**Becoming the New You..Improve your Life by Becoming More Motivated… and a Good Source of Inspiration**

**(Inpiration for anything you want in life)**

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**About the author**

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*Author`s true story. Zach was an aspiring author and business owner. His mother died when he was 32 and his life hit rock bottom. But with the right attitude, I transformed myself from being a completely un motivated individual to this internal monster that only certain things can get in the way of. So what changed this? What motivated me? Along the way I`ve learned what works and what doesn`t to becoming a successful worker, athlete, or whatever goal you have set out out for. I`m still trying to improve my relationships with my family and find a spouse, but life is so fucking tragic and I have begun to cherish every moment of it.*

*Certain times in life where everything can seem to go right. And then some days that seem like they never will en.d Nothing could possibly go right in life. You don`t want to think negatively about bad days. But, instead, think of it as a reason to become better. What you go through, the car troubles, the arguments with your spouse. These can all be used to your advantage.*

*Therefore, it is important to understand the different concepts of life and why we were created. IF uou were fucking created to have everything go our way. We would truly never be happy. It`s almost like God wants to use our frustrations to rely upon him. Which, in turn, you can see positives in almost any type of situation.*

*Overcome depression, anxiety by meditation, prayer, and exercise.*

Life! It happens to the best of us. This world may have made us who we are, and we are reading this book to turn the negatives in life into positives. Different fucking lifestyles determine what can happen to us and our body. The way we live and our relationships, our marriages, our friendships can all be improved upon if we have the right mindset. If we make up our mind to change the way we are currently living. You can turn yourself into an unstoppable fucking machine that will give you the things you want in life.

There are positives you can find in almost any situation. God can help you achieve your goals and get through problems that may be to big for you to handle. Keep going strong no matter what happens. And if you fail, at least you can go to bed at night knowing that you gave it your best.

You can start your journey by being overweight, struggling financially, or even struggling to make friends. Maybe your having relationship problems with your family. After all, I lost my mom to bone cancer when I was 32. Everything in my life went downhill. My weight increased from all the stress. I had trouble concentrating at work and couldn`t stick with a job. I didn’t want to go out and associate with friends. And I also started having relationship problems with my family. I had hit rock bottom. I mean, ROCK BOTTOM.

When I finally realized there was a problem and my past lifestyle was having a negative impact on this. I decided to change. I started watching Tony Robbins and Joel Osteen on YouTube. I started reading more on Bodybuilding.com. And subscribed to a membership on Linked IN which helped me stay motivated for work. I learned about the importance of having good social skills at work so I learned more about public speaking. I have been through every bad situation life can throw at you. And I am here to tell you, change is possible, you can be whatever you want to be.

If you are overweight, start eating healthy. Lean proteins, complex carbohydrates, fruits and vegetables. These are just the basics, but the point here is that if you are reading this and struggling with weight, then you can learn from me. You are you and what you put into your fucking body is what will change you. I also want you to engage in a sports like lifestyle. Play golf, go bowling, watch more sports on tv. I prefer you joining some type of sports league. This will not only give you a healthy activity to do, but it will also give you more confidence, which will have an impact on other things in your life.

When we have confidence, our performance at work improves. We also have confidence to go out and meet new friends. And hot girls LOVE athletes.

I started using this formula and my life had started improving. Now, I was still struggling with my relationships with my family. The impact the death of my mom had made on everyone had left us all wondering what to do next. I was having trouble concentrating at work so I was relying on welfare and my remaining family for family for support. I was grieving, depressed, and a mooch. I didn’t know what to do. So I asked God. I went to the doctor and got treated for Attention Deficit Disorder or ADD. This was the turning point for me in my work life. I could finally concentrate and was offered a newspaper delivery job. I hated working with people, and found myself making some money delivering newspapers. I worked this job for 7 months. I was able to buy clothes, do my laundy, and stuff around my apartment. But I was still somewhat overweight, relying on food stamps and having troubles with confidence. I knew I needed to take some more time off to adjust to fixing my life. I didn’t want to quit this job but my car broke down and I could no longer deliver newspapers. But, I had made improvements, I knew I could work and just needed to motivate myself to getting it all together. After about a few months of thinking, I went to and got counseling. I was still struggling but I was seeing improvements. I landed a job at Wendys as a dishwasher. I worked here a month and noticed that I was able to keep my job if I was being mentored by the counselor. I started reading Tony Robbins and Joel Osteen videos and used Linked In to help keep me motivated for work. I worked another month and was gaining more confidence. Then I started golfstyle weight training and cardio. I knew I was Improving and gaining confidence in myself. As my confidence grew, I found myself doing good at work, make friends with coworkers, and buying gifts for my family members and friends. My life was completely changed in about 3 months. This is when I realized that I am going to dedicate my life coaching and guiding peoole to accomplishing their goals.

**Chapter 1) The Mind**

The mind is a complex organism made up of many chemicals that can give us bad self esteem. We may be stressed from work, having relationship issues. BUT these negative chemicals can be turned into positive. We want to focus on the causes of these bad chemicals and what you can do to turn a negative mindset into a positive one.

If you want to change your fucking mindset towards a goal, then set a dream. A dream that is bigger and better than you or anyone has ever imagined. Then, go out and accomplish you want in life.

Are you a positive, outgoing person? Or do you sit around watching the fucking television hoping something or someone will help you. The brain is a complex organism. And if you tell it do something, everything else will follow. It all starts with motivation and getting up and fucking living life the way it should be lived.

What type of people inspire you? Do you like beautiful woman, bodybuilders, and celebrities. When you train your mind to do traits that these people do, you will find yourself copying someone else`s success. Which, in turn, leaves you inspiration to live right.

**Chapter 2) The Body**

Stress, cortisol and other negative factors can have a major fucking impact on you, your body, and your health. How you handle stress at the workplace depends on the individual. And with some mind power and proper knowledge, you can prevent these negative forces from having an impact on your body.

When we work, the body undergoes a lot of stress that can leave someone with many potential harmful chemicals In the body. How we manage our stress has a lot to do with our job, age, and lifestyle.

There are many different ways to handle stress and cortisol. One of my favorite ways is by the practice of yoga and stretching. Meditation can also be used to treat cortisol. Depending on the individual and the amount of work performed.

Taking care of your body for health reasons is important. But, did you know that you have to keep your fucking body when it comes to working a full or part times job.

**Chapter 3) Inspiration**

For many of us, God can give us all the inspiration we need. But for the rest of us, other sources such as Linked In, Tony Robbins, or any other motivational speaker could work wonders.

Finding sources of inspiration can also come from friends or family members who are experiencing the same problems or achievements as you. Hopefully, you can benefit from positive traits in others. Not only does having the right sources of inspiration bring you more confidence, but it also allows you to dream higher.

**Chapter 4) Health and Fitness**

We all want to have the perfect body. And on the plus side, fitness has become more popular over the past decade that you can get any type of workout or any healthy diet. Supplements are also benefiting from this increase in fitness popularity. Bodybuilding.com is a great place to guide you to the body of your dreams. Exercise videos, personal trainers, and even other bodybuilders are great ways of getting a good body at a low cost.

The way I train is different from everyone else that I would like to share with you. I started bodybuilding (eating healthy, weight training, and cardio back in 2003 and loved the results. But as 2020 came around, it all just became boring and I needed to try something different. And this method actually worked.

The workout

* 100 golf swings
* Torso twists
* 20 minute walk

Remember when you were 15 and played baseball or football? Remember how much confidence you had during this time period? This is exeactly what this training method gives you. You are not only developing a great body, but you are increasing confidence by becoming involved in sports. I highly recommend signing up for a golf team or bowling team and weight traing and do cardio for that particular sport. Improve your knowledge of the sport you are playing. Eat properly with good healthy foods, and you are on your way. Simple as that.

Your diet

It really doesn1 matter how you workout. In fact, more workout and yoga programs do not teach you everything when it comes to dieting and nutrition. When you can master your body type and what type of healthy diet works for you, you will find yourself having the body that you want. You also don`t want to overdo the bodybuilding lifestyle. Go out and have some sort of social lifej. Eat healthy and train with friends. A good body can lead to a positive social life, which leads to better overall health. No matter what type of area in our life that we are trying to improve, it is important that we are doing everything to its biggest potential. If we excel in one area, that doesn’t mean that there are other areas that need to be improved upon. How you handle negative situations is more rewarding then how you react to positive ones. In turn, use your positives to give you confidence to improve on the negatives.

**Chapter 5) Work**

You need to try your best to keep your fucking job. If you are struggling at keeping a job, then write down reasons that you quit and find ways to prevent this from happening again in the future. When I mom died I was grieving and could not concentrate on my tasks at work. This led me to my resignition as fryer operator at Burger King. I didn1t use this or see it a negative situation because I knew I was having problems keeping a job and was writing down the reasons why. I learned from the experience and use positive traits I learned to my current job at Wendys. At work, you will experience failures and learn so many things about how work impacts your body. I know that if I don’t stretch or do yoga before work, my body feels like shit and it is hard for me to work to the fullest potential. I drink lots of coffee before, during, and after work to help eliminate stress. I have also learned that work performance decreases when working in the heat. When you work in the heat, your body and mind are very susceptible to overheating and fatigue. You must stay hydrated, know where the nearest air conditioner or fans or located, and learning to not overwork yourself.

To keep a job

Chapter 6) Social Life

Having a good social life is important for our health. You want to have friends and family members that can take you to the top. Get rid of unwanted friends that destroy our once positive attuite towards life. IF we hang out with productive, out going friends , we are living our social life like we should.

So you`re not a very sociable person and you are having trouble making friends? Well there`s a few things and ideas that can help you improve your social life.

Consider your current friends. What positives do they bring to you? Are they good influences or will they lead you into making bad decisions. Do your current friends hang out with other people or are they people you want to stay away from. You need to scout around different friend groups and make the best decision on who you hang out with.

Another good way to meet people is online. Messengers, facebook, and dating sites can help someone improve their social life. Clubs and bars can sometimes be difficult to find new friend groups, but with certain people, these places might be a good way to start.

Sports teams, churches,, coworkers, and family members can also be

**Chapter 7) Building Relationships**

IF you want to build the ultimate relationship, it depends on who you are trying to build a relationship with. The goal here is to make friends that will take you far places in life. Your boss, the hot girl next door, or even your family relationships needs to be improved upon

There are four types of people that we want to build our relationships with. Then there are relationships in which we try to have a good relationship with whether we like it or not.

GOD. Having a spiritual relationship with God is the most important relationship that you need to build upon. God can give you positive friends , a good body, a good relationships. God can do whatever you ask of him to do. He can also lead you to sources of inspiration, such sa motivational speakers, personal trainers, pastors. These people can tremendously change your life if you set high goals for yourself.

If you don’t believe in God and are looking for sources of inspiration, try motivational speakers an d personal trainers.

If you are struggling in life, I highly suggest that you turn to God to get you through these bad situations.

Friends. Friends are the MOST fucking important of relationships. IF we don`t have positive friends in life that we can do social activities or meet new friends, then we are stuck in our own fucking shell. Anybody could associate with you whether you like them or not. Which is why it is important that you are looking for more friends or potential friends. Right now, I want you to make a list of your current friends. Who do they hang out with? What positive traits do they have? Do they do drugs? Or are they a fucking inspiration to. But these people. Buy, Buy, Buy. Buy these friends gifts, help them do yard work, or just be there for them when something goes wrong. Then when you need something or something goes wrong for you, you have no worries turning to them for help.

Family

Having family problems is one of the main reasons people have to leave their current jobs. The negative impact that having family problems can bring upon is tremendous. Depending on the situation and what can be done. You want to do something together. My family participated in family bowling league and I think that by doing this again, we could build or struggling relationship.

What exactly is you and your family struggle with. Write down the problem and do whatever you can to fix it. Talk to these members and suggest that you get family counseling. Once you realize there is a problem, find other people that are in the same situation as you.

**Chapter 8) Investing and Business**

Like Tony Robbins said, Investing is the ultimate way to accomplishing financial freedom. And if you have the money and right resources. You can make a lot of money investing in the right business. I have found that the marijuana and trucking industries are very good to invest in. But that is just me. You may have more experience in the investing business that I have had. But, to make the maximum amount of money that you can possibly make, invest, invest, invest. I`m not saying to spend your life savings on one investment. Instead, take out about $100, invest in the trucking industry, and see how much money you accumulate. Use this experience for future, bigger investment, that can lead you to lots of wealth.

In business and work I`ve learned to stick with the job no matter what. Lose the fear and what people think about you. Remember that you are better at something that what your boss or coworker thinks of you. He/she may have issues that they hide from everybody. LOSE THE FUCKING FEAR and work like you should.

Having a your own business is a good way of knowing what you can personally do financially. It1s okay to work a part time or full time job, and funding your small business will depend highly on the money you make at work. In fact, to make a profit on your business, a small investment for equipment is always needed.

I work at Wendys. I spend $50 a month on this computer payment. $50 a month on internet, and publishing costs. This Is how my business spends money. To have a successful business, what you sell, the equipment you use, and knowledge of what your selling all need to be created to perfection.

Chapter 9) Saving Money and Money Management

The way you spend your money has a major impact on how you live. If you are spending your paychecks on garbage like video games, beer, and Spotify memberships, then you are not spending your money wisely. One trick I learned is to spend money on items that will build your credit score and give you entertainment at the same time is a win-win situation. Did you know that your cable, internet, and phone bills are reported to the credit agencies and your payments bring positives to your credit score. These are just the basics, but there dozens of other ways you can have great entertainment while increasing your credit score at the same time.

Money management and the ability to spend your money wisely is a must when it comes to having things you want in your fucking life. QUIT buying garbage. At least things that don`t have positive impacts on your credit score. IF you are trying to get out of debt, debt consolidation programs and a job can give you results to eliminate debt. Once you have good credit established, an active credit card and a job. You are able to buy things like nice cars, better apartments and houses. This is just one way to approach this. I was 8,000 in debt with a bad credit score. I got a job. Then I started paying for cell phone service, internet, and cable. Then I went to Rent-a-Center and rented a recliner and laptop computer. These regular payments are then reported to the credit agency and gives you a great impact on your credit score.

Do you have a girlfriend? Friends? Or family members? My goal is to buy these 3 groups of people gifts at every check. This not only increases the relationship, but it gives you someone to turn to in case you are ever struggling financially or with any sort of issues.

**Chapter 10) Travel and Health**

Traveling and going out and seeing the world increases senses, changes the way you see life, and gets your body into an adrenaline mode that can have positive benefits on your health. Are you the type of person that likes to travel or do you just watch travel shows on tv thinking these places aren`t too exciting. But, if you want to see the fullness in life, you have to be willing to get out of your comfort zone and make some friends that want to travel with you.

I have never been the type to go out. I used to think that video games, tv, and the radio were the ultimate way to live. But, as I grew older, I realized that by traveling, our mind expands and we learn new things instantly. How people people live in different countries is a very exciting experience.

What is your favorite restaurant in Chicago? What baseball or football stadiums would you like to visit. Go play golf at a course on the PGA tour. Life can be as exciting as what you make of it. You will never experience the fullness of life unless you do something that is outside of your comfort zone.

Even if you don`t have the expenses, you can read a world atlas, watch travel shows, or even engage in a church activity that requires travel. The point I`m trying to make is that you cannot improve yourself unless you experience what life truly has to offer.

I used to sit around in the same environment. Loved to play video games, smoke pot, and drink beer. But, what I realized that this lifestyle was not only bad for me financially, bugt it was also having negative impacts on my health. I want you to write down your current lifestyle. Envision your surroundings with things you`ve dreamed of. Now, go out and make it a reality!

So are you going to sit around in the same spot all your life? Or are you going to fucking experience what God has put us here for. I`m saying be more outgoing. Find friends that are outgoing. You don’t want to get engaged with the “stoner” crowd. Instead, get involved in a church group or some type of sports team. There are exciting things to see in life and it is very important that you see everything this world has to offer.

Conclusion

Are you ready to take your mind, body, and spirit to its ultimate potential. Then the fucking time to act is now. Self improvement needs to be one of your ultimate fucking focuses in life. IF you are not improving you are going to find yourself declining. IF you decline over long periods of time, you will end up like I was. Poor, fat, in the wrong crowd, and having a bad relationship with family members. Instead, your goal is to become the ultimate badass that you were meant to be. Live strong, don`t give up, and you will find yourself living the life you were meant to live.

Nobody is perfect and struggles in life can happen to anybody at any time period of the day. Turning these negatives into positives and doing your best to overcome these problems will leave you with a life worth living.

Sources

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