

Day-3

Awaken the Giant within Part-1

1. Dreams of Destiny → Raise your standards,  
Write unwanted and wanted lists.

Change your limiting beliefs.  
Change your strategies.

Knowledge is not just enough, you have to  
work on it.

- Emotional mastery
- Physical mastery
- Relationship mastery
- Financial mastery

To get success you have to create new  
ideas and work on them.



## chapter 2 Decisions are the way to power :-

Destiny is dependent on the decisions we are going to make.

If you can't decide what type of life you want to live.

Then you will end up doing something smaller than your ability.

3 decisions that can change your life are :-

1. decision lena ki kin cheezon par dhyan lagana hai
2. decision lena ki apki life me konsi cheezin or konse kaam imp hai.
3. decision lena ki life me man chahiye parinaam pane ki life ap kya krenge.

## chapter 3 The force that shapes your life :-

Pain and gain are the main reasons for our every move that we made in our life.

## chapter 4

Belief Systems - The power to create and the power to destroy.

We make our beliefs according to our past experiences.



Both our decisions and future depends upon our beliefs.

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Change can happen in an instant →

Neuro-linguistic programming

It might take some time to get results

ch-6

How to change anything in your life

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Decide what you really want

Get Leverage

You should change yourself when needed.

Interrupt the limiting pattern.

Condition the new pattern until it's consistent.

Test the changes, if they will benefit in the future.

ch-7

How to get what you really want.

You should know what you really want.

Make list of works which gives you pleasure then choose those works which will benefit you in future.



ch-8

Questions are the Answers

How can I solve these problems?

What is special about this problem?

What is not perfect yet?

What can I do to solve this problem?

What <sup>work</sup> should I do that is necessary to solve this problem?

Ask yourself these questions when you are getting ready in morning -

1. What am I happy about in my life?
2. What am I thrilled about in my life?
3. What is there in my life that I am proud of?
4. For what should I be grateful in my life?

After getting free after doing everything at night ask yourself these questions -

1. What good things did I do today?
2. What did I learn today?
3. What have I done today that would make my life better?



Awaken the giant withinPart-2 :-9. The vocabulary of Ultimate Success

⇒ Choose your words carefully,

⇒ By using positive affirmations we can have positivity in our life.

10. The power of life Metaphors

Use these phrases :-

(i) I love my job

(ii) I can handle any problem

(iii) I am enjoying my life,

(iv)

11. The ten Emotions of Power :-

(i) Avoidance ( People try to hide from things ),

(ii) Denial ( dissociating from feelings )

↓  
Pretending to be fine when you are in pain is more painful.

(iii) Learning & using ( neither trivializing emotions, nor letting them run your life ) :-

↓  
You should change your strategy.

Your negative feelings actually want you to face your situation.

12. (Goal) Creating a Compelling future :-

Creating a goal is the first step towards manifesting your desire into your reality



→ One should always set bigger goals than one's ability.

→ Set goals for every part of your life and write them all in a diary.

→ Now start making plans according to your different goals.

13. The ten day mental challenge →

→ Promise yourself for the next 10 days you will control your thoughts.

14. Ultimate Influence : Your master system →

→ The process of understanding things in life is called master system of evaluation.

There are 5 important elements of "The master system of evaluation"

- (i) Your state
- (ii) Questions you ask
- (iii) Your value hierarchy.
- (iv) Your beliefs
- (v) Your reference experiences.



15. Life values : Your personal compass :->

16. Rules :- If you are not happy, here's why :-  
-> I will stay happy no matter what the situations are

-> When you decide to stay happy - You will no longer depend on others for happiness.

17. References : The fabric of life :-

-> With our references, we will be able to understand the meaning of things well.

-> It depends on our experiences that how we perceive something.

-> We should use our experiences to see things positively.

18. Identity : The key to expansion :->

-> Our identity is formed by our beliefs by which we define ourselves.

-> Some ways to reinterpret ourselves :->

- 1) List of desires.
- 2) Decide what you want to be.
- 3) Take steps to create your new identity.
- 4) Do commitment.