

REINVENT YOURSELF: NEW SKILLS FOR THE NEW YOU



By The American Institute of Health Care Professionals, Inc.

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5 Key Life Skills That Are All About You

Take a walk into any bookstore and you will quickly get lost in the sea of self-help books at your disposal. You may suddenly find yourself struggling to tread water in this vast body of knowledge attempting to impart the newest and most useful skills to you. Where do you start and where does it end?

Well, what better place to start developing life skills than in the arena of... you! There are some skills that every person should acquire and other skill that everyone needs to have. Life skills that are all about you fall into the need category. Instead of just keeping your head above water, ride the wave of these 5 key life skills that are all about you.

Stress Relief

Everyone is intimately acquainted with stress. Stress seems to collect as naturally as dust and likewise has an accumulating effect. The National Institute of Health states that chronic stress can lead to suppressed sleep, decreased immune response, headaches, muscle pain, and much more. Stress can have a significant toll on you both physically and mentally. While stress is unavoidable, relieving stress is a skill that can be developed.

Identifying what opens the valve of your stress hose is the first step. Stress can be relieved a variety of ways and figuring out what your stress relieving methods are can be fun and exciting. Some stress relieving methods to try can include: exercise, social interaction, reading, music, sleeping, or meditation. Whatever form your stress relief comes in, the key is to understand how that functions in your daily life.

Next, develop the ability to detect when your stress levels are reaching their maximum. Being able to sense when the stress tank is getting full and emptying it before it overflows will help you avoid many unnecessary struggles and hardships. This seemingly little, but actually significant skill, will allow you to avoid a lot of clean up.

Self-Motivation

TED Talks are brief 10-20 min videos of expert speakers discussing a variety of topics from a wide range of industries. These videos are extremely popular due to their motivational and inspiring themes, but these extremal mediums are typically only catalyst for a brief time, while self-motivation is a skill that can be developed and has a substantially longer lasting effect.

Self-motivation is a skill that can be developed by identify your strengths and areas of passion. Focusing and putting your efforts into the areas that you are naturally good at and enjoy creates an environment for consistent success. Nothing increases self-motivation like consistent success. And knowing that you have the ability to put yourself in a position to have consistent success increases the self-motivating cycle.

Receiving Feedback

Feedback is typically from an external source and comes in a variety of forms. Sometimes the feedback is sought, many times it isn't. Yet the way we receive feedback is a skill that is all about you. There are certain characteristics that come with receiving feedback and it's these characteristics that can be developed. Characteristics like: being prepared to receive and expecting to receive feedback. Also, being open to and interested in receiving feedback all enhance your ability to benefit from it.

Likewise, our perspective on feedback, is a skill that can be further developed. Feedback is simply information. Information that is processed and sorted into helpful or unhelpful categories. Perspective allows us to properly view both the good and the bad. Feedback ultimately is like a pair of shoes. If you think the shoe fits, then wear it. If it doesn't fit, then don't wear them.

Apologizing

"I am sorry," might be the 3 most difficult words that you will ever have to say. Yet, apologizing is a skill that is all about you. Yes, apologizing helps rectify the situation with the other person, but it not just about them. Apologizing releases you from any emotional burdens you may be holding onto. Developing this skill can have a greater impact on yourself than those around you.

Living a Life Of Gratitude

This last skill might possibly be the most difficult and yet the most critical life skill that is all about you. This is due to the fact that the soil that gratitude works is internal more than external. In order to develop this skill, it requires that you practice it daily and with intention.

Develop this skill by identify 3 specific things that you are thankful for each day. The key here is to be specific. For example, you might be thankful for your job, but what specifically about your job. Maybe it's the flexible hours, or the type of work that you do, or a specific person that you work with. Being specific about your gratitude makes it real and tangible. Performing it every day makes it a lifestyle.

It's All About You

At times, it may feel uncomfortable to talk about and develop skills that are about you. But there should be no hesitation and difficulty with this because no one is going to put in the work on yourself more than you. So, don't be hesitant or afraid. But dig-in, achieve, and master the 5 skills that are all about you.

5 Ways To Renew Your Commitment To Your Wellbeing This New Year

The holiday season is upon us, and as usual, we throw all of our good habits out the window. It's not just the diet that gets dropped, we fail to exercise, we drink more alcohol, and by the time the new year rolls around we need an overhaul. While you shouldn't wait for the new year to commit to your wellbeing, it is a good time to hit the restart button. In the spirit of the season, we decided to share five ways you can renew your commitment to your wellbeing. We're going back to basics.

1. Take a Moment

Your mind and body need rest just as much as each other. We are so connected today that even when we rest our body, our mind keeps going. Whether you take a weekend off of technology or you disconnect for a few hours, there are a few other ways you can commit to your wellbeing. Meditation is a great way to reduce your blood pressure, relieve stress, and improve your focus. Your wellbeing will thank you.

2. Forgive

You cannot underestimate how powerful forgiveness is. The holiday season can bring up a lot of frustrations and feelings as we sit down to sup with family members, we don't see eye to eye with. As though the stress of shopping and cooking wasn't enough, there's the politics of avoiding politics at the dinner table. Let go of that grudge and when necessary, ask for forgiveness!

3. Community

Humans are social beings. We rely on a strong social network to get us through the most difficult times. It makes us less vulnerable to sickness, stress and improves resilience. Loneliness comes with a wide range of health problems so, there is a real danger when you cut yourself off from friends and family. Of course, you need to surround yourself with the right people. Don't hang out with any old people – choose positive people. It doesn't matter how busy you are at work, how much running around you do for the family, make time for friends. You need to socialize, it's crucial to your wellbeing.

4. Give Back

Giving truly is good for the soul. So, make sure you find a way to contribute to your community. It may be with your money, but it could be with your time. Whichever you have more of, but preferably the latter. One of the greatest benefits of giving yourself to others is the stress relief that it brings. Of course, it also boosts your self-esteem and makes you happier. There's a lot of reasons helping does a body good. Why not check out your local community center to find out where you can be of help. It may be helping feed the homeless community, passing out goody bags to people who sleep rough or coaching a kid's team.

5. Consider the End

This isn't to suggest you should focus on death. What it means is that you should be mindful that life is short. When you consider that, does that change how you look after yourself? It should. The most common causes of death are tied to our lifestyle. So, by committing yourself to your wellbeing should help you reduce your risk factors for these lifestyle diseases. While you're at it – throw yourself into life because there's no guarantee of tomorrow. So, love, laugh and truly live your life. You can do that while still looking after your health and wellbeing.

There are so many different aspects of life and choices that you make that contribute to your wellbeing. You don't have to wait for the new year to renew your commitment, but it's a great place to start.

6 Key Benefits of Reinventing Yourself

We often make our way to the idea of reinvention after experiencing frustration and discontentment with our lives.

Sometimes there's a sense of longing to do something different, to find a new way to live and to be. This kind of reinvention evolves from the human need to grow and to change. Change comes about because there has to be more to human existence than simply existing and most people sense that over time.

Sometimes though in the early stages of reinvention, we think about what benefits we might receive from building a new self. At first, perhaps we just want to be free of a stale, confining and suffocating way of life, but that might not seem enough to us right then.

Other than liberating yourself from a life with no change and no growth, what other benefits does reinvention offer?

1. You learn to face fear—and survive! Fear is the first roadblock to personal change. It's not that easy to change one's self and life without giving up something you've already got. For example, leaving a job that you're well-established in for a new career is terrifying. The evil little phrase "What if? What if?" becomes a constant companion in the early days. As you continue on in the process, you learn to still those fears. You learn how to go forward even if your plan is in constant development.
2. Happiness goes up, frustration goes down. Reinvention brings us closer to who we want to be or what we want to do, usually both. Living closer to our authentic selves gets rid of all the frustration caused by dissonance. Life becomes a happier place.
3. Increased stress tolerance. Deliberately reinventing ourselves brings some stress, there's no way around it. However, as we use new tools to help us on our way, we learn to diffuse and dissipate.
4. Clarity. You gain a clear understanding of what you want in life, from yourself and others. You also get a lot of practice with honesty. After all, you have to be honest with yourself about things you want to keep going forward—and what you want to jettison. Sometimes this involves relationships. It's easy to get stuck in friendships with negative energy-draining people who will deride your changes. If people put down your need to become a better, truer you, evaluate your relationship with a clear eye and consider if they're worth bringing to the new you.

5. You get a bigger toolbox of coping and thriving skills. Reinvention is all about changing for the better. Getting there takes a lot of new skills. You'll boost your coping techniques and your tolerance for uncertainty.

6. You learn how to reinvent yourself. This benefit might seem obvious, but once going through the process of self-transformation for the first time, all future transformations become less scary. With fear removed, it's easier to explore new options in life.

Of course, a huge benefit is a more authentic life that's fulfilling to live. After all, that's the first purpose of going through the transformative process. Perhaps more importantly, you learn how to be adaptable in the face of new challenges and that is a life skill that is useful in many ways.

You learn how to cope with new problems and new situations. Once you've been through one reinvention cycle, you'll be ready to do it again when you feel the need.

You may never decide to reinvent yourself again, but that's a matter of choice. You'll know how to do it . That's a life-changing benefit all on its own!

6 Key Ways To Reinvent Yourself

People reinvent themselves for as many different reasons as there are different people. However, reinvention is usually driven by a few prominent emotions: boredom, restlessness, dissatisfaction, even fear. Sometimes reinvention rises out of personal catastrophes. However, if you're looking for ways to bring about self-renewal, we can help you find them.

Proactive Reinvention: Purposefully Forging A New You

There are several kinds of reinvention, but we're looking at proactive Reinvention. Proactive reinvention can be the toughest of the three. In proactive reinvention, we're at a place that's safe and comfortable at that moment.

Major life changes aren't immediately required. We might even be able to keep on coasting just as we are, but that's not a satisfying place for us anymore. Even though reinvention can be scary, we still have the desire to do it Reinvention seems better than where we are.

Maybe we're simply tired and unfulfilled in our lives, our work, or our relationships. Sometimes all three categories cry out for change. Proactive reinvention has the advantage of not being urgent in most cases. You can be deliberate in your choices.

Ask Yourself "What do I need in my life now? What do I want? What's missing?"

To answer this question, we must dig deep dig deep, and it's not a quick process in most cases. Proactive reinvention tends to arise out of a sense of dissatisfaction about where we are in life or even who we are. We may only know that we want something different.

Identify Your Loves and Passions

What do you value? What gets your engine running? If you could make a living at a hobby, what would it be? Getting a handle on what you enjoy and what you love to do, how you love to feel, and whom you love to be around lets you set some big, broad goals. In all cases and steps of reinvention, ask yourself questions like:

- How can I make my passions a way of life?
- How can my loves and passions help me stay financially sound?
- Do I have any support to make the changes to become congruent with my passions?

Explore Your Immediate Options

Immediate options generally include things like your skill set, your finances, your contacts and social links in life. These can be springboards to the new you. Think of these as assets you already must dedicate to your renewal.

Get a teacher, mentor or sounding board

If you've got a general idea of what you want to do, you can start homing in on sources of information and expertise. Those sources can be people who are knowledgeable or experience with the subject matter, profession, hobby, whatever it is that's appealing to you. If you know you want to reinvent yourself, but haven't got a lock on a destination yet, there's no worry. Many people go through the renewal process without any hint of a fixed destination or end-point in mind when they start off.

That said, it's good to have someone around who can give you ideas, feedback, and support that's related to your journey.

Consider the Unknown

The unknown is scary, but it can also lead to some great discoveries. There are two big sources of it, too. There's the unknown out there in the world external to us, and the unknown inside you. When you change your life, there's bound to be internal changes that you didn't plan for. If planning were all it took to reinvent one's life, it'd be much simpler. Let the possibility of change flourish in you. If you try hard to hang on to everything that you've got now, that you are now, nothing will change.

Learn to live with fear while always going forward

Reinvention requires embracing uncertainty. It means getting comfortable with discomfort. Doing new things, trying new ways to be is scary! Allowing fear to stop us from changing is always the biggest block to proactive reinvention.

Always. Unlike reactive reinvention, when you must make big changes or face even worse situations than self-renewal, proactive reinvention seems optional when we get scared, so we have the option to retreat into safety. Safety is great. However, clinging to the safety of the familiar ensures you will never reinvent yourself.

Regeneration of the self requires living with fear, too. Consider as an example the situation of leaving one career for another, more ideal career. Common wisdom says you must have another job before leaving your current job.

That wisdom in this situation kills any chance of getting that ideal job. It's very hard, maybe impossible, to prepare for a completely new profession while working a full-time job. A dentist who leaves her job for another job as a dentist has changed locales but has not at all reinvented herself.

Making a jump from the known into the unknown safely, with no risks, doesn't happen. There is always some element of risk. Learning to live with risk in order to get something you dearly want is one of the biggest rewards of reinventing yourself.

Reinvent Yourself by Learning the Art of Acceptance

Acceptance is the acknowledgment of ourselves as we really are at the moment, with no illusions or self-deception. Likewise, acceptance expands outward by acknowledging situations, other people, our whole world and overarching reality as it is, not as we would rather it be.

To invite acceptance is to face facts. No one can truly reinvent themselves without practicing the art of acceptance, because acceptance is a form of deep honesty and reinvention requires honesty most of all.

The art of acceptance is also the art of living without preconditions or unrealistic expectations. Having expectations isn't a bad thing, except when we try to treat our own expectations as facts. It's easy to get caught up in a false world that's governed by our expectations.

Our irrational expectations prevent acceptance in many cases. We have expectations of ourselves, other people, the world, the way life should go.

Consider how disappointing the following expectations are:

- Life should be fair.
- People should always treat me well. I need to be great at everything I do.
- People must like me.
- I must please other people all the time.

Those are all irrational expectations that create misery and frustration. People remain afflicted with disappointment because they live in a state of conditionality, not acceptance. Acceptance may look a bit grim, but it's far from it. Indeed, irrational expectations prevent acceptance in many cases. Consider:

- Life isn't fair.
- People don't always treat me well.
- I'm not great at everything.
- Some people don't like me.
- I don't please others all the time.

Accepting these as the rock-solid facts they are is liberating. At the very least, acceptance frees you from disappointment. It blows the doors to your own personal development wide open. Personal reinvention leads fantastic developments only when we're willing to shed our illusions, preconceptions, and expectations.

What acceptance isn't

If acceptance is an acknowledgment of facts, what is it not? Acceptance is not:

- Approval
- Resignation
- Settling for less
- Passivity
- Naiveté
- Helplessness
- Hopelessness
- An excuse for negativity
- Avoidance

Acceptance doesn't mean we pretend to like a situation or that something doesn't hurt or disturb us. Instead, when we accept a situation as distressing, we own our feelings. We tend to shy away from things that are unpleasant, and many facts in life are indeed unpleasant. Sometimes it's not so much a hard truth that disturbs us as it is our thoughts and feelings about things.

We as human beings have a powerful tendency to want to make things congruent and consonant. When we are faced with a fact that doesn't fit in with our worldview, we distort it to fit our own views, or we ignore it altogether. That's a false consonance, but it's the nature of the human psyche to keep us insulated from pain.

Often, that insulation gets applied before we make a rational analysis of a threat—or a change. We feel threatened, and we attempt to put the danger away from us, even if it means we don't accept things as they are.

Coping with reality always works better for reinvention than avoiding reality. It's not as immediately lovely as a rose-colored view, but it never lets you down and always helps build you up. Given that reinvention is all about change we have to have a solid basis for correctly and realistically gauging what to change and how to go about it.

Acceptance is essential for inner peace, and it's also essential for making life changes. As you do that, you'll be able to discover how to carry out your personal transformation.

Acceptance of yourself isn't the end of things. It's not the end of processes. Acceptance is the beginning of reinvention.

Reinvent Yourself: Finally Let Go of Bad Habits

Do you ever wonder how people who are at the top of their field are able to maintain their high level of achievement? One of the keys to their success is that they are not afraid to reinvent themselves.

Reinvention can take many forms. It can be the refinement of habits or characteristics that should remain in your life but need fine-tuning.

Reinvention can also take the form of letting go. Specifically, letting go of bad habits that hinder your success. John Maxwell, an American writer in the field of Leadership, says, "I can predict the long-term outcomes of your success if you show me your daily habits."

Habits matter, and bad habits can cause lack of success and even failure.

This is particularly true when it comes to your health. Letting go of bad habits must be a top priority if you want to reinvent yourself.

But it's not as easy as it sounds. It isn't as simple as "just letting go of a bad habit."

When you let go of a bad habit, you need to replace it with a good habit. So today is the day. No more excuses. No more tomorrow.

Below are three bad habits you need to finally let go of if you want to be healthy.

Stop Slouching

You have probably heard this admonition countless times throughout your life: Sit up straight and stop slouching! Well, as unpleasant as this feedback usually is, it's right. Poor posture is nothing but a bad habit that has developed over time.

Slouching (which is typically defined as a forward head posture and rounded shoulders) causes poor joint alignment, especially in the neck and back. According to the American Physical Therapy Association, poor posture of the spine can contribute to muscle tightness, loss of range of motion, and even pain.

It's very difficult to just "stop slouching." You can reinvent yourself, however, by replacing the bad habit of slouching with the good habit of setting postural reminders for yourself. For example, if you are a desk worker, you can place a small mirror at the top of your computer screen. When you are in the correct posture, you should see the top of your head in the mirror. Seeing this continuous visual cue as you work will remind you to correct your posture.

You can also start the habit of checking your posture each time you send an email or start up your car.

These habits ensure that you continually assess and correct your posture, thus breaking you of bad postural habits.

Stop Drinking Sugary Drinks

Soft drinks and energy drinks are loaded with high amounts of sugar. Such drinks can have between 15-60 grams (or more!) of sugar per serving.

The American Heart Association reports that men should limit their intake to 36 grams of sugar per day while women should limit their intake to 25 grams of sugar per day.

You can easily consume the entire amount of your day's allotted sugar with one soft or energy drink. This bad habit can create big problems.

The American Diabetic Association states that sugary drinks have been linked to type 2 diabetes. This disease, the ADA states, causes more deaths per year than breast cancer and AIDS combined. That is a serious consequence to a bad habit!

Reinvent yourself by kicking your sugary drink habit. Replace it with a water drinking habit. Here are a couple of simple tricks to assist you in breaking this habit.

Set several reminders on your phone or computer at various points in the day to alert you to drink a glass of water.

A non-technological way to start this new habit is to keep 6-8 coins in your right pocket and to move a coin to your left pocket every time you drink a glass of water. Whenever you reach into your pocket, you will notice the coins. This will cue you to drink another glass of water.

Stop Going to Bed Late

The bad habit of going to bed late can be the result of many other bad habits. For instance, it can result from the habit of lying in bed while scrolling through social media—which can make it more difficult to fall asleep. Or it can result from the habit of falling asleep on a couch or in a recliner, which can make it more difficult to initiate sleep in bed.

Many other habits can contribute to the bad habit of going to bed late. This, in turn, can lead to sleep deprivation.

The National Institute of Health states that sleep deprivation can increase the risk of high blood pressure, heart disease, obesity, and diabetes. All of a sudden, we can see how this little habit can have big consequences.

Reinvent yourself by discontinuing your bad habit of going to bed late. Replace late nights with a routine that leads to a full night of sleep.

Here are some helpful nightly routines that can help to break the bad habit of going to bed late:

- Turn off all electronics 30 minutes before you want to fall asleep. This helps to deactivate your brain and makes sleep occur more naturally.
- Before bed, spend 10 minutes writing down all your thoughts and ideas on a note pad. This will let your brain relax and de-stimulate so natural sleep can occur.
- Take 10 minutes to perform a stretching routine. This helps to release muscle tension and therefore aids in falling asleep.

Letting go of bad habits is a challenging and yet simple way to reinvent yourself. It's the old adage of "addition by subtraction." Or better yet, its "addition by subtraction...with a new addition."

Reinvent Yourself by Finding Your True Calling

“If you love what you do, you will never work a day in your life.” Sounds like great advice, right? Right! Well then, what are you waiting for? Go out and do what you love, be successful, and pursue your calling!

Wait a second, pump the breaks for a moment. That all sounds great, but there is one piece of the puzzle that we are missing here. What is my calling? That’s the million-dollar question everyone is trying to answer.

What Is a Calling?

A calling is a strong personal desire to dedicate your life to certain accomplishments and enterprises. It’s what you feel you were meant to do. What your purpose in life is. Callings are unique as each individually person, and most believe that everyone has a calling in some capacity.

Help Identify your Calling With These Questions

In order to find your calling, it can be helpful to answer a series of questions. Asking questions of ourselves helps us guide our thoughts to produce something productive.

As you are asking yourself these questions, write the answers down with pen and paper. Yes, with actual pen and paper. The act of physically writing will assist you in processing your thoughts.

Answer these questions:

- What do I feel passionate about?
- What are ideas, topics, industries, that I care about.
- What do I think is essential in life?
- If I had to list the top 5 things that are most important to me, what would they be?
- What would be something that I would do for free?
- What strength to other people see in me?
- What energies you when you are tired?

With the answers to these questions you can start to gather a picture of what your calling might look like. Similar themes and ideas will start to appear as you process through these questions.

Investigate Your Calling

Spend time investigating your calling. Ask questions of those that are currently engaged in what you believe is your calling. This is the only way to truly know if this is your calling. You need to stick your toe in the water and make sure it feels right.

Don't settle on the first thing that you identify as your calling. Investigate and take advantage of each opportunity that comes your way. You may eventually settle on that first calling, but if that truly is your calling you will only gain more confidence in that assumption as you search out each different avenue.

Job Is Not Synonymous With Calling

You need to avoid the mistake of thinking that calling is the same thing as a job. Now don't misunderstand this statement. Your calling maybe closely related to your vocation, and in fact, it may be mainly expressed through your vocation. However, the two are not necessarily the same thing.

Your calling can be performed in a variety of settings that might not always include your vocation. Callings can be expressed in volunteer and charity work, in your daily interactions, or through outreach event.

The important aspect is not where or how your calling is expressed, but that your calling is being expressed.

Have Patience

Finding your calling will not happen overnight. Don't put undue pressure on yourself to identify your calling on a pre-established timeline. Have patience with the process and don't rush to select a calling. When the process is done correctly, you won't be selecting your calling, but identifying you calling that is already there.

Fulfilment

There is nothing in life that is more fulfilling that finding and engaging in your personal calling. Life is more stratifying and fulfilling when you are living your purpose. "If you love what you do, you will never work a day in your life." Sure, that can be true, but only if you know your calling.

Reinvent Yourself By Letting Go Of Bad Beliefs

If you've ever felt as though you're throwing away your potential, you're not alone. Nor are you alone if you have fallen prey to the belief that your dreams are a waste of time. How many people take their regrets to the grave? Far too many, probably.

At some point, you started to accept the labels that other people were applying to you. Someone told you that you're lazy once and it's something that has stuck with you.

Was it true or did you just decide to believe it based on the opinion of one person? It can be devastating to receive negative feedback from people we respect, especially it's not constructive criticism.

So, there you are with that label hanging over your head as you walk through life. That's just one, you have probably collected a bunch of them. You never bothered to question them either, you just accepted them as truth.

You pick up these bad beliefs at every stage of your life and eventually, they are like a cacophony in your head. Well, guess what? It's time to reinvent yourself by letting go of those bad beliefs.

How can you do that? By following these steps.

Step 1. Write down each of your bad beliefs, one by one. You can say it out loud as you write them or wait until your list is full and read them out in turn.

Step 2. Now, think back to the first time you had that belief. What was it that made you feel that bad belief was true? Was it that someone told you this was true? Try to take yourself back to how you felt at that moment, and imagine the words being said to you. Don't push it away, stay with it.

Step 3. Once you have replayed the moment or experience in your mind, you can shift from your perspective to the other person's. It's time to re-frame it. What might they have been going through? Were they angry or upset? Perhaps they were stressed out or frustrated.

This could suggest that they were acting out of emotion, and they weren't trying to harm you. It may also show you that you took it out of context to form a bad belief out of yourself due to how you felt in the moment.

Step 4. Now it's time to challenge that bad belief. If there is absolute proof that it's right, then write it down. No proof? Then it's time to let go of the bad belief. This exercise should lighten your load once you release it. If there's proof, it isn't the end of the world. It simply means you can make changes to improve something that is true about yourself. You don't need to wallow in it.

It may sound intimidating, but changing your behaviors is possible and it comes down to your behaviors. It's time to make the decisions that will progress you in life. Every decision should be held up against your values and goals. If it doesn't fit, then it's wrong for you.

When you follow this consistently you not only change the behaviors you also learn to let go of bad beliefs. This is how you build momentum and confidence. Perhaps more importantly, this is when you realize that the words of others cannot define you unless you let them.

It's the words that you use and the actions that you take that truly define you.

So, will you let go of your bad beliefs and change the record? It's up to you to reinvent yourself and the first step is letting go.

Reinvent yourself: Eliminating Old Baggage

When traveling on a major airline, you are typically allowed only one piece of baggage to bring with you. But it does not stop there. Not only are you allowed only one bag, its weight needs to be under a certain amount. Why is that? Why can't we all just bring whatever it is we want?

Well, if a plane is loaded down with too much baggage, it won't be able to take off and fly. Or worse, if the plane does get air borne, it may crash under the weight of its load. You see too much baggage on a plane is detrimental to safe operation, it can also be fatal.

The same can be true of personal baggage that we all carry around. Too much baggage, and we will either not be able to take off and travel to new places, or we will crash and burn in the process.

An essential ingredient in reinventing yourself is eliminating old baggage. Here is your pre-flight check list to identify what your old baggage is and what to do with it.

Packing Light Allows For Quick Action

What advantages are there to eliminate your baggage? Quite simply it allows for you to react and respond rapidly. When you are unloaded from unnecessary baggage you can respond to new opportunities that are presented to you quickly and timely. You won't miss out on opportunities because you are stuck behind a wall of baggage.

Identify The Essentials

What are the things that you absolutely need to accomplish your goals? What are the essentials pieces in your life that contribute to your success and wellbeing? Once you have identified those, throw the rest out. The essentials are the only things that you need to succeed.

Non-essential baggage in your life only take up space. It clutters your thoughts and actions and prevents you from moving forward.

Maximize Your Packing

Much of your baggage may be redundant. There is absolutely no need to carry around an extra set of fear, regret, or need for control. One pair can get the job done for all occasions. So, what are the situations or relationship in life that you can let go of that are redundant lessons or experiences in your life?

There Is An Upgrade At Your Destination

You don't need to bring everything with you in order to get where you are going. As a matter of fact, your destination might have an upgraded version of what you currently have. So why bring it?

Instead of holding onto our current baggage, let go of it in anticipation of what is ahead of you. Prepare for something that is better for than what you currently possess.

Things Don't Last Forever

Nothing last forever, and it's not supposed to. When you are holding onto your old baggage you are holding onto an outdated version. The baggage that you are carrying was not meant to meet the needs of your entire life's travel. For a time, it may have been useful, and it may have had a purpose. But it is OK to let it go, when the it has fulfilled its purpose.

Your Baggage May Look Different

Everyone's baggage looks different. Why? Because we all have different needs and are traveling on different roads. Be concerned with your needs and not the baggage others are carrying. At times, other people's baggage may look attractive and even useful.

But the question to ask, is "what are your needs?" It's OK if your baggage looks different than others. Get rid of your old baggage, and don't spend time worrying about others.

Don't Pick your Baggage Up

Sometimes it's best to not pick-up your baggage at all. Once you have set it down, leave it there. If you pick it up it might not be easy to put it down again. Do yourself a favor and don't pick-up your old baggage. Leave it spinning on the carousel as you fly on the new adventure of reinventing yourself.

Reinvent Yourself: Identify Your Whys and Change Your Life

One of the most widely known slogans in the world is the Nike slogan “Just Do It.” No more excuses, no more talk, no more planning, no more second guessing... “Just Do It.” Maybe that’s just what you needed to hear. Maybe it can give you that push, that nudge you needed to accomplish your goals. But there is something that this slogan does not fully capture: What about the why?

Why should I “Just Do It”? What’s the reason for doing it? Do I even want to do it? In life, you can “Just Do It” day-in-and-day-out and not enjoy a single moment of your life—possibly never engaging in a single moment of passionate, fulfilling work. So, before you go and “Just Do It,” identify your why. This will help you enact real change in your life.

Things Don’t Last Forever

Nothing lasts forever, and it’s not supposed to. When you are holding onto your old baggage you are holding onto an outdated version. The baggage that you are carrying was not meant to meet the needs of your entire life’s travel. For a time, it may have been useful, and it may have had a purpose. But it is OK to let it go, when it has fulfilled its purpose.

How Do You Recharge?

The whys in your life are also directly related to the things that give you energy. Passion is fuel for action. Without it, you will quickly burn out. So, what gives you energy? What are the ways you recharge your batteries after they have been fully drained? Knowing this can help you see what your energy gainers are.

Another method is to identify what areas of life seem to be effortless for you. What can you engage in for seemingly endless periods of time without much output of energy? Both of these strategies can help you identify your whys.

To identify your why, ask yourself: What gives me energy?

The Highlight Reel

The whys in your life are also directly correlated with your accomplishments. To make a project successful, it can help to start at the end and work your way back. This approach can help when trying to identify your life's whys.

Imagine you are near the end of your days, sitting on a porch, staring out onto the beautiful countryside. As you observe the landscape, your mind drifts back over the highlight reel of your life. What are the major scenes you want to see played back to you?

Do you imagine a few career highlights, family memories, personal relationships, charity involvement, or other activities? What do you want to be able to reflect on when your life is near its end? Your answer to these questions will reveal what you think is important.

Personal Mission Statement

Now that you have determined your why by establishing what it is you love, what gives you energy, and what you want to accomplish, put these thoughts into a personal mission statement. This is a way to take these ideas and write them down in a functional, usable format.

Your personal mission statement will help guide you during times of decision making. It will remind you of the reason behind your actions. It not only captures your why, but also your what and even your when.

The next time you are in a situation where you are going to "Just Do It," you will be able to support that action with the full understanding of your why. Having true passion behind your actions is a formula for pure, lasting, and impactful changes in life.

Reinvent Yourself: Remove All That Is in Your Way

“The fastest way from point A to point B is a straight line,” the saying goes. If you want to get from where you are to where you want to be, then go directly. Sometimes this advice is easier said than done.

Oftentimes there seems to be a lot of barriers between point A and B. That straight line seems to be impossible. Therefore, you end up taking the long way around to get to your destination. While there may be some unavoidable barriers on your path, most of the time the clutter in your way just needs to be removed.

Sweep it away, shove it to the side, and clear your path. You do not need to take the long way around. Initiate the process of reinventing yourself by removing all that things in your life that are in your way.

Don't be Afraid to Let Go

Fear can have a positive or a negative influence on you. At times, fear can motivate you positively by helping you achieve your goals. Fear can also motivate you negatively by hindering you from letting go of things that are holding you back.

What if can be a cancerous start to any thought process. Dwelling on the what if puts your focus on the obstacle in your way and not the goal you are moving towards. The fear associated with what if only entrenches the thing that is in your way.

Don't be afraid to let go of the what ifs. Focus instead on what you want. For example, rather than thinking “what if I start my own business and then get into financial trouble,” you should think, “what I want to achieve is independence in time, finances, and passion, therefore I will open my open business.”

You must not be afraid to let go of the fear that is littering your path to success. This is a necessary key to reinventing yourself.

Keep an Open Hand

Holding onto things in life creates an environment in which your emotional hands are clenched closed. When you're holding onto things, you're not able to use your hands for anything else.

In order to remove the things that are in your way, your hands need to be free and functioning. An open hand is free to move what needs to be moved. It can clear your path.

Get A Pair of Glasses

Sometimes we need help to see clearly. This is particularly true when it comes to seeing what is truly in your way. Being able to see this may require the help of a friend, mentor, or advisor. They can often identify the things we are not able to see.

The help of a guide is particularly helpful when moving the smaller things that are in your way. Your own eyes can typically identify the larger items in your path. The smaller things can be a more difficult to see. But lots of little items cluttering your way can slow you down just as much as one large boulder.

Do the Heavy Lifting

At the end of the day, moving the things that are in your way requires that you do some heavy lifting. There is going to be sweat, effort, and maybe even a little pain. But what positive or advantageous thing doesn't require these things? There is just no way around the hard work. So, roll up your sleeves and get to it.

The fastest way from point A to point B is a straight line. To travel in a straight line, you need to remove the things that are in your way. To achieve your goals, you don't need to take the long way around. Reinvent yourself and take the fast route to success.

Reinvent Yourself: Solve All Those Problems You Have Been Avoiding

Yeah, I'll get to that tomorrow. Yet, when tomorrow comes, that thing you didn't want to do, doesn't look any more enjoyable. So, you push it off again...and again, and again. Pretty soon those problems you keep pushing off have taken up permanent residence in your life.

Can you relate?

How many problems have you been avoiding?

If you have been avoiding your problems, cut yourself some slack. You're not alone. But you also have an opportunity. An opportunity to reinvent yourself by solving all those problems you have been avoiding.

Identify What You Are Avoiding

You may have been avoiding your problems for so long that you no longer know what they are. These problems may have been packed away so deep that they are hidden under many layers of material. Your first step in this reinvention needs to be identifying what problems you have been avoiding.

Our emotions can be a gauge to indicate if we have been avoiding any problems. When performing the evaluation your problem, check-in with yourself to see if there are associated feelings of fear, anxiety, or pain. If so, this may indicate that you have been avoiding this problem.

Another indicator can be the amount of time this problem has been in your life. Not all problems resolve on the same time table, but ask yourself if your problem been around significantly longer than others similar problems. If so, this may also indicate that your avoiding this problem.

Start With The Easiest Problem First

Now that you have identified those problems that you are avoiding, start by tackling the easiest problem first. There is no need to try and take down the giant right out of the gate. You are already at a disadvantage here so take the low hanging fruit.

This strategy is more about building your confidence and gaining some momentum. Solving a few problems allows you to gain confidence that change is possible.

So, start small and build from there. By the time you have reached the mothership of all problem, you are poised and ready for that challenge.

Divide and Conquer

Most of these problems have been avoided for a reason. To think that you are going to solve these problems in one giant sweep, is probably unlikely.

Instead, break your problem up into smaller and more manageable tasks. Are there smaller steps you can take to solve this problem? Does this problem have multiple parts? Being able to break your problem into achievable milestones increase your likelihood of success.

Tackle One Step A Day

So far you have identified the problems you have been avoiding, you ordered them from smallest to largest, and you have broken each of them up into manageable steps. However, this still can feel like a daunting task. Especially when you are just entering the action phase.

Have no fear, just put one foot in front of the other. You accomplish this by tackling just one step or task per day. Hey, you have avoided solving this problem this long, there is no reason to start fretting about speed here.

Identify what the one task is that you can accomplish today. This is like taking one brick down a day from the top of the wall. Before you realize it, the wall is demolished.

Procrastination only causes more problems. Face it head on and eliminate this habit.

Solving the problems that you have been avoiding is the ultimate in reinventing yourself. It is all about growing, improving, and changing. Nothing accomplishes this more than solving those problems that you have been avoiding.

Reinvent Yourself: Start New Good Habits Today

A habit is a regular tendency or practice. You likely have many habits that you are regularly practicing. Many of these habits you perform on a daily basis, maybe unconsciously and a part of your regular routine. Unfortunately, these types of unconscious habits that you have built up over time are typically not the best types of habits.

Good habits, in particular, need to be developed and developed intentionally. Developing good habits can create a new, fresh, and better you. Here is why you should reinvent yourself by starting good habits today.

The Benefits Of A Good Habits

Habits are small activities that define or create who you are over time. The benefit of developing good habits is that it creates and define good attributes in you over an extended period of time. A good habit is like interest building in a bank. Over time, the interest continues to grow without much effort on your part. Likewise, a good habit continues to develop character and attributes in you, without much concentrated effort.

Developing good habits also takes the “work” out of doing the things that you want to do. When something becomes routine or automatic, it no longer becomes work. It is just something you do. Being able to routinely perform activity or tasks without much effort allows you to put your energy and focus into other areas of life. Developing good habits gives you the benefit for accomplishing more with less effort

Repetition And Time Is The Key To Good Habit Forming

Developing a good habit may take longer than you think. When developing a new habit, the general rule of thumb has been about 21 days. This time frame was developed from Dr. Maxwell Maltz work in the 1960's with amputees adjusting to the loss of a limb.

However, a more recent study from Lally et al, entitled How are habits formed: Modeling habit formation in the real world, indicates that it takes an average of 66 days for an activity to become “automatic”. The study also indicated that missing a day did not lead to negative effects to developing your habit, but that the more repetitions earlier in your development produced larger effects.

Developing good habits is both a marathon and a sprint. Start your habit forming strong with consistent repetitions in those first few weeks. Then turn your eyes to the horizon and settle in for the time that it will take to develop your habit.

Good Habits You Should Consider

There are lots of good habits that you should develop for yourself. Here are few that you should consider:

Exercise: This is the obvious good habit that you should be developing. The American Heart Association states that you can significantly improve your cardiovascular health with just 30 min of exercises a day. Even if this 30 min is broken into 10 min periods. Developing a habit of a daily walk can significantly impact your health.

Saving: This habit is not flashy, or exciting, or particularly fun. But it's absolutely necessary. Start small and save a specific amount each week. Then build to a particular amount each month or a certain percentage each year. Building this habit can have lasting rewards for years to come.

Reading: Developing the habit of reading 15 min each day can lead to all kinds of benefits for you. Daily reading can increase memory and vocabulary or decrease stress and anxiety. With only 15 min of reading a day, you can easily read 1-2 books a month or 12-24 books a year. Imagine the benefit of learning new skills for recreations and work, or understanding a new topic, or developing a better imagination, all from 15 min a day.

Waking up early: Getting up early in the morning is not natural for everyone, but is a habit that can be developed. Start by setting your alarm 15 min earlier than usual. Every 1-2 weeks move your alarm back another 15 min until you reach your desired wake up time. Waking up early can benefit your health, energy, productivity and motivation.

Pay Attention To Your Habits

Whatever good habits you decide to develop will be worth the invested time. The important part is to pay attention to the habits that you are developing.

Start today, and make a note of all the habits that you find yourself routinely doing throughout the day. Is this habit something you want to keep? If not, start a better habit and begin the process of reinventing yourself.

Reinvent Yourself with a List of Personal Goals

One of the most profound moments in literature is in Lewis Carroll's *Alice in Wonderland*. Alice is walking and comes to a fork in the road. She's not sure which way she should go, so she asks the Cheshire Cat, "Which road should I take?"

The cat asks her in return, "Well where are you going?"

"I don't know" Alice replies.

"Then it does not really matter," the cat tells her, "If you don't know where you are going, any road will get you there."

An indispensable part of life is to know where you are going. If you don't, you will find yourself wandering down any road that presents itself to you.

When you have no clear destination, the decisions along the way don't matter. This is why the fastest way to reinvent yourself is to establish a destination—or, in other words, to establish a list of personal goals.

Personal Goals Give You Direction

Moving forward is good; moving in a specific direction is better. Personal goals put a clear direction to your movement. This is why personal goals are vital to any personal reinvention. Most of us are familiar with feeling constantly busy, on the move, and booked with appointments—yet nothing seems to get accomplished.

Personal goals give you a way to organize and direct all your movement into a specific direction so that you can accomplish what you want.

Personal Goals Put You in The Driver's Seat

The essence of reinventing yourself is taking control of your life. Personal goals allow you to be in the driver's seat. Goals allow you to take control of your time, energy and effort. Instead of just reacting to things that happen into your life, you take control. You decide where your energy is spent.

Nothing will help you reinvent your life like taking ownership of it via your personal goals.

Goals Inspire During the Mundane

Life is not a movie. We don't experience a continual stream of magical experiences, one after another. There is a lot of dullness stuffed in-between the highlights of life. That's OK. This is where our personal goals rise to assist us.

Personal goals can inspire us by reminding us of the bigger picture in life. We can compare that to what we are currently engaged in at any point in time. In other words, personal goals help frame how the smaller aspects of life play into the larger mosaic. Reflecting on how your day-to-day life fits in with your overall goals can thereby give you daily inspiration. Having this is pivotal in reinventing yourself

Goals Help Organize What Is Important

On a day-to-day basis everyone is bombarded with choices. How do you decided when to say yes and when to say no? With personal goals, that decision becomes easy. You can ask yourself: Does this activity align with my personal goals? Does this help me achieve my personal goals? The answer to those questions can help you decide what to invest your time in. It gives you a way to identify what is important to you.

Goals Allow Us to Enjoy Life

Ultimately, life is to be enjoyed, and nothing is more enjoyable than success. Personal goals not only define what success will look like for you, but also will give you the road map to achieving it.

What many people fail to realize is that personal goals will also allow you to enjoy life even when the goals are not accomplished. The ability to learn, progress, and develop yourself when you have not accomplished your goals will bring you an enjoyable personal maturity. These are the many ways that personal goals can bring a greater degree of purpose and fulfillment to your life.

Personal goals are a non-negotiable ingredient in any personal reinvention project. Thankfully you can start with something simple. Start your journey by making your first personal goal: A goal to develop a complete list of personal goals. And now you off!

Reinvent Yourself with New Coping Skills

If you're interested in reinventing yourself, consider for a minute how much of your life is affected by stress. It's possible to get so entrenched in fighting fires and lurching from disaster to disaster that we become essentially reactive. We plan our lives around our troubles, instead of having fulfilling lives filled with challenges and opportunities.

We get so enmeshed in problems related to stress, our very personalities get warped. This isn't to say we become an evil shadow of ourselves, but we end up straying from what we want to do, how we want to be and who we really are.

It's possible that at one time we had some great coping skills, but times change, and so do situations. What worked well in the past might not be working so well nowadays. Think then of how different your life could be if you weren't so powerfully affected by stress. By learning some new coping skills, you reinvent yourself anew.

Consider the following techniques to improve how you cope.

Change your self-talk. We aren't always aware of the way our inner voice affects our outer reality, but we need to get awake to it. When something irksome happens, do you think "Not another disaster! What am I going to do? This is hopeless."

No one is suggesting you change that to a mental happy dance when something bad happens but changing your self-talk to a more supportive and encouraging stance helps reduce stress. In many ways, it's the way we perceive disadvantageous situations that control our response—not the trouble itself.

Cognitive re-framing. Changing your self-talk is part of a coping skill set called cognitive reframing. Cognitive reframing involves looking at a problem or situation with a fact-based approach, as opposed to an emotional approach. Feelings are real, and it's important to honor them, but our emotions are not always rooted in reality.

Recognizing when our feelings aren't coming from a realistic outlook is one of the most powerful coping skills you can ever learn. It's a skill, and it takes time and practice to shift from a stress-coping approach based on emotion to one based on facts. By observing things as they are, as opposed to how we wish they were, how we think they should be, or how we fear they might be, we learn to tackle problems realistically.

increase your flexibility. Often, we don't see solutions to life's problems because for various reasons, we deliberately block off those very solutions. This following is a complex example, If you're behind at work, but working one weekend would get you totally caught up, would you do it? If your answer is "No way, I'm never doing work for free," yet you agonize over your backlog of work all week long, are you really better off holding to your ideal of no weekend work? If it's just one weekend to correct a perpetually agonizing thorn in your flesh, which would you rather have?

There are so many examples of this kind of self-blocking. Sometimes, you have to think of the unthinkable to reduce stress. As well, a rigid approach to problem-solving doesn't get anyone anywhere. Reducing stress requires a fairly flexible approach. People will notice when you become less rigid.

Add mindfulness to your life. Mindfulness is self-explanatory, but more of a challenge than it sounds. Mindfulness means fully attending to what we're doing right now, what we're feeling, and what's prompting those feelings.

Mindfulness also takes into account the physical environment. Where are we, what are the colors, the whole tactile experience going on around us?

If that sounds ridiculous, remember that everything we experience—everything—gets filtered, interpreted, valued or discarded inside our heads. Our minds create stress. You can be mindful anywhere, at any time.

Reinvent Yourself: Identifying and Eliminating Your Fears

Who doesn't dream of a better future for themselves? We wish that we could leave our humdrum job and instead sit on a beach to paint. Life would just be better if we could move to the country and live off the land.

The thing is, every one of us has a dream, they're all different, but one thing many of us share in common is that we bury those dreams. At some point, we decide to take the well-traveled road and put aside our 'childish dreams.' We give up a bit of ourselves when we do that.

Think of reinvention as a re-brand. It's something that major companies do. Coca-Cola has changed up their branding, a couple of times in recent years. Just as Richard Branson has reinvented himself over the years to become the businessman he is today.

Before Jim Carrey made his acting dreams come true, he wrote himself a massive check. He decided that if he could dream it, then he could also do it. One of the biggest things that hold us back from truly pursuing our dreams and reinventing ourselves is fear.

That doesn't mean that it's too late to reinvent yourself. The first step in doing that, though, is identifying the fears that have been holding you back and eliminating them. There are three massive fears that often hold us back.

1. The Fear of Failure

There is no one on this planet that enjoys failure. No one is into losing, no one sets out to do less than their best and lose. The problem with that mindset, though, is that we are too scared to take risks. While there are adrenaline junkies who pay people to throw them out of a plane, the idea of failure is paralyzing. Unfortunately, a lot of us really care about what others think about us. Failure is only temporary, though. You should think of it as a stepping stone.

So, how do you eliminate your fear of failure? Look to the lesson in every failure and learn how to use it to your advantage. You can better yourself through failure. So, instead of seeing it as the end of the world – start seeing it as a learning experience. You might fail more than you succeed, but the more you put yourself out there the greater your chance of increasing success is.

2. The Wrong Mindset

What is your inner voice telling you? Is it a positive force in your life? Or, is it whispering negativity in your ear and hating on your every action? That negative voice is fueling the wrong mindset and it's that mindset that is keeping you tucked safely in your comfort zone. One of the best ways to eliminate this fear is to practice overriding those negative thoughts with positive affirmations. It's all about drowning out that negativity and replacing it with the right mindset.

3. No Knowledge

Sometimes the biggest fear that holds us back is a lack of knowledge. We don't know what to do or where to go to make our visions a reality. The best way to deal with this fear is to find yourself a mentor. Look for someone who works in the field that you want to be in or does the thing you want to do. You can learn from them. If it's a specific thing you want to reinvent about yourself, then find someone who is good at it. You can use social media to find people that are outside of your circle and build your network. Or, find a coaching program.

Reinvent Yourself: Rev Up Your Self-Discipline Skills

You probably know someone with amazing self-discipline. They're that person that manages to choke down a kale shake every morning after they went on a 5-mile run before your first alarm went off. They are incredibly efficient, they work hard, and seem to have endless amounts of energy. Then, there's you.

You play games on your phone and look up at the television in between levels. Somehow, you have successfully managed to scoop snacks into your mouth at the same time. You're not lazy, you are busy so when you have downtime you want to relax.

What about your dreams, though? How will you accomplish them if you have no self-discipline? You can build that self-discipline. It's crucial to your success, that goes for both your personal and professional life. Here's how!

1. Acknowledge Weakness

You should never let your weaknesses stand in your way, however, you should acknowledge them. It could be that social media is why you procrastinate or that pretzels are your biggest diet weakness. Either way, to improve your self-discipline you need to acknowledge what is most likely to derail you.

2. Plan

You don't wake up and magically find yourself possessed by self-discipline. You need to build a strategy. It doesn't matter whether you want to build new and good habits or eradicate bad habits. The key is that you create a plan that will outline exactly what steps you need to take to achieve the goal.

3. Remove Temptation

It would be nice if we were disciplined enough to resist our greatest temptations. However, if you know you've never met a bag of pretzels you didn't love, then don't keep them in the house. If it's social media that messes with your day, remove the app from your phone or tablet. There are plenty of ways you can remove temptation, no matter what it is. Don't be afraid to turn off the router and go without the internet until you achieve what you need to.

4. Discomfort

Humans naturally try to avoid any discomfort or pain. However, this will only make you more unlikely to deal with any distress life throws at you. Resilience is a really important skill to possess and there's only one way to do this. You can't dismiss uncomfortable emotions, you have to experience them, whether it's loneliness, boredom, sadness or frustration. Negative emotions are part of building self-discipline.

5. Visualize

Sometimes it's easier to practice self-discipline when you're capable of visualizing the long-term rewards that your behavior will bring. If you give in to temptation today you will experience a short-term boost in happiness, but think about the gratification that will come if you resist. Imagine yourself as you meet those goals and gain those rewards. This will help you exercise your self-discipline on a daily basis.

6. Recovery

There will be days that you find easier than others. When you experience a slip-up, whether it's a treat you shouldn't have had or a workout that you skipped, recovery is key. Don't beat yourself up if you slip. Recover from your mistakes and keep going. Acknowledge them, but move on.

Self-discipline is what is standing between you and achieving your goals. You don't need to steep in jealousy at the people you know who possess self-discipline, though. You can use the tips above to increase your own self-discipline. Keep practicing and you will improve yourself.

When you improve your self-discipline skills you can start to improve your life by pushing hard to achieve your goals. Now all you need to decide is what goals you want to pursue – you'll need to start with your core values.

The Painful Destruction Of Perfectionism

Perfectionism gets lots of credit for greatness in our modern society, but it's due no thanks at all. It wrecks people, even though we use the term like it's a great compliment. In reality, perfectionism destroys much more than it creates.

Perfectionism is a hedge, a way to avoid failure, a hopeless attempt to avoid rejection by performing at an impossibly flawless level all the time. Perfectionism binds people to unrealistic standards. It's a guarantee of constant disappointment.

Perfectionism is also tied to some psychological disorders. Perfectionism is more significant than a flawed way of thinking; it's a way of life that took root early on in life.

Consider the following questions. Do they resonate with you? Are You a Perfectionist?

1. Do you think in absolute terms? Things are either great or terrible, black or white, happy or sad? Perfectionists tend to think in opposites, while others think along a continuum.
2. Does one small flaw in something you're doing make you feel it's worthless?
3. Your standards for yourself and others are more demanding than a situation calls for?
4. Do you feel like a failure if you're less than 100% perfect? In school, does a 90% A feel like a failure, in comparison to a 100% A? Would a "B" make you feel like a loser?
5. You can't delegate because you just know others won't do the job right?
6. You're often late getting work in on time. No project can ever be perfect, but that doesn't stop you from trying for a flawless outcome, at the cost of being on time? This can stem from taking too long to get started on a project because of constant tweaks and fixes to the requirements, or endless revisions to the finished product to make sure it's flawless beyond any reasonable standard.
7. Your self-image and self-confidence depend on your accomplishments and what others think of those?
8. You recognize your errors and focus on them far more than your successes, perhaps even imagining errors?
9. Do you think regarding "should" or "must" a lot? Like "I should never be late, and if I am, I've screwed up terribly" or "my co-workers should always follow my instructions to the letter," or "this report must be perfect, or it's worthless" and so forth. When we think in terms of "should," or "must" we are often trying to impose our concepts of how others, even the world, should be.
10. Are feelings of accomplishment fleeting after successes?

Outcomes of Perfectionism

A lifelong habit of perfectionism can lead to some successes, but always at the cost of happiness. There are no content perfectionists and few that are happy for long. Ultimately, perfectionists are not very adaptable.

That's contrary to conventional wisdom, but the fact is that nothing in the world is perfect. No one is without flaws. A computer microprocessor can be made perfect for its requirements, but people aren't machines.

Here are just a few of the problems rigid perfectionism leads to:

1. An inability to be happy with anything other than flawless perfection in any aspect of life.
2. Frequent frustrations and problems with relationships
3. Chronic anxiety or depression (or both!)
4. Health issues. Perfectionists prioritize their work over relationships, relaxation, and their health issues. These health issues get worse from lack of attention. Chronic stress and anxiety lead to stomach and GI problems like Irritable Bowel Syndrome, high blood pressure, muscle tension, and joint pain, and can even make diabetes worse.

Perfectionism harms the sufferer and all the people who love them. It compromises relationships and eventually erodes health and psychological well-being, but it's possible to change. Perfectionism can be moderated or even shed completely.

It's a problem that in serious cases takes psychotherapy to resolve. With love and effort, perfectionism is correctable.

Thank You

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