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# Foreword

If we formulate limiting beliefs about what it's possible for us to accomplish, then our response will be to bind the actions we take. As a result we likewise limit the results we get.

If we believe we're likely to fail, our subconscious will get to work to produce actions which support this. If the going gets tough (and it commonly does), we won't go the additional mile required to succeed; an initial failure simply supports our notion that we were going to bomb all along and we stop.

On the other hand if we trust we're going to succeed, then we likely will.



## ***Personal Mastery Methods***

**Attain True Control By Mastering Yourself!**

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# Chapter 1:

*Have A Truthful Look*

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## Synopsis

Among the most crucial things you need to do to accomplish any sort of success is to be really truthful about yourself. You have to comprehend who you truly are.



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## **Know Who You Are**

Now, if you can't even run up the block, you can't begin believing that you are able to win a gold medal in running, can you? Likely you are able to if you practice, but for sure not with what you are now.

This is what is exceedingly crucial to you when you start. You have to comprehend your strengths and your capabilities. Realizing that is a really significant step of believing in yourself.

There are individuals all around you accomplishing something or the other. A few are experts at playing a musical instrument, a few are really brilliant with accounting, and a few are awesome at housework and so on.

When we see such individuals, we do get impressed and we do say something, "I wish I was like him or her." This is general human tendency. However that doesn't help us if we're attempting to foster our belief in ourselves. If we are to accomplish that properly, the most crucial thing we need is to know what we're truly capable of.

Take a minute to think. Think what your fortes are. Think what you are able to do. We're not talking about things that you're an expert in, even some amount of knowledge in

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that certain area will do. Then take a blank piece of paper and put down these things. Then set them in order.

The first 3 things ought to be the things that you truly do well, followed by matters that you are able to do fairly well, followed by things that you may barely do but you may learn and improve. Take a look at this piece of paper. Keep it with you always. This is what you're capable of. It's a piece of what you are.

This realization is exceedingly valuable to you when you're trying to make a self-assessment. You have to know what you can do and what you are able to improve upon. If you're trying to become a master at something, it's really important to be sure of yourself and not live under illusions.

Remember that you shouldn't take what individuals say at face value. Somebody may tell you that you paint well, but that individual may be prejudiced. You have to value yourself.

Likely entering into a competition will tell you where you stand. At the same time, don't shoot yourself down overmuch either. If you're good at something, you're good at it. Don't get overworked that you aren't as good as the legends. You are able to always improve.

The most crucial thing is to value yourself. When you know your limitations and your potentials, you know you are able to stand much better on your own.



# Chapter 2:

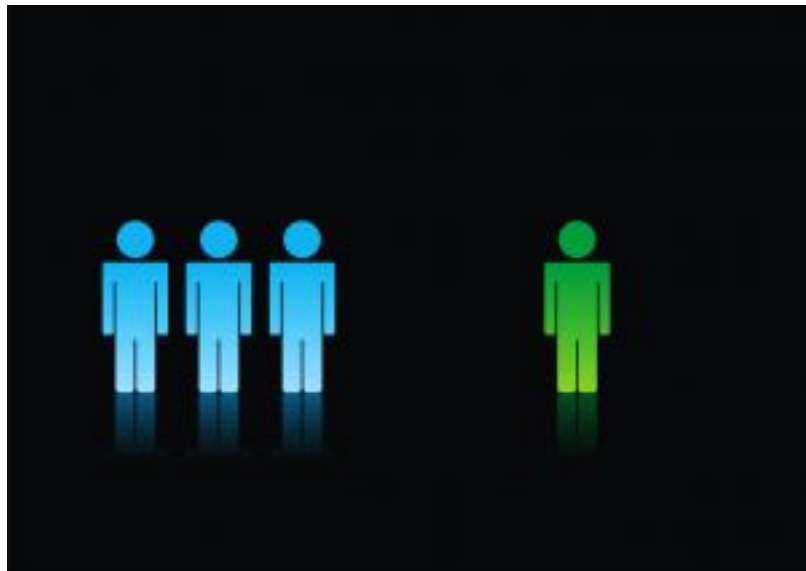
## *You Have To At Least Try*

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### Synopsis

Misgivings may take a severe toll on our life, and the worst part is that we're an inherently anxious species. Even if it is about purchasing something at the mall, we consider it a dozen times whether it will be a great buy or not.

We do the same sort of reasoning in everything that we do. Even if we have to attempt something new, we become anxious. In most cases, we let our misgivings rule us and then we don't try that certain thing at all.



## **Give It A Shot**

A lot of individuals lose out on life because they do not attempt something they think will be too hard. They don't try because of assorted preconceptions and complexes.

They may feel that they are not up to executing something, but this could be a view of other people and not of themselves. However if you bear the correct belief in yourself, you will understand what you are capable of, and you will not cringe when attempting new things.

Think of an individual who knows that he can do well in a certain racing contest. He hasn't raced previously, and so there will be a lot of individuals to say that he is languishing his time. Most of us, if we were in his place, would take such criticism and think that we truly cannot accomplish that, and we don't even make the attempt.

However suppose this individual has belief in himself. He knows that he is able to do it, even though he hasn't showed the world so far that he may accomplish that particular thing. So he surges on.

He puts in a great deal of practice. He's propelled by himself, and that's the most beneficial motive you could have. Whether he wins or loses is a different matter entirely. What is significant is that he tried.

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The crux of all this is, don't take other people's critiques blindly. They don't know you. They don't comprehend what you feel. You are the only individual who knows you.

You father doesn't, your mom doesn't, your teacher doesn't, your lady friend or boyfriend doesn't, your spouse doesn't, your employer doesn't.

It's solely you who has your self-worth and within the realms of this, you are able to arrive at your decisions and maybe even succeed.



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