

YOUR OWN DESTINY



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Foreword

Your life is your own making. No one else but you is in charge of your life. You are the driver who steers the wheel and the direction or path that you take is, and will always be, your own making. But how do you command your life to turn towards the path that you want it to take? How will you go about shaping your destiny? In this book, you can expect to learn all the things that you need to know in order for you to take full control of your life. After reading this, you will definitely find it easier to take charge of your life.

Your Own Destiny

Chapter 1

Taking Charge Basics

Synopsis

You cannot take charge of your life when you do not know what taking charge really is. In this first chapter, you will get a glimpse of the basic things pertaining to taking charge and why taking charge is so important.

Start Taking Charge of Your Life

Do you look at the lives of people around you and wonder how they achieved the kind of life that they have when your own seems to feel a little disappointing? If yes, then, it is about time that you seriously take things in your own hands, start making changes and be the one in charge.

Many people do the same work every single day and they feel completely happy with that. However, if you cannot help yourself and must think about how you are letting your potential go to waste and you have this subconscious desire for more thrill and action, you must get control of your situation.

If you know that you wish to be in an entirely different situation, you will have to take the matter into your own hands and work towards goals that are more ambitious. If this is the type of thinking that you are experiencing right now it is important that you do not allow the situation's to pull you down. Never try making up excuses or rationalize why you are still not making the most out of your potential.

In the case that you have a burning fire in your heart and you know that you have the ability to do different thing it is very important to explore new horizons and make the most of your potential. In order to lend you a helping hand in determining if you are really happy, comfortable and satisfied in your current state, there are several questions that you need to ask yourself:

- Are you someone who attempts things and then leaves them when you are only half done? Have you learned new skills or taken higher education courses but never put them into action?

- Do you hate being pushed or hurried? Are you always delaying the deliveries of the project that you handle and never feel bothered by your delay?
- Do you like preparing a lot for your trips or house redecorations?
- Do you linger in the past and look back to those times when things were better?
- Do you feel that time is very limited for the things you want to do but you still spend hour after hour doing nothing or moving like a zombie?
- Do you love watching the lives of famous and rich people? Have you ever wondered why you have this burning desire to learn the details about the lives of other people? Do you think it may be because you are trying to fill a void in your own life?
- Do you dream of doing earth shattering things but you never get around to doing them?

If several of these questions got a yes for an answer, it is about time that you start thinking of things that you can do to break away from the cycle. Put an end to all your whining and take charge of your life!

By being in charge of your life, you will be the one to make the choices on how you view your current situation. You have to learn how to stop fooling yourself and start to realize that denial is doing nothing more than harming yourself. Go out there and get in full control of your life!

Chapter 2

Determining Your Motivators

Synopsis

Motivators have a big impact on your life. There are different types of motivators and each one of them is unique in its own way. In the following chapter you will learn more about different types of motivators.

Understanding the Different Kinds of Motivation

What drives people to do the things that they do? Why are some people successful while others fail? The right answer for this probably lies in their motivations.

Even from an early age, you are aware that motivation is what prompts you to learn and exhibit various kinds of behavior, stimulating you to accomplish new successful feats. And when you mature and grow older, while going through the different stages of your life, you also get to learn the things that motivate you and the things that don't.

Motivation Defined

In general, motivation is defined as the force which compels people to action. This is what drives you to work hard and pushes you to succeed. It greatly influences your behavior as well as your ability to accomplish goals.

Motivation comes in different forms, with every single one of them having an influence on a person's behavior. No specific kind of motivation works for all people. Individuals have different personalities, so therefore, their motivators will be different as well.

Types of Motivation

- **Fear** – This kind of motivation comes with consequences and this is usually used when another kind of motivation, the incentive motivation, becomes a failure. Negative consequences or punishment are forms of this motivation. This is usually used for motivating students in educational systems and is also used in professional

settings for motivating employees. When rules are broken or the set goal was not achieved, you will be penalized in some way.

- Incentive – This form of motivation is one that involves rewards, either in the form of money or not. A lot of people are driven when they know that they will be getting a reward when they reach a goal or target. Promotions and bonuses are great examples of this kind of motivation.
- Growth – The need to improve yourself is a kind of internal motivator. The burning desire to know yourself more as well as the outside world is something that can be a strong motivation form. Humans by nature will always seek to grow and learn. Motivation for growth is seen in a person's yearning for change. A lot of people are wired by their personalities or upbringing to always look for change either in their knowledge or internal or external environment. Stagnation is considered as both undesirable and negative.
- Achievement – Also called a drive for competency, achievement motivators are used when you are driven to attain your goals and take on new challenges. It is when you want to improve your skills and prove your competency, not only to others, but also to yourself. In general, this feeling of achievement and accomplishment is something that has an intrinsic nature.
- Social – A lot of people are motivated by different social factors. It can actually be the desire to be accepted or belong to a certain peer group or the desire to relate to other people in your environment or the world as a whole. You have this innate need of feeling connected

with others, and the need for affiliation and acceptance. A passionate and genuine desire or contributing and making a difference in other people's lives can also be another form of this social motivation.

When you have the longing of making a contribution to the world around you, you are more than likely driven by social factors.

- **Power** – Power motivation can either be in the form of desire of controlling other people or desire for autonomy. You want to have control over your life and make your own choices. You strive for your ability to direct the way that you live now and the way that your life is going to unfold in the future. Also, some people aspire of controlling others around them. Some people have a stronger desire for this compared to the rest. In some instances, this power craving can make people exhibit immoral, illegal or harmful behaviors. In some situations, the longing for power is as simple as the desire of affecting others' behaviors. It is when you want people to do what you want based on your timetable and how you want things to be done.

By determining your motivators, you will be able to pinpoint the specific type of motivation that will be most effective when it comes to inspiring proper behavior, either in yourself or in other people.

Chapter 3

Arrange Your Goals

Synopsis

To take charge of your life, you need to make sure that you are clear when it comes to your goals. Organizing them based on their importance is the best way to ensure that you will achieve success in the long run. This chapter will give you a short guide for arranging your goals.

Once you have set out to begin creating your life's goals, you will surely have some difficulties in the beginning. There is a high chance that you will end up forgetting the goals that you made. You will also find it hard to remember the smaller goals that you have to complete for you to reach your big goals. Or you might forget to write down progress, making it appear as if no progress has been made at all.

Arranging and organizing your goals will surely help you to reach them faster and at the same time be aware of the progress that you are making.

Steps for Goal Organization

So, how do you go about goal organization?

What Do You Plan to Achieve?

First of all, you have to accept and realize the fact that educational, financial and career goals will need more time and effort compared to other goals. You also need to consider your health if you have some physical goals like toning, gaining muscle and weight loss. Make sure that you discuss things with your doctor prior to trying any of them.

When you arrange your goals, you have to start with those that are easier first. Goals like doing things that you enjoy or changing your attitude are much easier to be completed and can be reached faster.

Also, never be afraid of asking for help. You can let other people know about the goals that you have, particularly when your goal is to make a difference in the world. This may actually inspire others to join in your efforts.

List down all of your goals based on their level of importance and come up with a separate sheet for every goal with the smaller goals that you will have to accomplish in order to get there. Make sure that you keep the list of your goals and all the things that you need to achieve them in a single place. Your mobile device can be a good place to keep them but other portable things will work.

Chapter 4

Determining Your Motivators

Synopsis

It is not enough to organize and arrange your goals. It is a must that you work your way towards them every single day or else all of your effort will go down the drain. Here, you will discover the best ways of attaining your goals and how you should go about moving towards them.

For each day that passes, you either move closer to reaching your goals or you move much further away from them. Doing nothing will only move you further away from your goals. When you stay still, you will lose your momentum and the pulling effect of your current position will increase. Here are some steps that can assist in you in obtaining your goals.

Ways to Reach Your Goals Every Day

- Have a clear picture of the things you would like to achieve. You will never be able to move towards your goals if you do not know what your goals actually are. Make sure that the picture is clear. It is never enough to just want to have “a better job” instead, make sure that you clearly picture the job you want and why this is going to be better than your current job. It is also not enough that you just have a goal to be self employed; rather, you have to come up with a clearer picture of what you are going to do and how this will change your life for the better.
- See to it that you spend time visualizing yourself being successful. As much as possible, try to envision detailed images in your mind and take the time to write your goals down in great detail. Every time you feel like you’re getting discouraged, try going to a quiet place for a while and use the time to visualize your endeavors’ success.
- The next step in reaching your goals is to associate great pleasure with reaching your goals. You should consider how you are going to feel once you succeed. How is life going to be? What kind of joy are you going to have? How are you going to celebrate? As much as possible, make this pleasure level as realistic and deep as you can. When more pleasure is associated with reaching your goals it is much easier for you to get out of your comfort zone and do all the things required for achieving your goals.
- Associating extreme pain with the thought of failure is also another great tactic. During college years, it is a motivator that can push students to writing an essay a day before it’s due. What pains will await you when you do not achieve your goals? What types of things

will you restrict yourself from. How will this look to the people around you? How are you going to feel about yourself? Make sure that these pains will be clear in your mind and then use them to motivate yourself to take action. Always keep, you cannot avoid pain but you can use it to push yourself towards your goals.

- It is important to do things every day that help you achieve your goals. Start by determining the crucial activities that should be done to attain your goal. You can break down each goal into several steps and you can further break down these steps into activities that you need to do in order to reach these goals. It is a must to do something from your list every day. That means that even on days when you are tied up in doing other things, or when you are tired or when some unexpected event consumes your time, you have to search for a way to get it done. No matter how simple the act might be, it will help you by keeping you motivated and moving down the right path.
- Make sure to keep your goals on your mind constantly. It's not enough to occasionally think about your goals, you must think about them throughout each day! There are plenty of ways that you can remind yourself about your goal, and one good idea is coming up with a storyboard that has photos of the things you want to have. You can also use a calendar for setting reminders or maybe even the alarm on your smart phone. Use everything possible to help you on your journey.

These are the six simple steps that you can follow to move toward achieving your goals. Make sure that you put them into action.

Chapter 5

Use Time Management

Synopsis

Managing your time properly is one thing that you need to master if you want to be completely in charge of your life. Time itself is precious so make sure that you read this article carefully to know the importance of time management.

If you are one of those people who tend to take your time for granted, you are probably wondering why time management is so important. Do you know that this happens to be the primary skill that you have to learn and master if you dream of being successful in the future?

Without time management, coincidences will take over your life. You will never be in control of your life, and eventually you will end up doing the things that other people want you to do.

By studying and practicing time management, you will begin to take your life into your own hands. You will be the one in control and you will be the one to decide exactly where you want to go.

There are plenty of benefits that you are bound to enjoy when you practice time management. The moment you completely master it, you will be able to work more, play more, and learn faster than ever.

The Importance of Time Management in Your Life

You Get Additional Productive Hours

With proper time management, you will have the luxury of having additional productive hours. You will be more disciplined when you are at work instead of spending your precious time gossiping with your colleagues or aimlessly surfing the internet.

Just imagine having one additional productive hour every day. This is equivalent to five extra hours in your working week and about 250 hours in your entire year. This means six extra weeks of work within a year.

You Increase Your Productivity and Efficiency

With time management, you will be able to work harder in a smaller time span. When more work is done you will gain more experience which greatly helps in accomplishing goals.

You will be more focused, allowing you to pay much more attention in everything that you do. Your progress will be faster when compared to those who do not use time management skills.

You Will Have More Fun and Leisure Time

If you love life, it is a must for you to put time management into practice. This will give you the chance to enjoy your life to the fullest, do the things that you want to do and experience all of the things you want to experience.

Since your working hours will become more productive, you will be working less while still achieving more. It will then result in more free time that you can spend with your family. Simultaneously, you will also learn about the

essence of good relaxation and that will result in better enjoyment and improved energy while completing your work.

You Will Control Your Life Better

The last benefit of using time management is that you will get to gain full control of the way that your life goes. Simply put, you can take charge of your life completely. You will have improved perception of the work that you can do and the work that needs to be done.

You will become better organized, preventing deadlines from turning into a problem. You will never experience deadline emergencies and instead, you will spend more time relaxing while others are still stressed out with their work.

Never be afraid that you will end up stiff or rigid with your time because it will actually be the exact opposite. You are going to have more freedom because you will be less dependent on outside events controlling your time. With time management, you will be the one in control of your time and not someone else.

Chapter 6

Don't Procrastinate

Synopsis

Procrastination has always been a word with a negative connotation and this is for a good reason. Procrastinating while trying to complete your tasks is never a good thing and this chapter will enlighten you with the disadvantages of this trait.

Procrastination and Its Different Negative Effects on Your Life

Procrastinating, more often than not, is something that will make you put off your task until the last minute. If fear of failure gives you an anxious feeling when a difficult task comes your way, just imagine the anxiety you are going to feel when the deadline of your critical task is fast approaching and you have not completed it yet because you procrastinated.

Imagine having several tasks that you have to complete around a similar time. Nervousness will most likely be your first feeling when you think about being in such situations. The answer to avoid this situation is simple, do not procrastinate!

For different reasons, people tend to put off things, time and time again, until the very last minute, and every time you do, they always get the same nervous feeling that takes over their bodies. It is important for you to stop procrastinating for the sake of your mental, emotional and physical well being. If you are not extra careful, its effects can damage your life and make you susceptible to different consequences.

Negative Effects of Procrastination in Your Personal Life

It is extremely unhealthy that you continue putting your body through this kind of stress because it is not just unhealthy for yourself but also to the different relationships in your life.

Based on studies, it has been suggested that anxiety can compromise your immune system, which can make your body prone to infections and

diseases. When you feel anxious you lose your ability to focus which can increase the chances of being involved in different accidents.

When you decide to put things off instead of dealing with them, what you are actually doing is creating more work for yourself down the road. When you have more work, you will feel more stressed due to the backlogged work that you still need to do.

Surely, you know that simply avoiding your task today does not necessarily mean that you will no longer need to do it the next day.

Some people think that when they go to sleep at night they will wake up the next day with the task completed like magic. But you need to take note that this is not how things work. Instead, you will wake up with a much heavier burden compared to the previous day. This anxiety or stress that you feel for a long period of time can result depression and other types of mental illnesses.

Moderate stress can be good for you as it makes you more competitive and drives you to become more innovative, at the same time it can also drive you to a mental institution before you know it. If you do not learn how to better manage your stress, this can cause depression and similar mental issues which will make it even harder to cope with your life.

When you convince yourself to procrastinate, you are not really doing anything but just deceiving yourself into thinking that other things hold more importance than what you should be doing at the moment. One common reason why you are easily distracted is due to your lack of self control.

For you to make the most out of your life, you need to learn how to control yourself better, particularly when personal finances are concerned. When you procrastinate when paying your bills, it results in a mounting debt that can have a lasting effect on your life. This debt will not just affect you alone but also your children and your family as a whole.

For instance, if some bad debts have accumulated, there is a chance that this debt will be passed down to your children, making them responsible for it. Surely, this is not a kind of burden that you will want to put on your children simply because you have been irresponsible. If you do not pay your mortgage in time, the mortgage company or the bank will begin with home foreclosure.

It is easy for you to tell yourself that you are going to pay the bill later or send the check over the mail tomorrow. However, what is not easy is dealing with the negative effects of sending the check in mail later and losing your home as the result.

Negative Effects of Procrastination in Other Aspects of Your Life

The downside of procrastination is not centered on your finances alone but there are also some serious consequences that it can have with your health. How many times have you heard stories of other people suffering from aches and avoiding visits to the doctor? By the time they go to the doctor, in many cases, it is too late and something serious has developed. These types of situations can be avoided by not procrastinating.

There are also stories when fortunately, the person visits the doctor quick enough to know that it is life threatening but there are also instances when they are not that lucky. Or how about the time when you suffered from a

toothache and shrugged it off instead of fixing it with a simple sealant and then required a root canal? Everyone procrastinates at some level but it is important to ensure that it will not lead to something life threatening.

You can also notice the effects of procrastination at work. At your workplace, you will need to meet deadlines as this will you stay on your task and organize your workload.

Serious complications await you when you put off undesirable tasks. For instance, you can be seen as someone incompetent, unreliable or simply lazy. It is a must that when you have responsibility in your work, you need to execute this to the best of your ability for the sake of your integrity and relationship with your coworkers and colleagues.

In your life, there are a lot of things that you need to do to make sure that you will function day in and day out. These tasks can range from something as simple as taking a bath to paying your bills. But no matter how difficult a task might seem, it is important that you stay away from procrastination as much as possible. You can be a hundred percent sure that postponing your tasks will almost always lead to different unexpected problems. So, while you have the urge to do other things than the job waiting for you, you need to buckle down and deal with the one you are faced with before anything else.

Chapter 7

Use Self Discipline

Synopsis

What is the true essence of self discipline in your life? How will it be able to help you in reaching your goals and having full control of your life? This last chapter will open your mind to the real essence of self discipline and why you need it in your life.

The Importance and Benefits of Self Discipline

One of the most useful and important skills that everyone must possess is none other than self discipline. This skill is vital in practically all aspects of a person's life and while most people know its importance, only a few really take actions in strengthening it.

Contrary to popular belief, this trait is not about being harsh to yourself or leading a restricted and limited lifestyle. Self discipline is all about self control, a sign of inner strength and having full control of your reactions, your actions and yourself as a whole.

Self discipline endows you the power of sticking to the decisions you make and following them through with no need to change your mind and therefore, making it one of the most crucial requirements to achieve your goals.

With this kind of skill, you can be persistent with all your plans and decisions until you reach them all. This will also manifest itself as your inner strength and will help you to combat addictions, laziness, procrastination and allow you to follow through in everything that you do.

Among its primary characteristics is the ability to reject instant pleasure and gratification in favor of a bigger gain that will require spending more time and effort to achieve it.

There are a lot of problems and challenges in life that will block your way toward achievement and success and for you to rise above all of these, you need to act with both persistence and perseverance and this will of course call for self discipline.

Having self discipline is something that can lead to self esteem and self confidence and as a result, this will pave the way for satisfaction and happiness to come into your life.

Conversely, when you do not have self discipline, this can lead to loss, failure, relationship and health problems, obesity as well as other issues.

It is also a skill that can come in handy for overcoming addictions, eating disorders, drinking, smoking and other negative habits. It is important that you make yourself exercise daily, sit and study, develop brand new skills and for spiritual growth try meditation, and self-improvement.

As mentioned earlier, most people are really aware of the benefits and importance of self discipline but only a few of them take actual steps to develop and strengthen it. But, you can make this ability stronger like the rest of other skills. It can be done with the right exercises and training that you can easily find in different sources.

Simply put, self discipline will help you:

- Avoid impulsive and rash actions.
- Overcome procrastination and laziness.
- Fulfill promises that you make to yourself as well as to others.
- Go to your gym, take a walk and swim despite your mind telling you to just stay at home and sit in front of the TV.
- Continue working on a certain project even way after the first rush of enthusiasm has already faded away.

- Overcome your habit of excessive TV watching.
- Continue with your diet and resist the temptation of eating foods that can make you fat.
- Wake up early every morning.
- Meditate regularly.
- Start to read a book and actually finish it.