens to us in reality.

Just pause and think about it. Those negative thoughts, worry thoughts have role to put you in depression & anxiety.

Do your best in present situations. And let life flow through you. Learn to accept things. Don't try to control everything or every person. Just accept without judgment. Give your focus on, what best you can do today, so you can control your future as much as possible. And make yourself ready for future.

Meditation practice will help you ground to live life in present moment.

3) Adopt yoga practice in your lifestyle:

For very long time of my own life, yoga was just a word. I knew very little about it. Then at 2016 yoga came into my life. Yes I was also going through a bad phase of life. Not able to flush a bad past experience from life. But slowly yoga, then spirituality healed me. I really don't know, how yoga made the difference. But it did.

I started to think clearly. From very long time my life was just job. Life is like eat, sleep, go to job. I was not thinking about my personal growth or not learning new skills or not seeking for a better life. I was just stuck in a robotic life.

But after 2016 Yoga, Spirituality then NLP (Neuro Linguistic Programming) came into my life. Then I started expressing myself. So I became a Life Coach, Author, Mental Wellness Coach. And a lot of other things to explore & experience in future.

So make Yoga & Spirituality part of your life.

4) Add Physical Exercise to your lifestyle:

A very beautiful line “our mind is happy when it is still & our body is happy when it is in motion”. But unfortunately our lifestyle is opposite. Our mind is always running with thoughts, Body is still on a chair or on bed / Sofa. So try to make it right for yourself. Make a physical exercise routine for you. It could be simple morning/evening walk, yoga practice or gymming activity.

So from today only start loving yourself. And take care of your BODY + MIND.



Chapter-5

Beat Procrastination



Most of us face the challenge of Procrastinating things in different areas of our life. And sometimes we regret for it. Still next time again we procrastinate.

There is a very true line that is...

“Procrastination is the place Where Most Dreams & Talents Die”

Dangerous Effects of Procrastination:

- **You Could Miss A Life Changing Opportunity:**

How many opportunities have you wasted because you didn't take advantage of them when they were there? What you don't realize that the opportunity could have been life changing. But you missed to timely act on it. Most opportunities in your life only come once. Opportunities are like universe's way of giving you more. So do yourself a favor and never lose them, just because of Procrastination habit.

- **You Will Lose Precious Time:**

The worst thing about procrastinating is the moment you realize that you are two, five or ten years older and nothing has changed in your life. No growth in personal or professional carrier. 10 year before you thought of starting your own business, you had a perfect plan. But you delayed it. Today you notice other business owner growing rapidly using the same idea. Here you lost both time & Opportunity.

- **You Will Fail to Achieve Your Goals:**

We set goals because deep down we have a deep desire to better our lives in some way. If you don't do this because of procrastination, you reduce the possibility to better your life. Every goal consists of many small milestones. If you fail to achieve one milestone, there is huge chance you fail to achieve your final goal. Or you will stop chasing your goal, as fear of failure over-power you with each missed milestone.

- **Lower Self-Esteem:**

Sometimes you used to procrastinate things because of low self-esteem. A feeling that I will not be able to complete the task or project successfully. Unfortunately procrastination only increases the feeling of low self-esteem. Making yourself doubt more about your ability.

When we have low self-esteem we hold ourselves back, feeling unworthy of success, and began to self-sabotage. Procrastination also destroys your self-confidence slowly.

- **You Make Poor Decisions:**

Poor decision making is one of the worst effects of procrastination. When you procrastinate a task, you mostly forced to take decision at the end, because time is running out...

Our emotions heavily influence the decisions we make. And procrastination increases negative emotions like pressure, fear, stress. Which can push you into making a decision which may not prove right at long-run.

- **You Risk Your Health:**

When procrastination becomes your habit, you used to live a stressed life.

Those stress causes mental health problems like depression, anxiety in long run. Also stress causes physical illness in your body.

Also if your depression, anxiety situation increases it affects your other areas of life, like Relationships, job carrier, business.

What is Procrastination:

It is just a little voice in your head which tells you “I will do it later, first I will do some other task (the task which is less value adding but gives instant pleasure to brain, or which is easy)”.

Technically Procrastination is a feeling of discomfort in doing a certain productive task.

If you observe yourself you will know that you don't procrastinate in all areas. You procrastinate some of tasks. Those you feel uncomfortable to do or our brain don't get instant pleasure in doing that task.

For Example: We do not procrastinate watching newly released TV Series or Movie on Netflix. As we get instant pleasures there.

We don't procrastinate playing games. We don't say no to play a cricket or badminton match.

You procrastinate in paying electricity bill, in mobile bill pay, in credit card bill pay. You procrastinate making a project report in your job. Here you do not get any instant pleasure. You feel discomfort so you procrastinate as long as you can delay.

Why do You Procrastinate?

1) Pain-Pleasure Principle:

There is always a comfort in not doing anything.

In most cases not doing a task is easier than doing it. Human brain always try to make sure our body stays in comfort. Brain programmed for pain-pleasure principle. Not doing a task is pleasurable, so we avoid a task till the deadline.

2) Self Doubt / Lack of Self-Belief:

Fear of people judgment, fear of failure, criticism, fear of looking stupid.

For Example, Making video content for social media. Sharing your opinion in office meetings or in public.

4) Lack of Energy:

Lack of Physical / Bio-chemical energy. When your body does not feel energetic to do something, then you do not take actions & procrastinate things.

5) Also we procrastinate things which we feel boring, difficult, frustrating or confusing. Example, when you have lots of tasks pending, you are not sure which one to do first, you get frustrated & do nothing.

For Example: Paying bills is a boring task. Cleaning/organizing things at home can feel frustrating; making video content for social media could feel like a difficult task also frustrating one. Like some kids study the subject regularly those they like and good at, but avoid subjects in which they are weak.

And when you not sure how to do a task. Plan / Structure are not clear in your mind. Then also you procrastinate. Ex. writing a book, working on a new office project.

6) Not Rewarding tasks: Like going to Gym, as in 1 week or in 1 month you will not see results in your body. So you probably stop going.

7) Not having a personal meaning or personal interest. Like if you are into a job, personally you don't enjoy. But you doing it just for pay-check, then there is a chance you will procrastinate if deadline/boss is not over your head.

How to Overcome Procrastination Habit:

1. 1st Step is Awareness:

Awareness leads to more choices. More choices mean more freedom. Meaning consciously observe what you are procrastinating and why you are procrastinating. Then you can create a new choice for yourself.

While you found yourself procrastinating a task, Notice what exactly you are feeling about the task? No need to judge, or engage with the feeling. Just observe. Take 3/4 deep breaths, Inhale-Exhale to relax yourself.

2. 2nd Step:

Ask yourself why you wanted to do the task in first place? Think of benefits you will get from accomplishing the task.

3. 3rd Step is Action:

Take a small action. Perform a small task. To break the Inertia of not doing anything about the task. Plan your next 5 minutes action related to the task. Don't think about whole big task. Take a small action.

For Example: let's say you want to go to gym. First remember that this is my gym time. I decided to go to gym regularly.

Let come thoughts around the idea. Do not judge your thoughts or feelings. Just observe. Then take few deep breaths to relax your mind & body.

Then remind yourself what the benefits of exercising are? Why you decided in first place? May be you want your perfect body, perfect

shape. You want to live a healthy, energetic life. You want to look young, fit & beautiful. You want a disease free life.

Next think of a small 5 minute task.

Like, decide that I will just wear my gym cloths,

Or say to yourself, I will just reach to my car/bike,

Or just say that, I will go to gym but I will not exercise.

You will see that if you reach to your car, it is easy to go to gym.

If you reach to gym, automatically you will get motivation to exercise.

Practice above steps when you found yourself procrastinating a task. Repeat above steps first consciously. Then after enough repetition these steps will come into your behavior pattern.

Few More Ideas to Beat Procrastination

1. Break Down your Goals Into Small Pieces of Action.

Which are easily manageable and quickly achievable. For Example, if your goal is to write a 10,000 words book, you can break the task to writing 500 words per day for next 20 days.

Rather than trying to finish it without any planning or deciding to finish it at one go. It is always helpful to divide your task into small chunks.

2. Make Schedule for Each Task.

It is always helpful to make a schedule for every task. As when the time comes, you will be mentally prepared to do the task. But do not schedule the task too much far into the future. You can use tools like calendar or reminder to make scheduling smooth.

3. Set Your Personal Deadlines.

For attainment of your goal, you must have your own set deadline. If your last day of bill pay is 30th of each month, then

take your personal deadline as 25th of each month. As your deadline approaches you will feel a motivation to do the task as you set the date, not others. And after completing the task you will feel deep sense of satisfaction as you did it well before real deadline.

4. Get Yourself Started.

One of the best ways to avoid procrastination is to put yourself into action. Start something, put yourself into momentum. Disobey the voice in your head, constantly telling you to do everything tomorrow. So start now, continue next, at least do a small chunk of task. You will see that it is easier to finish the task, when it is started.

5. Reward Yourself.

Everyone likes rewards. Your Brain also. Rewarding technique well worked for you when you used to be a kid, right. So continue the tradition. Whenever you finish a portion of task reward yourself. Also before starting the task or during the task, remind yourself about the reward you promised to yourself.

6. Focus on End-Goal, Not on Task.

End goal is generally more appealing than the task. Focus on the benefits, rewards you will achieve when you accomplish the task. Well I am using it right now. During writing this book. I am thinking about & visualizing the Stage, with my Mentor. Where my book going to lunch. I am thinking about the proud & happy moments.

7. Switch Tasks at Intervals.

Our brain gets bored from repetitive tasks, you must have noticed it. So take breaks, do some other task in between. So that you will not feel bore, and avoid procrastinating the task.

8. Get an Accountability Partner.

Be responsible to someone. One of the best way to avoid procrastination is to make sure you report to someone. Whom you don't want to disappoint. It is better that this person is not related to your task. And can also demand your work status without hesitation or fear. And if you still delay the task, then you could decide a penalty / punishment system. Tell your accountability partner to put penalty on you whenever you don't do the task on time.

The effects of procrastination may not seem all that bad at first, but over time, those effects can build, leading to stress, anxiety, broken dreams, and low self-esteem.

So decide today to beat this self-sabotaging behavior. Do not put aside the troubles of today for tomorrow. Tomorrow troubles only get more difficult. Plus tomorrow already has troubles enough. So decide today and act on it.

At first you have to practice consciously. But after some repetition, this thing will come into your behavior pattern.



Chapter-6

Keys for More Productive Life



Improving your productivity is one of the most important things you can do to achieve your personal & business goals. Tap into your full potential and create your dream life.

Productivity is not about time management. It is about your attention management.

Why Is Productivity Important?

We all get limited time 24 hours a day, and also limited Energy.

1. When you are not productive enough, each day you start to pile up your work for next day. It leads you to procrastination habit. You feel overwhelmed and stressed with time.
2. If you are not productive, then it limits your growth in Job / Business.
3. Non-productivity stops you from achieving your desired Income goal.
4. You will get no time for yourself. No time for Self-care. You will get no time to burn-up your excess stress & re-charge yourself.
5. You will get no time for creative thinking. You will live life like always on a treadmill.

6. You will lose new opportunities. As you don't left with enough time & energy to think or act on new ideas.
7. All this carrier / personal life challenges may leads you to a stress, depression or Anxiety condition. Which affects your mental, physical health and all other aspects of your life.

What you mean by Productivity

So many of us feel like there is a time scarcity, we feel rushed, like there is not enough time to do everything, always behind, never feeling like we are doing enough.

We call this situation "time scarcity". And it's one of most common stress in our society. We always say that I don't have time, for every new task. But the main reason behind this is our non-productivity. We are less productive.

You don't know how to manage your priorities. Each day you start with same pattern. Wasting all the time in less-value adding tasks. And at the end of the day you ask "where did I spend all my time?" You not able to see any output of that day.

How to Improve Productivity

- **Start Your Day Early:**

Start your day early in morning. Spend some time with yourself each morning. Follow a specific morning routine that suits you. You can include yoga / physical activity, Mediation, Affirmation, write down gratitude. Go throw your day's important to-do. You can write down them on paper, so that you will not miss and procrastinate them for next day. You can review your short-term & long-term goals.

- **Set Daily Goals & Intensions:**

One of the main reasons why many people are unfocused and struggle with being productive is that their mind doesn't know exactly what to do now, or next or today.

They know that they want to earn more money, lose weight, build a great business, but all these things are like in future. But what about right now? What you need to do today?

If you don't provide your mind clarity with today's task, then mind will make other plans. Which are less important, easier and those will give instant pleasure and rewarding in short-time but not in long-term. Means you will procrastinate, lose focus from your main goal so your productivity goes down.

Therefore always set 3-5 important daily goals and write them down in your daily planner. Get clarity about the day's main task. It will help you a lot to work with more focus & determination. And at the end of the day you will feel like **“yes I did it”**.

- **Avoid Multitasking:**

A lot of us think that Multitasking makes us more productive. But Truth is Multitasking is a myth. You actually divide your focus; you shift your focus from one task to another frequently. So you prevent your brain from focusing one task. This habit also affects your creativity very badly.

Allot time slot to each task in your to-do list. Focus on one task at a time. This practice will improve your mental focus. And better focus means, more productivity.

Furthermore shifting your attention back and forth between tasks & distractions drains your energy. Making us feel tired, less motivated & less productive. Therefore avoid multitasking, instead focus on one task with full attention.

- **Schedule Your Days & Weeks**

By scheduling your days & weeks you will be more effective. And you will be mentally prepared when time comes to do the task. It reduces chances of procrastination. And from deep within you will be in hurry or in attentive mode to not to waste time in other less productive activities.

This will save lots of your energy, which may otherwise waste in case of on the spot decision making, or preparing your mindset or mood for the task. And you will work with more determination and focus.

- **Eat That Big Frog First:**

Do your most challenging, most important task first thing in the morning.

This practice will assure that you make a consistently, meaningful progress towards your goals.

Furthermore by practice of eating that big frog first, you save yourself from falling into the trap of procrastination (where you fill your entire day with lower value tasks and then procrastinate on your most important task).

- **Continuously do a 80/20 analysis of your Work / To Do List:**

According to 80/20 rule, only about 20% of what you do, really contributes to your 80% results in your Job / Business or in Life. They are essential to reach to your desired outcome. We should spend more of our time and energy on these mission-critical activities.

Other 80% tasks, which consumes biggest portion of our time & energy are not matter much. So take a decision to not to spend much time or energy of yours on those activities.

Essentially, the 80/20 rule is to identify the tasks those are really important to your life and business. There are only a few tasks contribute to your happiness, carrier growth, health & wealth creation. Off course other 80 % task adds some value, but not that much. So you can delegate them (don't jump into doing all the tasks by yourself), or do them intermittently, in a way that they consume minimum of your time & Energy.

- **Ask Questions to Your To Do List / To Yourself:**

After listing all your daily tasks, you should ask:

1. Why am I doing this task?
2. Is this task important?
3. What value I will get by doing this task?

By asking such questions you are managing your priorities.

And when you decide the important tasks for yourself, ask again "How can I do this task better, more efficiently?"

- **"Chunk" Your Goals & Projects:**

Break down your large goal or project into many small sized tasks. This way your project will not remain a big mountain for you. And you will get more clarity in your mind.

You can do this by writing down all the small tasks (related to your project) you can identify right now. Off course you can add on other activities as you remember.

Instead of not knowing what to do now. You can quickly go through your list and focus on present task in hand. This way you feel less overwhelmed, and you feel like everything is going very smoothly. This process will also help you avoid procrastination, and you get clarity on your progress. And you will be more productive.

- **Put Yourself Into Momentum:**

One of the reasons why people procrastinate is because they are not in momentum. And according to law of physics, when something is in momentum it is easier, takes less effort to keep it moving. Rather than moving a completely still object. Same applies to your tasks also.

So you need momentum to eliminate procrastination. If you are in momentum related to a task, then it is easier for you to be in motivation to do the task.

So never miss doing your important tasks, not even for a day. At least work for 15 minutes. This practice also helps in building a good habit.

- **Meditate Daily:**

Meditation literally saves you. Even if you don't resonate with spirituality or meditation practice still you should do it.

Around 6 years back, spirituality / meditation were not in my vocabulary also. But now I really believe & practice meditation. It increases your focus, Self control, makes you more disciplined, keeps you calm, helps you manage stress better way. Also you make better decisions. That's how your productivity increases.

So I highly encourage you to make a habit of meditation daily, minimum for 10 minutes.

Here I like to add, for your personal growth, you don't need to make your whole world upside-down. Sometimes it's just one good habit changes everything. Because all things are connected. When you adopt one good change, others come to you automatically.

- **Cut Off Yourself From Almost All Notifications:**

I guess you never take it so seriously, or never think of that how badly all these mobile app / mail notifications sucks your FOCUS & ENERGY.

All these notification destroys your focus, interrupts your thought process and affects badly your creativity.

So to be really productive, turn-off all notification, so your focus will not be divided. As you know sometimes how it gets difficult to involve in a task creatively. It takes lots of energy and will power. So don't let these notifications destroy your focus.

- **Get an Accountability Partner:**

Maximum of us like to work alone. We don't want a boss or any other person over our head. Poking at us regularly, pointing at our lacking.

But if you really want to be more productive then you must have an accountability Partner.

Your accountability Partner is essentially a person whom you respect and don't want to disappoint. You need to share all your goals, day to day planning's with your accountability Partner. And you also share your daily progress & activities with him/her. So if you have been procrastinating or wasting time, you will have to confess this to your accountability Partner.

Also you can set a punishment / penalty system, if you don't do the task. And ask your accountability Partner to follow the penalty system strictly.

Being productive comes with lot of benefits. Most important is you get time for yourself. You get time to think about new

opportunities, about new possibilities related to your relationships, health, wealth building.

You get time to burn-out your excess stress. You prevent mistakes and delays. Those leads you to a healthy mind and body. Also it boosts your mood & self-esteem.



Chapter-7

The Science of Habits



Habits are hugely helpful to us. In fact, we couldn't survive without them.

Habits are automatic behaviors. Those require very low amount of consciousness, or almost no amount of conscious attention.

This saves us considerable mental energy, and allows us to focus our time and thinking power, our energy on higher levels of activities.

Imagine if we couldn't form habits and instead had to always be fully conscious and pay attention to what we were doing. We'd have hardly any time left to do anything other than just look after ourselves and get through the day.

You must have been heard,

“First We Make Our Habits, Then Our Habits Make Us”

Harmful Effects of not having Good Habits:

1. You will not be able to use your time & energy effectively.
2. So you will face productivity issue in Job / Business carrier. You will not able to achieve the growth in Job / Business. Your Performance goes down. Not able to hit income target, you really need.

3. When you not able to master a habit, slowly you go into guilt trip. Your self-esteem, self-believe, self-confidence goes down. Slowly a feeling of looser, failure, under-achiever goes deep inside you.
4. Because of not able to manage time & energy properly, you not able to give proper attention & time in relationships.
5. Here a very important role habit plays, that is:

A lot of people find it difficult to do a task, when motivation is not there. So if the task is in your habit, then you do it without any motivation, even if the task is hard or boring.

For Example, brushing your teeth, bathing every morning, some do prayer each day.

So we can form habits like reading book, or exercise / yoga habit at a fixed time. So no matter today you feeling motivated or not, your health & gaining knowledge part are taken care of, as you are in habit of book reading & yoga.

That is how habit saves you.

If You Learn to Master Your Habits:

1. You will be able to manage your energy & time effectively.
2. You will replace motivation with habit. You will no more be dependent on external Motivation.
3. You will be more productive.
4. Your results will improve.
5. You will achieve rapid growth in Job / Business carrier.
6. You will be able to spend more quality time with your loved ones. There will be more love in your relationships.

So it is very much important to understand Science behind habits & learn to integrate new habits in your Life.

Now Let's Understand What Is Habit?

Habit is an automatic behavior. Any behavior that requires very low amount of consciousness or almost no amount of conscious attention is called habit.

It is one of brains function. Brain puts a thing into habit when it is repeated by us enough no. of times. Here brain's baseline program is to save energy. As when we follow our habits we don't need to consciously involve with it. So this automatic thing saves your energy.

Habit is made of 3 things:

Habit = Trigger + Behavior + Reward. You can call it Habit Cycle.

Many people don't know this equation. And just try to control the behavior. So they struggle to change / stop a habit. Or gets lots of trouble in putting them into a good habit.

Types of Trigger:

- **Audio** - (outer audio or any voice in your head). For Example, In case of procrastination behavior audio trigger is there. A voice in your head saying "I will do it later".
- **Visual / Picture** - (Outside or in your head). For Example, if you are addicted to smoking and you see other person smoking, then it will become your trigger to smoke at that moment. This is external visual trigger.

You can see visual trigger all the way to your Home / Office, as hoardings of McDonald's, KFC, Pizza hut, to trigger your food craving.

- **Feeling** - Some people do shopping when they feel bore or lonely. Or go for smoking when they feel frustrated. Here loneliness, frustration, boring feelings act as triggers.
- **Time** - a specific time of day. Like 4 pm is time to have a tea. Friday night is a trigger for party.
- **Environment / Space / a Particular Location** –

Trigger brings behavior in you. Then that behavior produces some reward. Your brain release Dopamine (a Pleasure Hormone). So next time when same trigger fired, you behave again & your brain gets reward. This is how the cycle repeats. And with each repetition our behavior gets stronger. And we call it habit.

Usually you struggle so much in quitting a bad behavior, or putting a new one. As you just try to control behavior. You don't do anything about trigger & reward. And when your brain getting rewards it will not let you quit the behavior so easily. So if your will-power is not working, then it is not all your fault. You just don't know how to deal with trigger & how to replace the reward your brain getting.

How to Integrate a New Habit in Your Daily Routine:

Step 1:

Decide & write down on a paper, the habit you want to integrate in your daily routine.

Step 2:

Write down WHY? Write down in detail, why you want to integrate that habit.

Make list of PAIN of not integrating the habit. And GAIN when you install the Habit.

PAIN of not integrating the Habit	GAIN when I make the Habit
I am getting sickness very frequently.	I will enjoy healthy, fit, Beautiful body.
Not able to wear Outfits, I really want to wear.	People will be inspired by my dedication & healthy habit.
I don't look so attractive & healthy.	I will look fit, young, Beautiful.

Above I mentioned some PAIN of not implementing exercise routine. And GAIN, when I will implement the Exercise routine.

You make this list long, dig deep & bring out all your Pains & Gains.

So PAIN of old habit will push you, and GAIN of new habit will pull you, to integrate the new Habit.

Step 3:

Decide Trigger for New Habit. As you need to make complete neurological structure (Trigger + Behavior + Reward) to successfully integrate the habit.

Tips- You could use your existing Habit, as a trigger for new Habit.

For Example: Decide that immediately after brushing my teeth, I will do Yoga. So here brushing teeth is trigger to start Yoga.

Or you could prepare an audio or visual trigger of your own to integrate with habit.

Step 4:

Decide a Micro Behavior, related to your new Habit.

For Example: If you want to do yoga, don't tell yourself that I will do for 1 hour. Tell yourself I will do for 15 Minutes. I will do 5 minute stretching & 5 repetitions of Surya-Namaskar. Take small task. So your mind will not get chance to give u excuses. That I don't have 1 hour, or don't know what to do for 1 hour. Take small steps, then increase repetitions or add some new exercise in it later on.

Remember **Consistency is more important than intensity**. Here we are setting Habit. And habit will form when you do same activity for minimum of 66 days.

So be consistent. Do not make it Intense.

Step 5:

Reward yourself when you do the task.

Reward could be small piece of chocolate, have your favorite food, give yourself a break, or read a good book, or spend some time with yourself. Choose your reward.

Step 6:

Make a strong decision to implement the task /behavior. Decide when & where you going to perform the task. Visualize yourself doing the task at that decided time & location.

Step 7:

Your environment is more powerful than your will-power. **So prepare your environment** that will support to integrate the habit. Like you can make your vision board, place it at your room wall. Put notes / Pictures at different places of your house. Those will remind you & inspire you to take actions.

Those notes & pictures will hit your subconscious multiple times and that will make your desire stronger.

Step 8:

Commit to yourself that you will do it for minimum 66 days.

Step 9:

Get your accountability partner. Who will keep check on you, ask you daily. Plus you can set a punishment / penalty system, if you don't do the task.

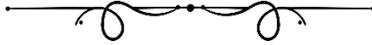
Your habits can make you. Or habits can break you. Make a checklist of all the activities you are doing for 1 week. Then check if those habits are taking you towards your desired Life or shifting you away from your dream life.

Again I will say, everything starts with a strong decision. Take your decision for a better life, and upgrade yourself daily.



Chapter-8

The Power of Self-Belief



In business, in job carrier or in personal life, Self-belief is like first requirement to achieve growth, and enjoy a happy, healthy, fulfilled life. Self-belief is important to create the life you desire.

If you not able to believe in yourself – in your abilities, skills and passions,

1. You will not have self-confidence,
2. You will not have any creativity,
3. You will live life in un-certainty. Because you are not taking control of your life in your hand.
4. You will not be able to take right decisions.
5. You will live life in fear & anxiety,
6. You will suffer bad mental & physical health,

Self-belief is the source of all positivity. If you believe in yourself and what you are doing. Then others start believing in you & believe in your decisions & suggestions. Self-belief is almost like a superpower. It can overcome any obstacle. It opens doors for new opportunities, it can solve any problem.

How to Boost Your Self-Belief

- **By Changing Your Perspective:**

Core of self-belief is acceptance, that you are the driver of your Life & you success.

Believing in yourself isn't about uninterrupted success. It is about move-on from failure quickly. For that you must change your perspective about failure. See failures as opportunities, not obstacles. Learn from them. Get up & achieve your goals.

- **Conquer Your Limiting Beliefs:**

The question how to increase my self-belief? Brings another question that is why are you not able to belief on yourself, on your capabilities? What are the limiting / negative beliefs or thoughts inside you those causing self-doubt? Ask yourself. Be aware of your thoughts and your self-talks. Observe your negative self talks and next time replace them with positive talks. I know you will say, how I can lie to myself. Actually you will not lie anything. You have capabilities or you can develop skills and capabilities. Difference is that now you don't believe that, you can be your next better version.

Your self-talks acts like affirmations. Negative self-talk means making stronger your negative believes.

So change your self-talk & affirmation into positive one, those you want to create in your life.

When your self-talk changes, your state of mind will change, then you start believing in yourself.

- **Check Your Circle, With Whom You Are Spending Your Time.**

Remember your environment is always more powerful than your will-power. You want to increase your self-belief, so you need to change your environment.

You need to surround yourself with people who encourage you, inspire and support you. Find people who will elevate you not bring you down. Find and follow people who already achieved great things in life. You can do this by finding a mentor. Joining group of people who already in path of self-growth.

These people will be different from your regular circle of friends, family and society. And your new circle will slowly re-program your brain in better way.

- **Provide Right Food to Your Mind:**

Again your environment is very much powerful. So give your mind right food, right information. What you read, watch & listen all goes to your mind. So you should read good self-development books, biographies of great leaders, achievers who have done great things in life. You can condition your environment, your room by putting empowering quotes on your walls, at different places, wherever your eyes go.

- **Shift Your Focus:**

Sometimes you don't need to look outside to boost your self-belief. You just need to shift your focus. Instead of focusing on failures or weaknesses, remember moments in your past in which you were successful, remember your strengths. Remember obstacle you faced, and how you overcome them with courage. Focus on all the things you have, instead of things you do not have. By shifting your focus you change your mindset and your belief.

- **Learn New Skills:**

Learn new skills that will help you reach your goals. When you learn new things, your brain release dopamine, so you feel good, happy & confident.

Buy doing this you conditioning your brain to believe in yourself. Because it will know that you have skills you need to succeed.

Learning also increases your sense of self-worthiness. Research also says that learning is directly related to happiness.

Self-belief is about finding your inner strength so that you can embrace the journey that is life, with all its ups and downs. And realize that each challenge brings new skills, understanding and strength.

We all have times when we just don't think we can do it. The most important thing is to never give up. You'll inevitably encounter obstacles, but it's how you react to them that matters. Believing in yourself is also about digging deep and realigning your focus on what you really want in life??



Chapter-9

A True Story...



A story of yes it is inside you, all capabilities, all resources are inside you.

Read full story to note the Life Lessons I received...

I completed my 10th in year 1999. After that I took admission in Diploma.

Here the main point is I was from Odiya Medium School & In Diploma all books are in English, with very less picture (close to zero Pictures), as you all know.

Before year 1999, I never experienced any kind of challenges in my life. Life was really smooth for me. But year 1999-2000 was really memorable. I took 1st Lesson from Life.

How ??

As I told you, I was from Odiya medium. And in Diploma suddenly everything was in English.

And the environments their inside Diploma School not kind of motivate you.

They try to scare you, like how tough all syllabuses are. This red School building doesn't leave anyone easily. You can't clear papers in one go etc. etc...

Some states of Orissa were battered by a Super Cyclonic Storm on 29-30 October 1999. For that reason I started my classes around 2 months late.

First everything was in English. Second I started taking classes late. And syllabuses were very different compared to 10th class. Some new subjects were there, like Computer science, engineering drawing, chemistry, math (derivative, integration mostly) etc.etc.

Whole syllabuses like flying over my head. I was feeling totally out of help, out of hope that I can pass diploma. Although I was a 1st division student in 10th class. But English was my main enemy at that time.

Maybe you can understand, how was my condition...

For me it was a very big challenge to continue Diploma study.

There was a lot of rona-dhona (crying), Lots of stress in my mind. I was totally convinced myself that I will never able to pass-out Diploma (Mechanical). It felt so impossible task for me at that time.

Imagine the situation when you are totally convinced that you can't clear papers. But parents want you to continue study. And at a point of time, I felt like I am a loser. I was in lots of pain and felt that I am causing lots of pain to my parents also.

The situation was really worse for me and for my parents.

As you can understand for parents child's education is like on first priority. If you will not study, then you will not get good degree. Then you will not get a good job. Then what will happen to your carrier & life, etc.etc...

And in my immature mind I was thinking of ending my life (Although, I did not had courage to do so, it was just a thought).

As I was feeling like looser, not able to clear diploma, I am causing lots of pain to parents. So let's die...

ha ha ha.... Right now it sounds very funny to me. But it was true...

Don't worry now I am perfectly strong. I learned my lessons. And now my mindset is like no matter what will happen in life, I will never give-up...

Let's get back to the story...

So, what happened next...?

Finally I won the battle (between me & parents). Technically my mind owns the battle. Very successfully convinced me that I can't pass-out Diploma.

So after lots of emotional drama, I dropped my Diploma First year. At that time Semester pattern was not there. So I dropped for a year.

Next Comes the Learning Part...

So next year 2000-2001, I took re-admission on same Diploma 1st year. And started again. I took Tuitions from starting and I was doing better than last time.

Yes off course, sometimes with few subjects I faced challenges.

At that time a senior gave me a suggestion, read a complicated subject 1 time, you may understand 30%.

Read again, you will understand 70% may be...

Like this after **3rd / 4th time you will be perfect, you will understand perfectly that subject / Topic.** And he was right...

Today also I believe this, and experience this when I put myself in learning new skills.

2nd Learning...

During that 2nd year, many times I experienced that one moment I was fully fearful / confused. And next moment I was confident that I will crush all the subjects. I can do better in all the subjects.

Subjects were equally tough as in 1st year. First time I did not have courage to face my fear.

During second year somehow I gathered courage to face my fear, I learned, and I defeated (I mean passed all subjects).

So what changed? During 1st year I was lived entire time in un-resourceful state of mind. During 2nd year somehow I managed to keep myself in resourceful state.

Remember all resources to deal with English language or to learn new subjects were already there all the time. First time I just did not used them. During first year I didn't have motivation. I didn't put myself in right environment. So I didn't get courage to face the challenges.

Today also many times that thing happens, not only with me, with all of us. With you also, right. As we all are in a game called life. Life will not easy with you always.

Situations appear when we feel like hopeless; do not know what to do? How to do? One moment you are confused, Fearful.

Next moment you bring yourself up, to level of Confidence, positivity, feel like winner, feel like yes I can do anything.

So Life is the Best Teacher...

Yes you can do & achieve anything. Yes, it is inside you. All the strength you need present inside you. All the courage, all commitment you need, all inside you. It is just sometimes you need a spark to ignite the fire in you.

You need right Mentor, who can inspire, hold your hand, give right suggestion, right guidance. You need right environment, right circle of people.

There is just a fine line, Between Fear & Courage. Remove the fear, next you will find courage to take next steps. When you show courage for enough no. of times, you develop confidence.

So never lose Hope, never give-up. There is always a way out, even if your mind tells you there is not. As happened with me in above story.

BELIEVE ON YOUR CAPABILITIES. Yes you can do. IT IS ALL INSIDE YOU.



Conclusion



First of all I congratulate you that you made so far. Till now you learned that how powerful your mind is.

Also you got clarity about some common issues, obstacles we face in our day to day life. You got some techniques, some steps to get rid of those limits, which stop you from reaching to your full-potential.

When you integrate one/more of above techniques in your life routine, eventually you will be able to manage your mood, state of mind, emotions in better way.

You will be more productive, you will achieve more with same time. You can install new good habits, in your life.

Ultimately you will enjoy a smooth, stress free, happy, complete life.

Also I will highly recommend taking a strong decision for yourself, that you will control your mind & emotions. You will decide what thoughts will roam around in your mind.

Also take control, on how you will act in different life situations.

I am saying it, because I believe it, it is possible. And it is a necessity in this present fast growing technology era.

As you are reading this book means you want to go to next stage of your personal growth. So keep doing. Keep searching. Keep moving.

***Thanks & my best Regards,
Jyotsna Mohanta***



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2. Psycho-Cybernetics, by Dr. Maxwell Maltz
3. The Magic Of Thinking Big, by David J. Schwartz
4. Think & Grow Rich, by Napoleon Hill
5. Atomic Habits, by James Clear



Programs & Workshops Conducted By Jyotsna Mohanta:

A. Personal One to One Counseling Sessions on:

- Stress
- Depression
- Anxiety
- Asthma
- Psoriasis
- Obesity
- Arthritis
- Diabetes
- Hurt
- Guilt
- Grief
- Elevated Sense of Emotion and Mind Mastery
- Let go Past Trauma
- Deal with Anger Issue
- Activated Healing
- Overthinking
- Clarity
- Increase sense of Happiness
- Eliminate Hopelessness
- Eliminate Uncertainty about Future
- Worry Free Living

B. Webinars / Workshop on:

1. Two days FREE foundation workshop on Mental Wellness,
2. Four days Workshop on total Wellbeing of your Mind & Body,

C. Power Mentoring Sessions:

1. How to overcome anxiety and Depression,
2. How to Eliminate Overthinking,
3. Advance Sleep Mastery,
4. Eliminate Procrastination & gain your peak performance level,
5. Ultimate Habit Mastery,
6. Quantum Focus Mastery,
7. Advance Happiness Blueprint,

8. Relationship Mastery,
9. Immunity Blueprint,

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About The Author



My name is Jyotsna Mohanta. Life Coach, NLP Expert, Author.

In addition I carry a rich 12 years of experience as Product design engineer in Corporate Sectors. Then as we know life is the best teacher, if you ready to listen & open to learn. And life teaches in hard ways.

I also crossed through some ups & downs in my life. During some phases I faced sadness, stress, depression. I used to felt stuck in life. Sometimes future felt so uncertain.

All these life situations, this need to find a way out, leads me to Yoga, Spirituality then NLP. As I went deep into finding solutions for my problems, a new desire ignited within me to understand my mind better.

I wanted to learn how I can control my mind & emotions in better way.

I started finding solutions. I learned from many big names, invested lots of money, time, effort & energy to finally crack the formula. I cured myself emotionally.

Now I have developed a system and I am on a mission to help & guide people:

- To overcome Stress, depression & Anxiety situations.
- To Heal their body & mind,
- To beat their procrastination or overthinking patterns,
- To be more productive and create desired life,

And beat other challenging situations. And live a happy & fulfilled life.

So with this, all the best & I wish for you to enjoy all good things in life.

*Thanks,
Jyotsna Mohanta*

