



# Ahead & Beyond

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## In this issue – How to Finally Take Charge of Your Life, Did you Know? Fun time.

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.

Are you sick and tired of feeling sick and tired? **Everyone wants a better life, but few are willing to take charge and make it happen.** It's the accumulation of fears and a lack of responsibility that are to blame. You can take charge of your life and transform it into something exciting and fulfilling. It's never too late.

### Practice the following to take control of your life and put yourself in the driver's seat:

- 1. Take responsibility.** *The easiest way to deal with life is to accept full responsibility.* That doesn't mean that everything is your fault, but it is your responsibility to deal with your life. Even if your parents abused you, it's your responsibility to deal with it and move on. Who else is going to do it?
  - **Taking responsibility is powerful because you then have the power to change.** If it's someone else's responsibility, all you can do is wait for someone else to fix it.
- 2. Raise your standards.** If you're content with making 500,000 per year, you'll never have a salary of a million rupees. If you're content with your love handles, you'll never see your abs. People only improve until they're content, and then they relax.
  - The willingness to accept your current circumstances is a decision to maintain your current life. Set your standards accordingly.
- 3. Avoid being afraid of failure.** This is the primary obstacle for most people. They're afraid of failing. You fail all the time and don't think anything of it. You're five minutes late for work. You cook your food five minutes too long. You spill your coffee or misspell a word. For some reason, you don't take these failures personally.
  - But the prospect of having a script rejected or losing a competition is too much to handle.
  - **The more you fail, the more successful you will be, as long as you learn from your failures and try again.** If you only do the things you know you can do, you'll be stuck.
- 4. Stop caring about what others think.** This is the other major obstacle. It seems silly to worry about the opinion of someone you barely know, but it happens all the time. No matter what you do, you're being judged by others. So, let go of it. Half of the world thinks you're wonderful. The other half doesn't.
- 5. Embrace discomfort.** Changing anything in your life feels at least a little uncomfortable. The anxiety you feel is nothing more than a feeling in your body, like a sunburn. You don't have to allow it to stop you.
  - If you're uncomfortable, be excited. It means you're doing something that can make a difference in your life.



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## Streamlined Mind Power

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What is it that you want to realize quickly?



Look up to yourself with Pride. Find your dream & take meaningful strides to achieve it with guided soulful process.

To know more, please visit

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6. **Be proactive.** Taking control of your life also involves avoiding unnecessary challenges. There's no better way to do this than being proactive. Look ahead for potential challenges and avoid them. *Most negative experiences can be foreseen and avoided.* Avoid being reactive. By then it's too late.
7. **Set goals.** The reason goals are so important is the decision-making aspect. You have to make decisions to set goals. Setting goals means that you've decided on what you want. So, make a few decisions and decide on your goals.

Are you finally ready to take charge of your life? Are you tired of pretending that you're a victim? *You can choose the direction of your life.* Take responsibility and work through your fears. A little discomfort is a small price to pay for a life that you enjoy.

**Here are some key affirmations to help you take charge of your life;**

- I have a high level of natural motivation to achieve success,
- I have solid discipline,
- I live in the moment & work as & when things need to be done,
- I always see my plans to completion,
- I always look to achieve the highest levels in any task,
- The Law of Attraction is working for me every day,
- I am attracting abundance into my life.

**DISCIPLINE IN DAILY LIFE IS THE KEY TO MASTERING YOUR HABITS & MANAGING YOUR LIFE EXACTLY THE WAY YOU WANT**

***DID YOU KNOW???***

- A giraffe can clean its ears with its 21" long tongue!
- Elephant is the only mammal that can't jump!
- An Ostrich's eye is bigger than its brain!
- Dolphins sleep with one eye open!

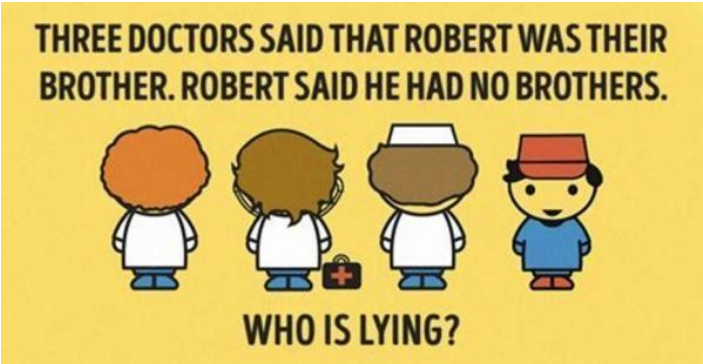


***Fun time for you:***

Here are some teasers for you. Answers to these will be shared in the next issue of 'Ahead & Beyond'.

I am the beginning of the end,  
and the end of  
time and space.  
I am essential to creation,  
and  
I surround every place.  
What am I?

What always runs,  
but never walks,  
often murmurs, never talks,  
has a bed,  
but never sleeps,  
has a mouth, but never eats?



**OUR REGULAR PROGRAMS**

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Do you want to overcome your limiting beliefs?



Be the sculptor of your own destiny & shape your future the way you want it to be instead of being just a passing witness to it.

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Get infinite freedom by rising above your lower self.



Experience True Freedom.  
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**Uncover The Diamond Within You**

Discover your hidden potential

A diamond is a chunk of coal that did well under pressure.  
Henry Kissinger



Are you performing to your True Potential? Do you know what is your True Potential?

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

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