



# Ahead & Beyond

Issue # 003

Mar 2018

[www.streamlinedmindpower.com](http://www.streamlinedmindpower.com)

## In this issue – Self Mastery, The Ultimate Goal & How Do You Get It.

This newsletter is an attempt at giving you tools of self-improvement which would help you move Ahead in life Beyond your constraining beliefs or blocks, phobias etc. Please feel free to share it within your circle of contacts.

### Practice Self-Mastery & Lead a Happy, Content Life.

**This article is all about some tips on how you can master yourself.**

What's standing in the way of you reaching the level of success you desire, enjoying a great relationship, or seeing your abs for the first time? Is the problem that you don't know enough? No. Is there too much competition? Not even close. **The only obstacle is a lack of mastery over yourself.** Don't believe it?

You will.

Are you in great shape? Do you only eat healthy foods? Why not? Is it because you're confused about which foods are healthy and which are not? Are you confused about whether it's better to exercise by running down the block or by sitting on the couch?

Hardly.

You know enough to make significant changes in your life. Knowledge isn't the challenge. The challenge is managing yourself and your behaviors.

Haven't had a date in a year? Are you confused about how to get a date? The key to getting dates is to ask people out. How many people have you asked out in the last week? How many new people have you spoken to in the last week?

Are you able to say the things that need to be said? Are you able to be silent when you know you should? Can you make yourself go to the gym or eat an apple instead of a piece of apple pie?

**Mastering yourself is the only goal you need to achieve. From that, you can achieve all your other goals!**

**Use these strategies to become the master of yourself:**

1. **Make a list of the things you should do each day, but aren't.** This list might include things like exercising, playing the piano for 20 minutes, drinking eight glasses of water, paying your bills, flossing, and making social connections.
2. **Make a list of the things you do each day, but shouldn't.** Maybe you stay up too late, watch too much TV, waste time playing video games, smoke, and show up late to work. Think about all the things you do that sacrifice your health, career, finances, social life, and happiness.
3. **Begin by addressing one item from each list. Slowly eliminate one of the negative items and add one of the positive items.** Habits are challenging to change, but you've developed habits without even trying. Imagine what you can accomplish intentionally.
4. **Have a long-term focus.** Negative behaviors have short-term rewards. Eating ice cream or watching TV are rewarding immediately. They can be harmful in the long-term, but they pay off right now.
  - Adopt a long-term focus and consider the long-term implications of your behavior before you indulge in it. What will it cost you down the road if you don't change?



**Anil Kulkarni**

Life Balance Coach,  
Executive Coach &  
NLP Coach Practitioner

## Streamlined Mind Power

### OUR REGULAR PROGRAMS

#### Be More & Have More

Do you want to get noticed Better?



8 weeks of daily, objective self-learning program delivered through e-mail.

To know more, please visit  
<http://streamlinedmindpower.com/be-more-have-more/>

#### Climb Your Everest

What is it that you want to realize quickly?



6 weeks' Powerful, Motivational, Reflective & Magnanimous program conducted on one to one basis

To know more, please visit  
<http://streamlinedmindpower.com/climb-your-everest/>

5. **Realize that your body is the enemy.** Why does a person eat a bag of potato chips instead of an orange? He imagines himself eating chips. Then he imagines eating an orange. Then he chooses the one that feels better. But your body is deceiving you. It's only concerned with safety and reproduction.
- It cares little for your longevity or your long-term prospects. Humans seek pleasure, just like any other animal. The advantage humans have over animals is the ability to make decisions and not follow instinct. The disadvantage humans have is the ability to create pleasurable foods and activities that are detrimental to long-term success and survival.
6. **Be Accountable.** One of the best ways to keep your resolve is to be accountable. Your self-accountability doesn't really work otherwise, this article was not required at all. We usually end up compromising to ourselves. Hence, it is of great importance to have an Accountability Partner. Whom do you respect the most, love the most or hold in high esteem the most? Make that person your accountability partner. Then go & tell the person about your resolve & give that person the authority to check on your progress from time to time. Now, you wouldn't want to be seen failing in front of your accountability partner, would you? As a result, you become more observant, more self-disciplined & more aware of your resolve. This is the ultimate trick.

Self-mastery is the key. **Once you master yourself, everything else becomes easy.** It's easy to get ahead at work. It's easy to be healthy. It's easy to save money and maintain relationships. Can you master yourself? Key your attention on the long-term impact of behaviors and avoid short-term pleasures that lead to long-term challenges.

### HERE ARE SOME REFLECTIONS THAT WILL HELP YOUR SELF-MASTERY

#### I acknowledge my network's support.

I am grateful for the support I receive from my close network of family and friends. They are the keystone to my success and happiness.

#### My support network is my backbone.

My friends and family act as my safety net during times of trouble. They give me advice, provide help and share my grief.

My support network is also here for me during times of joy. We share our happiness to multiple it. I reach out to my friends and family to ensure they are part of the celebrations.

#### I turn to my support network during moments of doubt.

They calm my worries and reduce my stress. They help me analyze challenges to find answers. They give me everything I need to feel whole again.

My support network spends time with me. They put in an effort to ensure I am happy. They work together to help me overcome challenges. They create multiple solutions, so I am able to use their minds.

#### My family and friends are my lifeboat in a sea of chaos.

They swim to me through the confusion of this world, so I am surrounded by their love and support.

Today, I am thankful for my support network. I acknowledge how much they help me during difficult times. I am happy to have people around me who understand my unique needs.

**SELF-MASTERY IS THE KEY TO ETERNAL HAPPINESS IN LIFE. IT REMOVES REGRET FROM LIFE & HELPS US LIVE A STRESS-FREE LIFE.**

### OUR REGULAR PROGRAMS

#### Write Your Own Destiny

Do you want to overcome your limiting beliefs?



Group initiative for 12-20 people involving 16 hours of contact sessions followed by 4 hours of one to one personal sessions.

To know more, please visit <http://streamlinedmindpower.com/write-your-own-destiny/>

#### Achieve Your Nirvana

Get infinite freedom by rising above your lower self.

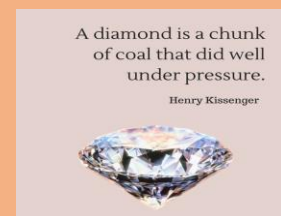


30 hours of highly intense & deep-rooted conversations on a one to one basis of 60-75 minutes each.

To know more, please visit <http://streamlinedmindpower.com/achieve-your-nirvana/>

#### Uncover The Diamond Within You

Discover your hidden potential



3 Weeks of email based, self-study program aiming at bringing the best out of you leading to self-discovery.

To know more, please visit <http://streamlinedmindpower.com/uncover-the-diamond-within-you/>

This newsletter is published by Streamlined Mind Power. Knowledge grows by sharing hence, recipients of this may freely circulate this to friends & relatives to spread the benefits to masses.