



Ahead & Beyond

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In this issue –10 keys to let you love yourself more;

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.

We're universally too hard on ourselves. **We hold onto our shortcomings and conveniently forget our successes and positive qualities.** It's not easy for other people to respect, like, or love you if you don't love yourself.

While we find it easy to love others, it's much more challenging to appreciate ourselves. We allow others to take advantage of us. We tolerate unhealthy relationships. We overeat. We waste our valuable time thinking too much about negative experiences thereby magnifying negativity. We have goals that are far beneath our capabilities.

Give yourself the love you deserve:

- 1. Understand that you are relevant.** You matter to the world. Your opinions matter. Your work matters. Your mere presence matters. You've already touched numerous lives in a positive way.
- 2. Understand that your greatest mistakes don't define you.** Your mistakes may have influenced your life, but they've only changed who you are **if you've permitted it.** It doesn't matter how many mistakes you've made. Tomorrow is a new day.
- 3. Forgive someone that has wronged you.** Forgiving doesn't mean that you have to let them back into your life or give them another chance. **It just means that you're not going to spend any more time or mental energy thinking about them & holding onto your anger.** Be good to yourself and let it go. One of the best ways to do this is writing down, on a piece of paper, ALL the negative emotions & thoughts you have about someone & then burning this paper down. Then go ahead & tell yourself that you are free of all those negative thoughts about this person.
 - You'll impress yourself with your inner strength and enjoy the relief that forgiveness brings.
- 4. Think about the best compliments you've ever received.** Bask in them. The most meaningful compliments are those that ring true in the depth of your soul. It's exciting when someone else recognizes the best that we have to offer the world.
- 5. Take a stand for something you believe in.** Be bold in your opinion of what's right and wrong. Be willing to share your interests and hobbies with others. **When you love yourself, you can do what interests you without the need for approval from others.** Be proud of what's most important to you.
- 6. Be kind to yourself.** The world will be harsh enough on you. Make an effort to be kind to yourself. Remember your good qualities and your strengths.



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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/>

7. **Be of service to others.** We admire those that give of themselves. You can admire yourself by spending some time each week helping to make someone else's life a little easier or more pleasant. Find a charity or social organization that addresses a cause that's near and dear to your heart.
8. **Take care of yourself.** See the doctor and dentist in the nick of time. Pay for a good haircut. Avoid dressing like a slob. *Avoid being obsessed with your appearance but give it the attention it deserves.* Make an effort to look your best because you're worth the time and effort.
9. **Do something nice for yourself.** Take the trip you've been putting off. Buy yourself a book. Take a class on a topic that interests you. Buy those expensive sheets for the bed. Don't do it as a reward. ***Do it just because you're wonderful.***
10. **Remember your greatest successes.** Remember how amazing you are. You've done lots of great things. Remind yourself of them.

We were taught as children to be loving to others. ***It's about time you applied the same to yourself.*** Everyone benefits when you love yourself more. You're happier and at your best. You can do more for others and be more inspiring. Take the time to love yourself fully.

You deserve it.

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:

I shave everyday, but my beard stays the same. What am I? A barber;
 You cannot keep me until you have given me. What am I? Your Word;
 Two men are playing chess. They have already played 5 games ... Playing different opponents
 What 2 words when combined, contain most letters? Post Box;
 You enter dark room What will you light first? A Matchstick.

What has 13 hearts but no other organs?

What never asks questions but is often answered?

What starts with a T, ends with a T & has T in it?

What loses its head in the morning & gets it back in the night?

You may enter but may not come in. I have space but no room. I have keys but open no lock. What am I?

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

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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