



# Ahead & Beyond

Issue # 005

May 2018

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

In this issue – The Simple Tools For Boosting Your Brainpower;

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.

**You may be much smarter than you think.** Some years ago, scientists at the Salk Institute discovered that the human brain's computing power is ten times greater than previously thought. The new estimate suggests that *you have the computing ability and information storage capacity of the entire World Wide Web right between your ears.* With that kind of upper limit, it's time to believe in yourself and aim higher. Consider these ideas to help you excel.

### Applying More Brain Power to Your Personal Life:

- 1. Continue learning.** Make education a lifelong experience. Maybe you want to return to school full time, take an occasional evening course, try & add a new skill every year.
- 2. Read more.** Studies show that reading enhances memory, relieves stress, and may even help you live longer. Pick up a classic novel at the library or enjoy the e-book version. Add in some non-fiction science and history. *Make it a habit to read a few pages every day.*
- 3. Find a hobby.** Turn off the TV and tune into an interesting project that engages your creativity. *Knit a sweater or just paint or restore vintage furniture.*
- 4. Travel around.** Visiting different countries or even a few unfamiliar neighborhoods expands your perspective. *Travel really is a broadening experience.*
- 5. Cultivate healthy relationships.** Social interactions play a big role in the quality of your life. Spend time with your loved ones. Hang onto old friends and *look for opportunities to make new ones.*
- 6. Teach your kids.** *Share your expertise with your children.* Help them with their homework or plan a family outing to the local place of historical importance.
- 7. Take care of your health.** Be smart about self-care. Keep up with the latest research on nutrition, medicine, and aging. Talk with your doctor and other health professionals about how the latest studies apply to you. *perform at least 30 minutes of aerobic exercise daily.*
- 8. Volunteer your services.** *Giving back to society can be personally rewarding.* Contact a charity that interests you and propose a project that will let you explore new skills or leverage your current strengths.
- 9. Deepen Your Faith.** Strengthen the foundation of your beliefs. Study scriptures and talk with others in your spiritual community. *Meditate aplenty.*



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**Streamlined Mind Power**

### OUR REGULAR PROGRAMS

#### Be More & Have More

Do you want to get noticed Better?



Develop a magnetic personality within the comfort zone of your home.

To know more, please visit

<http://streamlinedmindpower.com/be-more-have-more/>

#### Climb Your Everest

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

<http://streamlinedmindpower.com/climb-your-everest/>

## Applying More Brain Power to Your Professional Life:

1. **Choose meaningful work.** Look for a career that excites you and gives you a sense of purpose. Ask yourself who benefits from what you do. *Start now to prepare yourself for a career change if you want to explore another field.*
2. **Create a side income.** What if your job seems limited and it's not practical for you to move on right now? You can still make money doing what you love outside office hours. *Start a blog or a weekend business that is sustainable & scalable.*
3. **Focus on innovation.** You can make any task more stimulating by experimenting with ways to increase quality and productivity. Set a goal that's feasible but challenging.
4. **Pick up new skills.** Sign up for training on the latest software package or let your boss know that you're interested in attending a conference that will help your job performance. Shadow another employee who can show you how to design a social media campaign or prepare for a tax audit. *Keep sharpening your axe.*
5. **Network more effectively.** Strategic networking builds lasting connections and speeds up your professional development. Practice striking up conversations with strangers and following up with promising contacts. *Focus on giving to others and having fun.*

*Next time you start to doubt yourself, remember that you have the capacity of the entire internet sitting under your hat. Live up to your potential to accomplish big things in your personal and professional life.*

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

- Split grapes will explode if you put them in microwave!
- Scientists can turn peanut butter into Diamonds!
- Potatoes can absorb & reflect wi-fi signals!
- Carrots were originally purple & were genetically mutated in 16<sup>th</sup> century & became orange in colour!



### ***Fun time for you:***

*Answers to last month's riddles: 1) 'STARTING'; 2) Yesterday, Today & Tomorrow 3) Word 'mistake' is mis-spelt as 'mitsake'. 4) An egg or a coconut.*

**Here is an announcement of my forthcoming workshop on 'Visualization'.**

## ***IMAGINEERING***

**"Get the Power to Manifest All Your Dreams, Guaranteed"**

**Create Infinite Abundance using Powerful Visualization!!**

**You are hereby invited to this Practical Workshop on the Powerful Techniques of Visualization.**

### ***Dramatic Results Call for Dramatic Approach.***

**In this workshop, you will be empowered by learning:**

- (i) **The importance of dreaming**
- (ii) **How to transform dreams into Vision**
- (iii) **How to empower yourself using Creative Visualization**

***In addition, you will receive an amazing life changing book Absolutely FREE!***

***PLUS***

***FREE Personal coaching session of 30 minutes with Anil himself.***

**Dramatically Improve your Results & Lead a Fulfilled Life. Reach your Goals with Ease.**

**When: Saturday, 16 June 2018; 3.00 – 6.00 PM. Where: Ogale Hall, MCCIA, Tilak road.**

**Your investment: Rs 2000/- with 10% early bird discount upto 7 June.**

## **OUR REGULAR PROGRAMS**

### **Write Your Own Destiny**

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.

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

### **Achieve Your Nirvana**

Get infinite freedom by rising above your lower self.



Experience True Freedom.

Bring Abundance to your life.

Achieve what everyone dreams of but very few commit to.

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

### **Uncover The Diamond Within You**

**ur 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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