

# **Life Hack: Creating A Better You!**

**"Your book has been written, its time to turn the pages and see a better you!"**

## **Legal Notice**

While the Author has attempted to provide accuracy and preciseness with this report, s he does not state that all contents within are entirely accurate due to the quick nature of the Internet.

The Author should not be held responsible for any damages that may occur to the reader by reading this report, or taking actions based on the report.

This report should not be used as a source of legal, business, accounting or financial advice. Readers need the counsel of professionals in legal, business, accounting, and finance field.

No guarantees of success and/or income are made. Reader assumes responsibility for use of information contained herein. The author reserves the right to make changes without notice. The Publisher assumes no responsibility or liability whatsoever on the behalf of the reader of this report.

# Table of Contents

The S twins: Self-improvement & Success	5
Why	7
Constructing A Better You	8
Where Does Your Faith Lie	10
What Is Your Inspiration	13
Here Are The Keys	15
Crash Course 7-Day Program to Self-Improvement	17
10 Inspirational Self-Improvement Quotes	19
Resource Guide and Bonuses	21

---

**Life Hack: Creating A Better You**

# **Handbook**

## **PLR**

---

# The S twins: Success and Self-Improvement

Life is never random; a purpose lies in every part of your story. This includes the very highs, to the really sad lows in your life. The instinct may naturally be to hide in a cave, locked, hiding your fears and crying a river over past issues, failures and heartaches. The key is to use that as a stepping stone, and a platform for self-improvement and success.



So how does one get on the bridge that links self-improvement with success? By implementing these steps:

- 1) **Mindset change:** You must be your biggest cheerleader! Jump past the level of failure, and into success. Applaud every step!
- 2) **Goals:** Set small and reachable goals.

- 3) **Competition:** Look within and not outward. See yourself and not others as your greatest competition.
- 4) **Learn:** See everything as a learning opportunity. Learn everyday! See everything as an opportunity to take something from it all.
- 5) **Smile:** Research shows that smiling makes a person feel good. Smile more.
- 6) **Support:** Have people around you that you want to become like. You are the sum of everyone around you.

Success doesn't just happen. For every success story, there is a journey in it full of ditches and bridges. The journey starts when you allow it to begin. The moment you open yourself up to learning, and improving, the lessons start. Look around you, the world is your classroom. Class is in session.



# Why?

Your biggest competition in the race of life, will always be yourself. The problem is many people spend time looking at the next lane, thinking that person somehow has it better. The truth is that if you were to sit down, and talk to them, and listen to their story, you most likely will prefer your own version. It is time to look in the mirror, and appreciate the reflection you see.

You are a mother struggling with your tantrum throwing toddler. You have on your Saturday morning's best, which is pretty much an oversized hoody, and a pair of jeans. You are trying to stop the child from picking everything in the store. A pretty lady wearing a crop top, showing some wash board abs walks past you on the phone, she struts along with her 4 inches, and you just wish...

Now what you may not know is she is thinking, I am tired of this life, I wish I had a family at home to go back to. She may have had a few miscarriages even, and just wants a child!

We see a young business entrepreneur and say "*Wooh... he has it made!*" He looks at himself every morning, "I really need to attend AA classes, someday they will see right through me."

Sounds funny right? We see others, and envy takes over, yet even within that perfection, things still are imperfect. As a result of our poor self-esteem, and lack of self-confidence, we create a cobweb of dark desperation.

I know someone who talks nonstop. And in most conversations, she rambles on and on, without realizing that no one else is interested in the things she has to say. She never listens, or gives room for one to say anything. Now many people tend to avoid the circles whenever she's around.

One key to self-improvement is to find a wise sounding board. Someone trusted that you can open up and confide in. Find someone

who is open to telling you not just what you want to hear, but what you need to hear. Ask questions like “do you think I am arrogant?”, “Do I always talk too much?”, “Do I talk too loud?”, “Does my breath smell?”, “Do I ever bore you when were together?”. Tell the person to be open and frank with their comments. Open up your mind and heart as well, to receive whatever comments may be as constructive criticism. This is crucial to helping you improve yourself.

The fastest way to stifle growth is with comparison. Learn to accept and love the person that you are right now. Only then, can you start the journey forward.



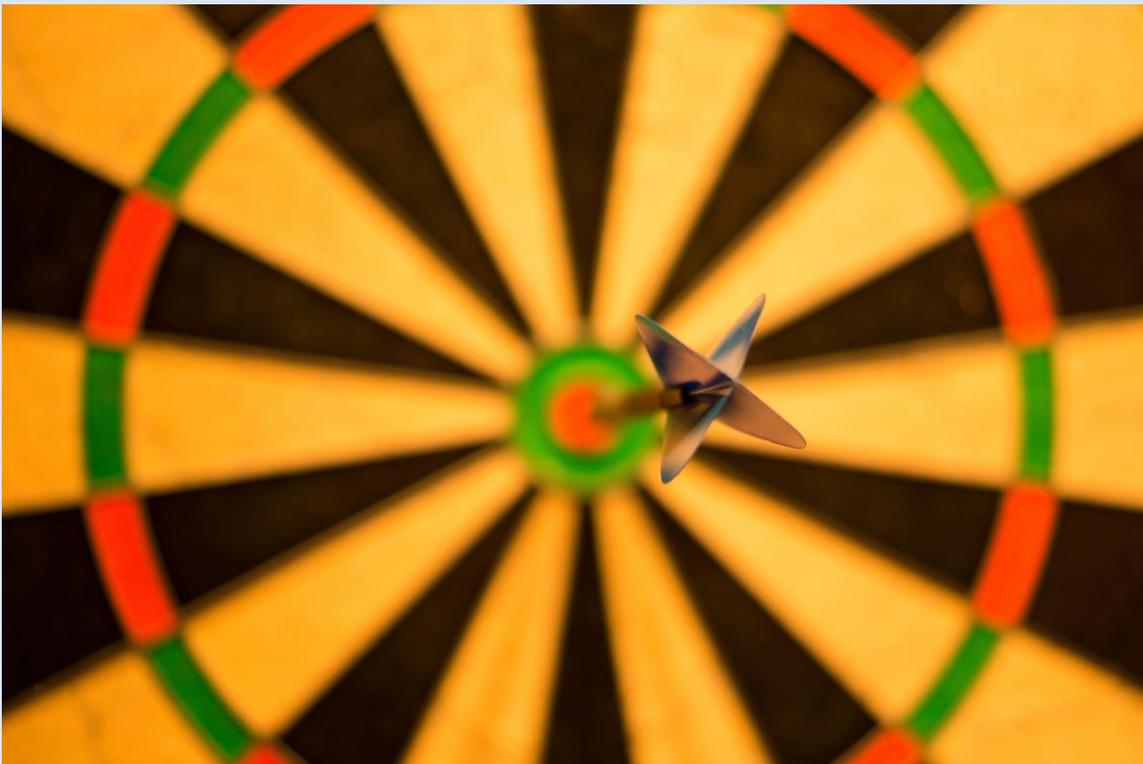
The best way a spouse can help the other with self improvement is not by negative criticism. It starts by loving and accepting that person. By creating an atmosphere of love, you allow them to trust and feel accepted. That act of love will be the biggest motivator to cause them to seek self improvement.

Self-improvement and learning the art of loving yourself does not mean going to the mountain top and proclaiming your greatness. It's

the virtue of acceptance and contentment. Once we start improving ourselves, we naturally start feeling good, content and happy.

## Constructing A Better You

So what ways can you stay calm, composed and maintain self-esteem in a difficult environment? Here are some key steps you may to consider as a launching pad to self-improvement.



**Picture yourself as a Dart Board.** Think of everything and everyone else around you as Dart Pins. As they strike, they damage your self-esteem and hurt you in so many ways. Now how can you stop them?

### **Dart Pin #1 : Work**

Beware of "survival of the fittest theory" that may occur in a negative work environment. Some places rather than encourage cooperation, turn into a war zone. It is easy to want to jump in, and start a non ending fight. Stop it! Stay out of this, it will hurt

your self-esteem. See others in a work place as a way of learning. What can you glean from others' experiences?

### **Dart Pin #2: Other People's Behavior**

You can't change how other's act, you can only change your response to how they act. You control yourself and not others. Don't worry about the behaviors of others, worry about yours.

### **Dart Pin #3: Change**

Change is painful. It forces us into an arena that is unfamiliar. It exposes our weaknesses. Gold is transformed by fire. It expands, but it ultimately ends up in the right shape that was intended. While change may cause you to hurt temporarily, if you look at it as an opportunity, you will discover new ways to self-improvement. For example you have a new job role, and much is expected. As you learn to ride the curtails of change, like a wave, it will surely carry you up.

### **Dart Pin #4: The Past**

Cry if you must about the pain of the past, but don't remain there. See it as a chance to learn, and a lesson point. If you stay too long at your pity party, it will eat you up!

### **Dart Pin #5: Perception**

Two people can go through the same experience, but perception will determine their different outcomes. Do not get caught up in the negativities of the world. In every dark area, determine to find the light, even you have to be the light!

### **Dart Pin #6: Determination Theory**

What determines who and what you are, is a mix of genetics and the environment. Remember that you do not have to follow the

negative patterns that may be in your family. If your parent was an alcoholic, by changing or creating the right environment, you can determine that you do not fall into that same tunnel.

Life is really about choices. You can choose to be happy or not. When you wake up every day, it is important to have affirmations to determine how your day goes. Choose to speak positive words, and determine that no matter what, even if someone says something negative, it will not change that stand. The more you do that, the more natural it becomes. Today you must choose to build your self-esteem. There is no magic genie. God wouldn't descend from heaven and say- "Michael, I give you the decree to now improve your life"

Let's face it. Life is rough, especially when negative forces around are bringing you down. Think of life as a battle. There are many wars to be won. Remember to have the right armor of protection, to prevent the random attacks. Also realize that falling down does not mean the war or battle is lost. Once you get up, you have another chance to fight again. The more you fight, the tougher you become, and the stronger you become. That is how it is with self-improvement.

Take responsibility for your inadequacies. You can never get on the journey of improving yourself if you never admit there is something wrong. What is interesting is that as you are fighting, you move up the ranks in the military. Eventually you become the commander of the team, the leader. Then you become the go-to person to help others develop their self-esteem. You become a movement. I know, because I have been there.

## Where Does Your Faith Lie?



I need God, what about you?

Spiritual growth is challenging, especially in a world that seems to take one away with the lures of money, power and craziness. Technology also plays a key role by giving us easy, fancy gadgets that have taken our minds away from what is really important. Somewhere along the way we lose sight of self-worth and self-meaning. In what ways can we create a balance between the material and spiritual aspects of our lives?

**Growing spiritually means looking inward.**

Your thoughts, beliefs, and motivations. It is important to practice the art of introspection, and look within. Yield your mind, and flow with it. Question your motives for everything you do. Learn to hold every thought captive. Reexamine every decision, and learn to reach within to gain perspective and great insights on your life goals. Let go of bad and questionable behavior and traits. Once you are truly honest, you

will know, and accept them, and discard. It takes practice, but also being willing, and courageous to discover the truths that are within you. Forgive yourself of anything negative you may have thought or done, and then move forward!

**Growing spiritually means taking the seed given and planting it.**

Religion and science take on two different perspectives on the human spirit. With religion, our lives here on earth is temporary, and for a short while. With science, we are here and focus on the now, there is no after life, or place to go. Our bodies die with us here.

**Growing spiritually means going on a journey in search of purpose.**

What is your purpose here on earth? What have you been placed here for? Are you living or merely existing. You are born, and there is a dash, and then you die. On a person's tombstone the dates of birth and death are written for all to see. Yet what really matters is the "-", the dash. That is when we discover ourselves, and our purpose. We acquire wisdom and knowledge, heartaches and triumphs, all of which helps in shaping and directing us. It keeps us on course. Without which we may end up running a race where we think we are ahead, but we are running in the opposite direction.

**Growing spiritually means being aware of our connections with others.**

No person is an island. It is through our connections with others that we actually grow and develop our spirit. Christianity and other religions emphasize the need to show and give love. Science has the concept of "survival of the fittest". Our thoughts should move from thinking about ourselves to how our thoughts, and actions affect those around us. It is human nature to want to be part of a community, to be connected to others. The good and bad that come with it is part of

what inspires us, and brings about change and ultimately growth. As we step out of our normal to connect with others, we are forced to change and grow.

## What is Your Inspiration?

What inspires you? Pain can be good because it forces some people to make a change. Bad grades can make us realize that we need to study. Debts may lead someone into stepping outside the box and starting their own business. A painful childhood may cause the individual to aspire to be better so as not to be like the horrible parent. We are all moved by something, whether good or bad, what we hear, or see from those around us.

Let's face it, life can be pretty challenging, so what keeps you on the right course? It is time to take it back to the basics, and discover the alphabets from a different perspective.

- A. **Achievement.** Make it a point to reach for success in everything that you do.
- B. **Be.** Just "Be". Learn to take in every moment.
- C. **Compromise.** Understand that things may not always go as planned. Learn to Compromise.
- D. **Do.** Don't "shoulda, coulda, woulda", Just go ahead and do it!
- E. **Effort and Excellence.** Put excellence and effort in everything that you do.
- F. **Future.** Never lose sight of your future.
- G. **Grow.** See every opportunity as a chance to grow.
- H. **Hope.** Hope in something greater. Place your hope in God.

- I. **Inspire.** Look for ways you can inspire those trailing behind you.
- J. **Jump.** Sometimes the path ahead is bumpy. Know when to jump, but keep moving.
- K. **Keep moving.** When life tosses a crazy one your way, and you fall. Keep moving!
- L. **Live and love.** It's that simple.
- M. **Money.** Learn how to make it work for you, and not the other way around.
- N. **No.** Sometimes it is ok to say No, learn how and when.
- O. **Opportunities.** Be prepared to recognize opportunities when they present.
- P. **Prepare.** Be prepared just in case, you are called for an audition.
- Q. **Questions.** Ask questions often!
- R. **Rewind.** Sometimes it is ok to hit rewind and RELAX!
- S. **SUCCESS!** Aim for success in all you do!
- T. **Teach.** Teach those around you.
- U. **U can do it.** Learn the power of "U"!
- V. **Vision.** Every great leader has vision!
- W. **Win.** Aim to be a winner in everything!
- X. **eXamine** . Examine yourself with every opportunity.
- Y. **Young.** Always remain young at heart!

**Z. Zzzzz.** Sleep it off at the end of the day. **Then Dream Big and wake up and Do something!**

## **Crash Course 7-Day Program to Self-Improvement**

Make each day count. Aspire to be better with each passing day, week, month and year. The following can provide you with a weekly guide to self-improvement.

### **Day 1: Embrace purpose**

Today write down your purpose in life. Who are you, and what have you been placed on earth for? What are your strengths and weaknesses? Likes and dislikes? Do you know where you want to end up tomorrow, or are you like a wandering star unsure and confused? Without proper understanding of this, you are heading nowhere. Make today a time to connect the dots.

### **Day 2: What matters the most?**

What is most important to you in life? Write them down. Your heart is where your treasure resides. Your purpose and what you value the most are all connected. Building the bridge between both will take you on a life's journey of many discoveries. Embrace it!

### **Day 3: Who are you?**

You have to have a clear understanding of yourself. Do you know who you are? Are you happy with the reflection in the mirror? Write down what you are most proud of, and what you are not so proud of about

you. Then try to reconcile with the negative and forgive yourself. Don't seek validation from others; you are your biggest cheerleader.

**Day 4: Dream.**

Today write down your top 5 biggest dreams. Then for each dream, come up with 3 ways you can solve them. Don't put any limit to the dreams, just dream and dream BIG!

**Day 5: Give.**

Today go through your old stuff and give it away. Remove clutter from your life. You have to get rid of the old to have space for the new things in your life.

**Day 6: Create a better you.**

Find your strengths and determine to make them even better. Look at your weaknesses and write down ways you can improve them. Note we said improve and not eliminate. Practice talking and do speech exercises.

**Day 7: Relax and chill.**

Rest, relax and chill. Life is not as hard as we make it out to be.