

Search Within Yourself



Own Your Mindset

By Rod Mosby

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Dedication

**I WANT TO DEDICATE
THIS BOOK TO ANYONE
THAT IS QUESTIONING HIS
OR HER PLACE IN THE
WORLD. MY HOPE IS THAT
THIS SHORT BOOK WILL
SERVE AS A GUIDE FOR
ANYONE ASPIRING TO BE
MORE THAN AVERAGE .**

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Worthy & Committed

**MOST PEOPLE WHO FAIL
IN THEIR DREAM FAIL
NOT FROM LACK OF
ABILITY BUT FROM
LACK OF COMMITMENT**

Zig Ziglar

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Commitment shows up in your life only when you take action. It's easy to pick out those in society who are committed and feel worthy of the opportunity being presented. Some people talk about doing something new but talk themselves out of doing it because they don't feel worthy of the opportunity. They tend to settle for whatever

has been handed down, believing that what they have is all they can ever get.

Robert Anthony said that the only two things you can have in life are reasons and results. The reasons don't count. The reason why you are where you are doesn't matter. Your current circumstances are temporary at best. This situation will not last forever. You will change as will the time, weather, people and places around you. Nothing on the planet will pause while you get your life in order. You must get ahead of the storm or accept the impact of your inaction.

Results don't lie. They are a representation of your life's work. If you are poor, it's a result of what have done up to this point. If you're rich in mind, body and spirit, it's because of the actions you have taken up to this point. You are who you think you should be. You judge a tree by the fruit it bears, a garden by the quality of the crop and a man by what he does.

Everyone is committed to something. You are either committed to having an average existence or one that is beyond average. Understand that you ultimately obtain that which you have decided to be committed to whether you've done it on a

conscious or unconscious level. Spending time being negative, pessimistic, lazy and uncaring will result in those characteristics becoming part of what defines you. Whatever you spend your time doing, will be what you become.

Talking about what you want to do and doing it are two different things. Talking is wasteful. Action gets things done. Michael Jordan never led his team to a championship by talking about doing it. He led by example and took the necessary actions to obtain the desired result.

People who say they want to stop smoking but continue to light up cigarettes don't want to stop smoking. People that say they want to lose weight but continue to eat without any discipline don't want to lose weight. People who are in abusive relationships that say they want out but remain in the relationship anyway don't really want out. What these examples illustrate is that people talk about change, but when they are confronted by difficult decisions that make them feel uncomfortable, they either move forward or put their life in park. When you put your life in park, you actually have decided to accept your current circumstances and refuse to move forward. People

will come to you and tell you that you need to change the way you live and that the path you are headed down is going to possibly kill you or cost you everything you have, but because you have made up your mind to remain in park nothing anyone says matters.

Your mind is the key to your salvation. Once a person makes up his mind and decides to change the circumstances surrounding him that person's life will change. Understand that in order to get your life out of park and start moving forward you must ditch the mind that put you in this predicament in the first place. Remember that whatever you spend your time doing or thinking will ultimately fashion your life's work, so you must surround yourself with people who have what you want in order to develop a plan to get it.

That's why life coaches, counselors, teachers, grandmothers and others that you look up to exist. In life you don't need to waste your time reinventing the wheel. Millions of people have been in your shoes, and millions have turned their lives around. It would only take a few minutes to find a successful person's story on Google. You don't ask a kid how to be an adult. Kids ask adults

for advice because they have already been kids themselves. You ask business owners how to get started in business not other customers. There are so many resources available throughout the world that just about anyone can be successful and have the life they want.

A commitment may be scary to you because it means that you have to keep your word and do what you promised. Lack of commitment will ultimately lead to a series of unfulfilling results. You may find yourself in relationships that don't last because you refuse to commit yourself to them. People will begin to avoid you or not consider you for opportunities because they know that you won't commit to the task at hand. Your integrity and feelings toward yourself will take a hit because you have become a disappointment to yourself. All you can do is all you can do, but you must do all you can do.

Don't Complain



If you don't like
something, change it. If
you can't change it,
change your attitude.
Don't complain.

Some people complain about their life daily. Every hour they take out time to moan and groan about what they don't have or the fact that they aren't who they dreamed of being. The weird thing is that many of these people believe that the complaining about their life is therapeutic. They

complain more and more thinking that the act of complaining will change their circumstances.

The problem with this way of thinking is that people are more willing to view undesired results as the fruits of someone else's influence instead of the bi-product of the actions they took up to this point. You are where you are because this is where you chose to be. You are who you are because this is who you chose to be. You signed the contract in your mind and committed to it on your own, but you don't have to honor it if this is not what you signed up for. You can restructure your life's contract and move forward in a different direction if that's what you want to do.

Don't ever confuse who you are now with who you will be in the future. Some people look at where they currently live and what they currently know as all they will ever encounter. The world is bigger than any of us. There is too much of it out there to settle for just a small fraction of it when we can have so much more. You can't fit a big dream in a small mind. You have to open up your mind to the possibility that you can have so much more because you are more powerful than you know.

You are no different than anyone else. Successful people don't have super powers. Many of them grew up in worst situations than you. We all started out as a fetus and developed into walking and talking boys, girls, men and women. There are people with various mental and physical handicaps running fortune 500 companies while people with no handicaps choose to suffer and complain. People who complain are not fed up enough with their life to do something about it. They kinda wanna change but not really. They refuse to commit to change.

Les Brown told a funny story. A man and his dog were sitting on the porch. A kid walking by heard the dog moaning and groaning. He asked the man what was wrong with his dog. The man told him that the dog was lying on a nail. The kid asked the man could the dog move, and he replied "yes, but it's not hurting him enough to do so." Many of us complain about our job, relationship, finances, marriage and other things saying that we want something different. We don't like who we are or the hand we've been dealt but brush it off and continue on the same path for years only to look back with regret. We say things like "if I

could do it all over again" or "I wish I could go back."

The problem with that way of thinking is that you can't do either of those things. Don't label yourself as a failure if you made the attempt. Sometimes you can try your best and it still may not be enough. That is not failure but growth. Don't confuse failure with being a failure. You can compete in a contest and lose, but if you were fully prepared for the opportunity and left no stone unturned, you still won. That effort is what you will need to take with you for the rest of your life. You will be celebrated and remembered for what you tried to do simply because you tried.

You won't win every time, but you can win some of the time. You won't always lose. Life defeats you only if you give up. No outcome is certain but the desired one must be fought for. You don't get what you want by accident. You get what you want because that is what you wanted, and you refused to settle for anything else. If you settle for an average existence and complain about it, what's the point. You had the chance to get more out of life, but when the journey became

more challenging, you abandoned ship. You swam to the first island you could find and stayed there.

If your climb to success is easy, you will fall quickly and hard. A difficult climb forces you to reach inside and do more than you've ever done before. You tap into reserves you didn't know you had. You keep moving even when your inner voice tries to convince you that you are too tired and that a sane person wouldn't do this. Success is not a straight line. It's a lot of curves with a destination at the end, and you must choose which road you are willing to take in order to reach your destination. Easy doesn't last long, but difficult can help you grow and carry you forward for life.

You find out what you're truly made of when times are at their worst and all hell breaks loose. When the success you enjoyed is fading, you have the choice to either surpass your perceived limits or accept whatever is given to you. No amount of wishing and praying will save you from what is coming. Harriet Tubman said, "I've been free, I know what a dreadful condition slavery is. I have seen hundreds of escaped slaves, but I never saw one who was willing to go back and be a slave." Successful people don't want to go back to the

circumstances they dreaded. You must harness your will and remember what made you who you are and stand strong against anything that comes your way. If people have forgotten about you, remind them by putting forth an effort that shocks the world. Don't talk about it, be about it. Don't assume they know. Make them aware.

It was Emerson that said unless you attempt to do something beyond that which you have already mastered you will never grow. Never get too comfortable with your success. Always climb. Sometimes people on top forget to look down and get blindsided by the changing climate. Those who continue to climb even after they have become successful move in the same direction of the changing climate and become the new climate.

Become a Risk Taker



**IF YOU DON'T TAKE
RISKS YOU WON'T
ACHIEVE ANYTHING**

RICHARD BRANSON

PICTUREQUOTES.COM



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In life you must become a risk taker. Don't do the same thing over and over and expect a different outcome because that's the definition of insanity. To become a risk taker you must take a different approach. Viscott said that if you cannot risk, you cannot grow. If you cannot grow, you cannot

become your best. If you cannot become your best, you cannot be happy. And if you cannot be happy, what else matters?

If you've spent your entire life working towards success using only the knowledge you were born with, it's time to acquire some new knowledge. If you refuse to update your way of thinking, it will be difficult to see the opportunities that have been staring you in the face. Many of us spend a lot of time bouncing around from one fad to the other. We attempt to build a fortune doing too many things and stretch ourselves too thin. We do things we aren't good at just because someone else has had some success doing it. You have to be able to commit your time to what brings you the most joy and success.

Find your passion. Maya Angelou said, "my mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style." In order to find pleasure and comfort in our journey and the success it brings we must be passionate about what we do. If you're not passionate about something, you won't be able fully commit all of your energy to it. You won't be able to stay on the

path of the goals you've set because you'll find yourself trying to do many things to arrive at your goal instead of doing the one thing that will get you there. You become what you spend your time doing the most, so spend most of your time doing what you love. When you do what you love, it doesn't feel like work. It feels as natural as breathing. You don't think about it or try to remind yourself how to do it. It just happens, and you find yourself being labeled a natural and an expert at what you do.

Don't compete with others doing the same thing you're doing. Instead, attempt to dominate your field. It's not that you have to do anything radical. Just do what they do but do just a little bit more. After a while the conversation people will be having about you will be that you do what the other guy does but yadda yadda yadda. You do the same thing, but you give people a reason to choose you based on what you do not what you say. People discuss what you do more than what you say. We say a lot of the same things, but not everyone delivers on the promise. If you run a business, delivering the same quality but 2 times faster may be all that's needed for you to dominate

your field. You didn't talk about delivering faster. You just did it, and that's what people will be talking about when they talk about you.

Many times we get to a place where we get comfortable, and that's dangerous. If you want to more out of life, you must be willing to move out of your comfort zone in order to explore new horizons. When asked to do something different, many people without even attempting the task will say they can't do that. Without even trying they have already decided that they can't and won't be able to do it. Some people quit before they ever start. They go 99 yards only to give up at the one yard line. If it was easy, everyone would do it. It's difficult because only someone truly dedicated and strong willed can do it whether the times are good or bad. It takes a person who is passionate and willing to do what others won't to get what others don't have.

Why do you do what you do even when others ridicule you? When you're tired or fed up with the toll it takes on your mind, body and spirit, what motivates you to keep going? People don't work out 5 days a week, run marathons, risk their live to defend their country or lay their body on the line in

competition unless they have a passion for doing so. You have to love it or it will never hold any sort of real meaning for you. What it means to others is unimportant. In order to push forward, especially during the difficult times, your passion will have to serve as the reason why you do it. A rapper named Muniklip had a song entitled "My Motivation." In his first verse he said, "my motivation is to live long, die rich and famous be independent in hopes that nobody can claim us." He basically said what he wanted and why it was important to have it.

Farmers get paid to grow crops, but the reason they do it is because people rely on them for food. Pro athletes get paid to play the game, but the reason many of them put all they have into the game is because they love being able to get paid to play a game they grew up loving. They can dedicate all the time they need to mastering the game in order to put on an amazing show for the fans. Doctors get paid to heal people, but they know that people rely on them to help them feel better and get back to enjoying life. When you decide on a goal, don't start out by trying to figure out how it can be achieved because that answer

will come in due time. The first thing you need to do is decide why you want to do this. Why do you want to be this person or do this thing. Your reason needs to be clear and specific because you will be challenged by life and its ever-changing circumstances along the way. When that happens, you will need to have something in place that reminds you of the reason why you chose to go this way. Lou Holtz said that life is ten percent what happens to you and ninety percent how you respond to it.

Don't Settle

There is always someone out there who will put you first. Don't settle for someone who will put you next.

-- Toni Payne

John F. Kennedy said that once you say you're going to settle for second, that's what happens to you in life. A woman dreams of being a nurse but drops out of college in her last semester because the classes were getting hard. She decides to be a stay at home mom and complains to her friends about her circumstances. A young man is predicted to be a number one pick in the NFL draft but drops out because he thinks the fans expectations will be

too great to handle. He's unhappy and works as a mechanic telling anyone who will listen about the chances he passed up. A man dates the woman of his dreams, and when she agrees to marry him, he backs out. He is single and divorced three times since then.

Why do people settle? They do it because doing what is easy doesn't require a lot of energy or effort. You don't have to have any sort of drive or ambition to stay on the bottom. People that settle accept what they get and complain about what they don't have. Nelson Mandela said, "there is no passion to be found playing small-in settling for a life that is less than the one you are capable of living." People who want more go out and return with more than they left with. If you want more, you have to do more. Do less and you will receive less. Do nothing and you will receive nothing. In order to excel you must always be in the process of bettering yourself. You should always be open to acquiring new knowledge. Even if you only utilize this new knowledge once, it could one day save your life. If you know what your want to do, study anything you can to become an expert in that field even if the opportunity you want is not available. Whitney M. Young, Jr said that it is better to be prepared for an opportunity and not have one than to have an opportunity and not be prepared.

If you want to become an actor, don't wait until a week before the tryouts to try and become one. Start working on your craft long before you have the opportunity. Always be ready. You never know when you will get your chance to shine. If an opportunity you desire is not happening for you right now, build yourself up by preparing for that opportunity.

Achieve Anything



Inga Stasiulionyte wrote an article entitled "10 Tips to Achieve Anything You Want in Life." Hopefully these tips will prove to be helpful to you.

1. Focus on commitment, not motivation.

Just how committed are you to your goal? How important is it for you, and what are you willing to sacrifice in order to achieve it? If you find yourself fully committed, motivation will follow.

2. Seek knowledge, not results.

If you focus on the excitement of discovery, improving, exploring and experimenting, your

motivation will always be fueled. If you focus only on results, your motivation will be like weather—it will die the minute you hit a storm. So the key is to focus on the journey, not the destination. Keep thinking about what you are learning along the way and what you can improve.

3. Make the journey fun.

It's an awesome game! The minute you make it serious, there's a big chance it will start carrying a heavy emotional weight and you will lose perspective and become stuck again.

4. Get rid of stagnating thoughts.

Thoughts influence feelings and feelings determine how you view your work. You have a lot of thoughts in your head, and you always have a choice of which ones to focus on: the ones that will make you emotionally stuck (fears, doubts) or the ones that will move you forward (excitement, experimenting, trying new things, stepping out of your comfort zone).

5. Use your imagination.

Next step after getting rid of negative thoughts is to use your imagination. When things go well, you are full of positive energy, and when you are experiencing difficulties, you need to be even more energetic. So rename your situation. If you keep repeating *I hate my work*, guess which feelings those words will evoke? It's a matter of

imagination! You can always find something to learn even from the worst boss in the world at the most boring job. I have a great exercise for you: Just for three days, think and say positive things only. See what happens.

6. Stop being nice to yourself.

Motivation means action and action brings results. Sometimes your actions fail to bring the results you want. So you prefer to be nice to yourself and not put yourself in a difficult situation. You wait for the perfect timing, for an opportunity, while you drive yourself into stagnation and sometimes even into depression. Get out there, challenge yourself, do something that you want to do even if you are afraid.

7. Get rid of distractions.

Meaningless things and distractions will always be in your way, especially those easy, usual things you would rather do instead of focusing on new challenging and meaningful projects. Learn to focus on what is the most important. Write a list of time-wasters and hold yourself accountable to not do them.

8. Don't rely on others.

You should never expect others to do it for you, not even your partner, friend or boss. They are all busy with their own needs. No one will make you

happy or achieve your goals for you. *It's all on you.*

9. Plan.

Know your three steps forward. You do not need more. Fill out your weekly calendar, noting *when* you will do *what* and *how*. When-what-how is important to schedule. Review how each day went by what you learned and revise what you could improve.

10. Protect yourself from burnout.

It's easy to burn out when you are very motivated. Observe yourself to recognize any signs of tiredness and take time to rest. Your body and mind rest when you schedule relaxation and fun time into your weekly calendar. Do diverse tasks, keep switching between something creative and logical, something physical and still, working alone and with a team. Switch locations. Meditate, or just take deep breaths, close your eyes, or focus on one thing for five minutes.

You lack motivation not because you are lazy or don't have a goal. Even the biggest stars, richest businesspeople or the most accomplished athletes get lost sometimes. What makes them motivated is the curiosity about how much better or faster they can get. So above all, be curious, and this will lead you to your goals and success.

Stay Hungry

**WHEN YOU'RE
WINNING, KEEP
COMPETING LIKE
YOU'RE LOSING**

— COMPETEEVERYDAY.COM —

What makes the difference in the quality of person's life? It's hunger. If you want more, you won't magically get it. You have to have an appetite for success. Everyone that is unable to fulfill their dreams has a story, but you cannot let your story define you. You can be successful regardless of your story. How many times have

you given up on something just because you didn't get what you wanted the first time you tried?

As an inventor, Edison made 1,000 unsuccessful attempts at inventing the light bulb. When a reporter asked, "How did it feel to fail 1,000 times?" Edison replied, "I didn't fail 1,000 times. The light bulb was an invention with 1,000 steps." You have to look at your life in the same manner. A guy that doesn't get the girl of his dreams may have to date 5 women before he can find the right one. Was he terrible at picking women? No, it was a process. You first have to make the attempt to do something. If you don't get the desired results, try again with the understanding that not all situations are the same even though they appear to be. Not all women are the same. You must consider their race, beliefs, culture and needs. Lastly, remember what worked and focus on what didn't. Don't start from scratch. Just fix what didn't work.

Confucius said, "The man who thinks he can and the man who thinks he can't are both right." Everyone of use has failed at something. When you reflect on the attempt, you are writing your story. If we don't want to hurt our ego, we tell

ourselves a story that protects us. We tell ourselves a story that paints a picture of us not having control of the situation. We refuse to take ownership of our failures but are willing to gloat over our triumphs.

Self doubt has no place in our minds. We all do it from time to time. We think about doing something and get all excited only to talk ourselves out of it. Why? We do this because we don't believe we are worthy of the opportunity based on our past experiences or current circumstances. We tell ourselves that the other guy has something we don't. You don't know what you can do until you try. How will you know how far you can go if you never start moving in that direction? Some people allow themselves to be consumed by fear of failure. They become terrified about something before they even attempt it. The only two things we naturally fear at birth are falling and loud noises. Everything else is taught. It's ok to be nervous, but at some point you have to jump. Even if you're terrified you have to jump and gather your courage on the way down.

Look at where you are in your life right now. Are you where you wanna be? Are you the person

you wanna be? If not, ask yourself what's stopping you. If you know what you want and that you're the only one who can get it for you, what's the problem? Too many times we dream of doing something and automatically try to find someone else to make it a reality. We attempt to put our journey for success on autopilot only to never take off. Success is not automatic. It's a manual process. Success is not a thing; it's a destination. No matter what form of success we strive for the end result is always an attempt to find a way to live our lives in a particular fashion. We're looking for the life we've always wanted to live, and in order to get there we must set goals and successfully achieve them by taking the necessary actions that will get us the results we want.

It's not enough to just dream of having something. A person should never just hope and wish and pray for dreams to come true. The only things that's going to get you what you want in life is action. You must take the actions that will get you what you want without hurting anyone else along the way. You must be willing to give up what you have to get what you don't have. If you want more money, you may have to take on a

different role that requires you to do more. If you want a better relationship, you have to clean up the mess in your old relationship first. If you don't, you'll wind up taking that baggage into the new one and ruining it.

Action is important, but you have to always be aware of why you're taking the action in the first place. If you want to become a math teacher, concentrating on biology makes no sense. It doesn't make sense to become an expert in trigonometry if you only intend to teach basic math to 2nd and 3rd graders. Always have well detailed plans that include timelines and steps that will get you where you want to be. If you do that, you won't be guessing or taking uncalculated risks. You will always be focused and on schedule.

Pain is Key



Every successful person has a painful story and every painful story has a successful ending. Accept the pain and get ready for success.



Pain is a necessary component of success. What is it? It is simply all the things you must go through to obtain what you want out of life. Pain makes you feel uncomfortable, tired, irritated, upset, crazy, sad, frustrated, suicidal, worried and fearful. Sometimes the pain is physical. Other

times it's mental. Pain can challenge the very beliefs you hold dear and the integrity you live with. It can come in the form of a rejection, setbacks, disappointments, delays or unexpected turn of events. Anyone attempting to reach a goal will face some form of pain.

Many people shut down when they feel pain. It's uncomfortable. They're not used to having to put forth so much effort to get what they want. They tell themselves that it's just not worth it. They just throw in the towel. They don't even look for a solution to the problem. Pain is an obstacle in the path you have chosen to take to achieve your goal. That obstacle could be lack of money for a venture or the inability to find the right soul mate. Whatever it is, you can get past it because someone else already has.

Achieving a goal is not rocket science. No matter what you decide to try someone else has already done it. A Google search will reveal how they were able to do it. Too many times people panic in the wake of adversity, as if what they are facing is something new. It's new to them, but many others have been there and done that and succeeded.

If getting what you want is easy, your life will be hard; hence the saying "easy come easy go." On the other hand if getting what you want is hard, your life will be easy. Working hard for something makes you appreciate what you have and what you had to go through to get it. You develop a sense of gratitude because of it. This is the reason why people are willing to die for what they have spent their life working for when someone tries to steal it away.

People that are given everything they want won't be able to understand the pain others go through. Sometimes you have to sacrifice what you have to get what you want. If your friends, family, bosses, coworkers or anyone else is keeping you from achieving your goals, you will have to limit the time you spend with them. Remember that you become what you spend the most time doing. If these individuals are negative and pessimistic, it will soon taint your mind and spirit.

Some people don't dislike you; they just don't want you to do what they couldn't. They gave up on their dreams and want you to give up on yours. Misery loves company. They refuse to be happy

for you and want nothing but the worst for you. You want to be successful and happy, and the only way to make that a reality is to stop worrying about what other people think about you and what you're doing. What they think about you is none of your business. You should never concern yourself with it. The opinion of others is simply their opinion. They have the right to believe what they like, and so do you.

Don't fall into the trap of believing the hype. You will have to decide whether or not to accept what you think or what they think. Your dream is your dream; it called out to you not them. No one can do the work for you. No one will see what you see in your future because it was not given to them. Martin Luther King didn't have a dream of equality. The dream of equality existed long before he was born. King focused on the dream and ignited a march towards it bringing along like-minded people. He endured some hardships and incurred many setbacks, but he never gave up even when people called him foolish. Even when people in his own camp began to leave, he remained steadfast. King wanted equality more

than he wanted to breathe. He was driven and consumed by this dream.

Once you get past the pain the discomfort that comes with trying to reach a goal a bright future will be in sight. So many times we lose hope because we allow the pain to discourage us. We allow the pain to distract us to the point that we lose our focus. Nothing seems to be changing. Things don't seem to be getting better. At that point we start thinking about doing something else or taking a break and coming back to it later only to never come back at all.

Come to grips with the fact that if you decide to change your life by setting goals and trying to reach them, pain will find you. Since you know it's coming, don't act so surprised. Accept the fact that obstacles will always be in place when you attempt to make a change in your life. Take action and deal with the pain. Don't run from it. Clinch your fists and get ready to fight. Find where the fight is and throw your biggest punches because life will not hesitate to knock you out.

Smoking once doesn't make you a smoker. Smoking is a developed habit. You don't have to define yourself by your habits. The actions that take up the most time in your life are what define you. You could be a business owner that smokes on his lunch break, but spends 60 hours a week running his business and 5 minutes a day smoking.

People condition themselves to believe in many things early in life. Some make the determination that they can't be more than average and live by that standard regardless of possible life changing opportunities that are present. Others decide early on that they will be successful and make affirmations about what they will become. Some families have businesses they pass down through the generations. Sometimes the children grow into adults and savor the opportunity to carry it on in the name of the family; sometimes a child decides to break free and take another path. That ideal has been used in many movies.

Be who you are supposed to be not who someone else wants you to be. You will never be happy walking in someone else's shoes or living someone else's life. You were born with the right to carve out a future fashioned for you and by you.

Others won't see your dream, but that doesn't change the fact that it is worth pursuing. If you want it, go for it with everything you've got. Don't ever hold back. It will change your life forever.

DO NOT
expect positive
changes in your
LIFE
if you surround yourself
with negative people