



Ahead & Beyond

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In this issue – Practice enhancing Your Feelings of Self-Worth;

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.

Happiness is elusive without a sense of self-worth. If you're not happy with yourself, how can you be happy about life in general? **Self-worth is about believing that you have value as a person. It's not how you compare to others.** It's your belief in your intrinsic value as a human being. We're all important. Some of us just require a little more convincing than others.

Here are the keys to maximize your feelings of self-worth:

- 1. Forgive yourself.** You have plenty of guilt and resentment toward yourself that you've been carrying around for years. You chose the wrong major in college or broke up with your significant other or gave up on your favorite hobby. Give yourself a break and vow to do better in the future.
- 2. Volunteer.** *Spending your time in a valuable and selfless way is a quick means to raise your opinion about yourself.* Just two hours a week can make a significant difference.
- 3. Avoid gossiping.** Gossip probably has gotten you in trouble in the past and you know you shouldn't do it. *Try pointing out positive traits and actions in others, instead.* You'll both feel better!
- 4. Face a few of your smaller fears.** We feel bad that we're afraid of things that we know we shouldn't fear. Face a few small fears and overcome them. You'll be impressed with yourself.
- 5. Set personal boundaries and enforce them.** There's no reason to allow others to use or manipulate you. *Decide what you consider to be reasonable behavior and enforce it.* Word will spread, and your life will be smoother.
- 6. Set goals you can achieve.** It's important to have big goals, but small goals are important, too. Big goals lead to big accomplishments, but smaller goals can provide a great lift to your self-worth. Make it easy to succeed on a regular basis. *Completing your daily to-do list is an example of completing a smaller goal.*
- 7. Define your values and live by them.** *It's important to determine what you're willing to do and what you're not willing to do,* as well as what's important and unimportant to you. If you're able to live by these values, you won't have a reason to think badly of yourself.
 - Most people don't take the time to define their values. They rely on a vague sense of right and wrong from childhood. Give it some thought and put your ideas down on paper. When you're stuck with a tough decision, pull out the list.
- 8. Be willing to welcome changes in your life.** The same life will provide the same results. Some changes will be necessary if your goal is to *enhance your self-worth.*
- 9. Voice your opinion.** Do you keep your opinion to yourself because you think no one cares? Maybe you put everyone else's happiness above your own. Neither is good for your self-image. *Your opinion matters. Share it.*



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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

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10. Minimize time spent with others who don't appreciate you. Do you have a friend or family member that drags down your self-worth? Think about letting them go or spending less time with them.

11. Make decisions. *Indecisiveness creates stress and frustration.* It's also a way of avoiding responsibility. Take a reasonable amount of time and then pull the trigger. ***You'll feel more in control of your life.***

When you think negatively about yourself, you lower your expectations. You even begin to look for reasons to support those thoughts. This is the ultimate in self-defeating behaviors which create barriers to your thinking capabilities & develop your negative beliefs. ***Your feelings of self-worth influence your ability to be happy and successful.*** Be proud of who you are as a person. Life will be easier and more enjoyable.

Think of all those you can serve & be reason of happiness for. Before trying to reach out to them, serve yourself with those same values you intend to give others & fill your heart with Gratitude for all that you have got from the universe.

DID YOU KNOW???

- In Japan, crooked teeth are considered cute and attractive!
- The toothpaste "Colgate" in Spanish translates to "go hang yourself"!
- Human thigh bones are stronger than concrete!
- You are 1% shorter in the evening than in the morning!
- The tongue is the strongest muscle in the body!



Fun time for you: Scratch your brains.....

Answers to last months' riddles:

You can see me in water but I never get wet. What am I? A reflection;
What travels alone but is never alone, has a name but doesn't exist A shadow;
A certain crime is punishable if attempted but not punishable if committed ... Suicide;
I am lighter than air but a million men cannot lift me up, what am I? A bubble;
What belongs to you but others use it more than you do? Your name.

**I shave everyday but my beard stays the same.
Who am I?**

**You cannot keep me until you have given me.
What am I?**

Two men are playing chess. Thy have already played five games. Each has already won three games. How is it possible?

What two words, when combined, contain most letters?

You enter a dark room. In the room, there is a gas stove, a kerosene lamp & a candle. You have a matchbox with only 2 matchsticks in it.

What will you light first?

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.

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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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