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EDITOR

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*"Read not to contradict and confute, not to believe
and take for granted but to weigh and consider"*

- Bacon



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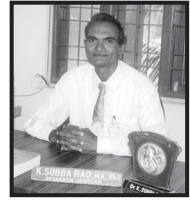
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PARAPSYCHOLOGY TODAY

EDITORIAL : WINNER'S EDGE - WHAT SEPARATES WINNERS FROM LOSERS



Dear Readers & well wishers,

How winners are different from losers

● **Hard work and consistency:** *Hard work and consistency is the key to success. There is no alternative to it. It is often said that luck has a role in success but in reality it is just the hard work that counts. Luck has nothing to do with success. Hard work builds up the calibre and determination for success. It prepares you to face the adversities of life and shine out later.*

● **Never give up attitude or perseverance :** *Another important thing to succeed is perseverance. Success is not easily achievable; it needs huge efforts, time and one has to overcome certain difficulties and obstacles of life. One should never run away in the midway. Hesitation and doubts should be avoided and one should grab the opportunity with both hands at the appropriate time.*

● **Focus and determination :** *There is an old saying, "Rolling stone gathers no moss" and this particularly states the importance of focus and determination. One should observe a particular thing and focus on it with full determination. Those who are likely to change and never adamant to anything will never accomplish things in life or anywhere.*

● **Strategic planning and deliverance :** *Without a proper planning, no one is going to succeed in life, be it a minor household work or a complex corporate one. One has to understand things properly, then check out if any other person is doing the same thing you do, find out how they are doing and how you do it. After this, one can act accordingly to excel in life. If a thing is known properly, deliverance will come up automatically.*

● **Self-confidence :** *No matter how well one knows a thing or not, if she/he is not confident, he can't deliver properly and capitalise on anything. Confidence can be achieved through practice only. You are what you think you are. If one thinks that he is capable of doing something, he can and if he thinks he can't, he can't. A successful person always stands tall with full confidence.*

● **Time management :** *Winners are really shrewd and wise. They observe and plans things, perform and deliver in the right time and set the goals in a meaningful manner. None will succeed if a thing is not well managed in time.*

● **Practical :** *Practice makes a man perfect and winners always are practical. They think and do what they think. They are practical in every aspect of life. They are hardworking, confident, positive, strategic, determined and persevering.*

● **Positive thinking :** *Positive thinking is the constructive way of thinking anything that comes in life. Winners are positive and never expect that they would fail in what they do. They always stay positive even if they fail and never give up thoughts to succeed somehow. A positive mind always finds a way out and motivates the person to succeed.*

Thank you,

Dr. K. SUBBA RAO, Editor

POSITIVE THINKING FOR STUDENTS

Too many students tell themselves negative things all day long. They think they won't get good grades, or they won't pass the test, or they won't win. But this is a mistake because if you tell yourself you cannot do something, your brain believes it. If you think you are going to succeed you will. So instead of telling yourself all the things you can't do, tell yourself you can do amazing things and be a great success. Your brain will work hard to make sure these thoughts come true. Approach your new challenges with confidence. Tell yourself that you will be successful and that you can learn anything presented to you, because as long as you believe it, you can achieve it.

Did you know that you have 365 opportunities each year to do something amazing? Every morning when you rise out of bed, you are given the chance to take a step closer to your goals. Start today by deciding what you'd like to do or how you'd like to improve. Make a list of things you can do to improve your skills and start immediately since opportunities are all around us. If you tried every day to train to be a great athlete or to learn another language, you would see a big difference over a short period of time. If you want to write a book, you could write a few sentences every day and revise your work as you go. You would have an impressive book by the end of the year. Try every day to gain the skills you need to reach your goals. When you do, you will achieve great success, one small step at a time.

Do you ever notice how both good things and bad things can happen on the same day? For example, you may wake up with a headache, but participate in a fantastic project a few hours later. Or you may get a bad grade on one assignment, but get an extremely one on a test. While you never know what might happen next, if you think positively then you increase your chances of having a great day. Even if things happen that you don't like, do the best you can because a positive attitude helps good things happen to you.

Untapped Potential : Researchers from the Stanford University Brain Institute study how much people use their brains. These researchers say that most people only use about two percent of their potential. This means that we don't use about ninety-eight percent of our brain. Each person has an abundance of abilities and possibilities, ninety-eight percent of which are untapped. Through effort you can discover these uncharted waters that exist inside you. **Nothing is too hard. Nothing is impossible.** But you cannot copy what unsuccessful people do and expect to be successful. If you choose not to listen and not to work, you cannot be a success. Today, put forth all the effort you can to be a great success because your brain is able to do more than you can imagine. You can be anything you want to be

in life. If you put in the effort. Once you decide you would like to become a doctor, teacher, artist, or anything else you can make it happen. The first part is you have to believe you can do it. If we did all the things we are capable of doing, we would literally astonish ourselves. If your mind tells you that you cannot do something, you won't feel like doing the necessary work to succeed. Instead, fill your mind with positive messages. You possess the ability to learn any skill you need to do amazing things with your life.

Researchers have found that people think approximately 50,000 thoughts each day. These thoughts can be positive or negative, but only you choose how you think about things that happen to you. **"What we see depends mainly on what we look for"**. Always try to see the positive side of the things that happen around you. By doing so, you will find many people who do great things all around you. And if you choose to think positively, you can be one of those people who achieve great things. **"Don't judge each day by the harvest you reap, but by the seed you plant"**. Each day you have many opportunities to do great things, but do not expect success to happen all in one day. Each day is a building block that leads you to future success and greater challenges. Apply yourself to strengthen your foundation and consider each day as a chance to learn new ideas that will lead you to greater success in the future.

No Excuses : Excuses are easy to find when you don't feel like doing something. But you need to force yourself to do what you don't want to do. One way to get yourself going is to consider the positive reasons for working hard. **Some men have thousands of reasons why they cannot to do what they want to, when all they need is one reason why they can.** You feel more motivated to work hard when you think of good reasons for doing so. Today, think of how much you can learn if you apply yourself. By giving your best effort, you will see yourself get better and better. A wise man said, "I am not judged by the number of times I fail, but by the number of times I succeeded; and the number of times I succeeded is in direct proportion to the number of times I fail and keep trying." Even if you fail several times, success eventually comes from the number of times you try. **Your success becomes a great example to others because they will remember you never gave up.** Please who don't try their best, don't have the chance to feel great when they have improved. Today do your best at something - you will not regret it.

Actions Reveal Beliefs : You can have the best ideas in the world, but if you never act on your ideas then no one will know how wonderful they are. Great ideas about doing good things are not enough. People know you by the things you do, not from the ideas you have. You are responsible for all your actions. So choose to show your thoughts and beliefs through your actions. When you do, you can make world a better place. The way you look at challenges and the effort you give are important indicators of your

future success. It matters more if you give a great effort today than if you failed yesterday. The ability to give a great effort is what lies within you. **"What lies behind us and what lies before us are tiny matters compared to what lies within us."** If you make an effort to do something challenging, you can great things even if you haven't been successful in the past. People naturally like to do things that come easy to them, and avoid things that are more difficult. But that's because they fail to see the opportunities in their challenges. You don't find many opportunities if you keep avoiding challenges and doing things that are remarkably easy for you. Look for challenges that force you to develop your skills and you will find opportunities. **"Never look where you are going. Always look where you want to go."** Do things with your time that connect to where you want to go. If you want to be a doctor, spend time learning about health, fitness and medicine. By thinking about what you want to be in the future. You will make better choices about how you spend your time today.

(Source : By Edward P. Fitzer, Daily Positives Management Update, Newdelhi)

PERSONALITY DEVELOPMENT

Personality is the sum total of ways in which an individual reacts and interacts with others. Or Personality is generally defined as the deeply ingrained and relatively enduring patterns of thought, feeling and behavior. In fact, when one refers to personality, it generally implies to all what is unique about an individual, the characteristics that makes one stand out in a crowd.

Personalities is the sum total of individual's Psychological traits, characteristics, motives, habits, attitudes, beliefs and outlooks.

PERSONALITY DETERMINANTS :

Heredity : Heredity refers to those factors that were determined at conception. Physical structure, facial attractiveness, gender, temperament, muscle composition and reflexes, energy level, and biological rhythms are characteristics that are generally considered to be either completely or substantially influenced by who your parents were, that is by their biological, physiological and inherent psychological makeup.

Environment : The environmental factors that exert pressures on our personality formation are the culture in which we are raised, our early conditioning, the norms among our family, friends and social groups, and other influences that we experience. The environment to which we are exposed plays a substantial role in shaping our personalities.

Situation : A third factor, the situation, influences the effects of heredity and environment on personality. An individual's personality although

generally stable and consistent, does change in different situations. The varying demand of different situation calls forth different aspects of one's personality. We should not therefore look upon personality patterns in isolation.

SIXTEEN PRIMARY PERSONALITY TRAITS :

1. Reserved vs Outgoing, 2. Less intelligent vs More intelligent, 3. Affected by feeling vs Emotionally stable, 4. Submissive vs Dominant, 5. Serious vs Happy to Lucky, 6. Expedient vs Conscientious, 7. Timid vs Venturesome, 8. Tough-minded vs Sensitive, 9. Trusting vs Suspicious, 10. Practical vs Imaginative, 11. Forthright vs Shrewd, 12. Self-assured vs Apprehensive, 13. Conservative vs Experimenting, 14. Group dependant vs Self-sufficient, 15. Uncontrolled vs Controlled, 16. Relaxed vs Tense

Some of the behavioral and attitude traits as identified by Shiv Khera for positive personality building...

25 TRAITS FOR BUILDING POSITIVE PERSONALITY :

1. Accept Responsibility : The price of greatness is the responsibility -
Winston Churchill

"Responsibility gravitates to the person who can shoulder them." -
Elbert Hubbard

Society is not destroyed by the activities of the rascals, but by the inactivity of good people.

2. Show consideration : Show consideration, courtesy, politeness and caring.

3. Think Win-Win : Win-Win philosophy is the ultimate way to success in the collaborative and networked world. One who master that art can achieve greatly.

4. Choose your words carefully : The principle is your speaking must be better than silent, rather be silent. Words spoken out of bitterness can cause irreparable damage. The way the parents speak to their children in many instances shapes their children's destiny.

5. Never Criticize, Complain and Condemn : Constructive criticism is a terminology used to conceal one's own cynicism. Afterall the limit of constructiveness of constructive criticism vary from person to person. we sometime misjudge this limit and many times cross the limit which is detrimental.

6. Smile and Be Kind : Smile is the shortest distance between two people.

7. Put Positive interpretation on other people's behavior : **We see the world not as it is, but as we are.** So when we are interpreting other peoples behavior negatively we just reflecting our own mentality to this situation. In

contrast when interpret positively, chances that other people may realize its negativity and change or amend this.

8. Be a Good Listener : Effective communication is 50% listening, 25% speaking, 15% reading and 10% writing. So when we listen carefully then 50% communication is done.

9. Be Enthusiastic : Nothing great was ever achieved without enthusiasm

- *Ralph Waldo Emerson*

10. Give honest and Sincere Appreciation : The desire to feel important is one of the greatest craving in most of the human beings and it can be a great motivator. Honest and sincere appreciation makes one feel important and promote these positive qualities in him. In contrast giving false and insincere appreciation is flattery or sycophancy which in the long run is harmful to the recipient.

11. When you make a mistake, accept it and make it easy to amend : Mistakes are to be learned from. So accept it immediately and make change or amend easy.

12. Discuss but don't argue : Arguing is like fighting a losing battle. Even if one wins in the argument, the cost may be more than the worth of victory. An Ignominious victory is a defeat itself.

13. Don't Gossip : Gossip may lead to slander and defamation of character. People who listen to gossip are as guilty as those who do the gossiping.

14. Turn your promises into commitment : Commitment leads to enduring relationship through thick and thin. It shows in a person's personality and relationship.

15. Be grateful but do not expect gratitude :

16. Be dependable and practice loyalty : An ounce of loyalty is worth more than a pound of cleverness. Ability without dependability is of no worth.

17. Avoid bearing grudges : Life is too small to bear grudges.

John Kennedy once said "**forgive the other person but don't forget their name.**" Means "**if one cheated me once it is his fault, but if cheats me twice then it is my fault.**"

18. Practice honesty, Integrity and Sincerity : Lies may have speed, but the truth has endurance. Honesty, Integrity and Sincerity have more enduring effect than the opposite.

19. Practice Humility : Don't be cheated regularly to forgive. Confidence without humility is arrogance. Sincere Humility is the foundation of all virtues. It is a sign of greatness.

20. Be understanding and Caring : The best way to be understood is to be understanding. And the basis of real communication is also understanding.

21. Practice courtesy on daily basis :

22. Develop a sense of humor : Have a sense of humor and you will possess the ability to laugh at yourself. A sense of humor makes a person likeable and attractive. Some people are humor-impaired.

23. Don't be sarcastic and put others down :

24. To have a friend be a Friend : Mutual trust and confidence are the foundation stones of all friendship.

25. Show Empathy : Empathy alone is a very important characteristic of positive personality. People with empathy ask themselves this question, "how would I feel if someone treated me that way?"

(Source : www.sadhuji.blogspot.in, by Abhishek Kumar Sadhu, Motivator)

PRINCIPLES OF SUCCESS

★ Develop definiteness of Purpose ★ Establish Mastermind Alliance,
★ Assemble an attractive Personality, ★ Use Applied Faith, ★ Go the Extra mile, ★ Create Personal Initiative, ★ Build a Positive Mental Attitude,
★ Control your Enthusiasm, ★ Enforce Self Disciplinem, ★ Think Accurately,
★ Control your Attention, ★ Inspire Team Work, ★ Learn from Adversity and Defeats, ★ Cultivate Creative Vision, ★ Maintain Sound Health,
★ Budget your Time and Money, ★ Use Cosmic Habit Force.

Definite Purpose of Life : One should have a high desirable, outstanding goal and keep it ever before you. You can have many non-conflicting goals, which help you to reach your major definite purpose of life. It is advisable to have immediate, intermediate, and distant objectives. Identify your desire with a definite plan for carrying out and achieving your objectives. Put your plan into action at once.

Act Now : The meaning of life is action. You are known by your actions. You are remembered by your actions. The generations today know Gandhi as a man of peace, Einstein as a man of science, Henry Ford as a man who built a huge fortune. When we remember a man, it is the picture of his actions that come to our mind.

If the meaning of life is action, its natural corollary is you have to act. You have to keep doing the action that is your chosen profession or vocation. There is no escape from it. The very foundation of the Gita is action. Actions can be fruitful or go futile. The 'Gita' also talks of attitude. Your attitude towards your action determines the worth of your action. Action without lust, attachment, greed or ego is the best way to perform an action.

A genius is 99 per cent perspiration & one percent inspiration.
- Albert Einstein

Some of us who believe solely in luck or inspiration are adamant in our belief. The fact is nothing comes without toil and hard work. Even Einstein, the greatest scientist of our times strongly felt the value of perspiration. Nothing substantial has ever been arrived at or achieved without perspiration.

Persistence And Determination

Nothing will take the place of persistence.

Talent will not : Nothing is more common than unsuccessful people with talent.

Genius will not : Unrewarded genius is a proverb only.

Education will not : The world is full of educated derelicts.

Persistence & determination alone are omnipotent. - *Calvin Coolidge*

Resistance is the power to say 'No' to a task, comes what may.
Persistence is the ability to persevere under thick and thin alike.

You cannot persist in your efforts, if you do not have a single minded determination. People with single minded determination and persistence are too busy. They do not have time for anything else apart from what is their immediate goal or object.

Success usually comes to those who are too busy to be looking for it.
- *Henry David Thoreau.*

If you have a goal or target, a plan of action with single minded determination and persistence, the success is yours. If you have an unwavering faith in yourself and your ability to achieve your goal, it will be easy for you to develop the character of persistence.

Single minded determination calls for mental discipline. Such a discipline is not acquired overnight but comes through strenuous effort inculcated over a long period of time. Single minded determination is a positive catalyst for hard worker. You cannot work hard if your determination is wavering.

Single minded determination or will reflects your thought process. Understanding your thought process and applying it to achieve your goal is the key to success.

Belief & Faith

If you do not believe you will be successful, you will never be. If you doubt yourself and your abilities, the success steps you take will be hesitant and the measures will be half hearted. Belief and faith can do wonders, it can do miracles.

Do you know about faith-healers? Or have you heard about them? Some people are capable of healing themselves merely because they have an unwavering faith in the curative powers of belief system. There are even those people who can heal other.

If You Think

If you think you are beaten, you are.

If you think you dare not, you don't!

If you like to win, but think you can't. It's almost a clinch you wan't.

If you think you'll lose, you are lost. For out in the world we find.

Success begins with a fellow's will; It's all in the state of mind.

If you think you are outclassed, you are, you've got to think high to rise.

You've got to be a sure of yourself before. You can ever win a prize.

Life's battles don't always go to the stronger and faster man,

But sooner or later the man who wins.....

Is the man who thinks he can.

Positive Attitude & Success

Positive attitude gives hope. Positive attitude reassures you. Positive attitude is a mental trait of seeing light in darkness. If you are a person of positive temperament you always see the brighter side of life. Why is it that?

- ★ When most of the people say the glass is half empty, a few people emphasize that that the glass is half full.
- ★ When a task is assigned to two persons, one of them says it is difficult and cannot be done, the other person says it requires more effort and can be done.
- ★ When the weary army of Alexander the great refused to move beyond Indus, saying fighting any longer was an Impossible task, Alexander said Indus can be crossed and the kings beyond Indus can be defeated and he did.
- ★ When Napoleon command his army to cross Alps, they said "it was impossible" Napoleon replied, "the word impossible is written in the dictionary of fools."

The answer is positive attitude.

There is an intimate link between success & positive attitude. No one who has ever been successful has in his journey ever said 'quite'. No one who has ever been successful has ever lost hope in his journey to success. No one who has said 'impossible' to a task has ever gone on to make it possible. But the contrary is often true :

If you say, I can, you will

If you say, I cannot, you will never

It is not because things are difficult that we do not dare;

It is because we do not dare that they are difficult - *Seneca*

Positive attitude can do wonders. It can make possible what is seemingly impossible for the others. Positive attitude is the seed out of which positive traits, which are essential for success, sprout forth. It is the positive attitude again which waters and feeds the saplings of positive traits.

Your mind is a machine of thoughts and ideas. If you do not fill it up with positive, inspiring and motivating thoughts, it will turn into a jungle of negative thoughts. Your mind is beautiful garden, if you don't plant and nurture sapling of flowering plants in it, it will turn into mess of wild creepers, bushes and thorny plants.

Your mind is a huge factory churning out ideas & thoughts. You are the supervisor of this factory. You have two foremen at your beck and call. They are Mr. Yes and Mr. No. as soon as your factory produces a great idea; you invite both the foreman to discuss its execution. Both of them as their names go, suggest accordingly. It is up to you to follow their advice or not. If you begin to follow the advice of 'Mr No' more and more, you begin to develop a negative attitude. A time comes when 'Mr.No.' has taken a complete control over your thought process. By and by a time comes then even before you could let a great idea seep within you, 'Mr No' comes and thrashes it out of shape, so much so that 'Mr No' takes a complete control over you.

If success is what something really attracts you, and sure it does everyone, then you must make a deep association with 'Mr. Yes', your foreman.

Dream & Vision

Imagination is everything.

If we can imagine a future, we can create it,

if we can create that future, other will live in it.

That is the essence of success.

Dream is the stuff reality is made of. The message of our President A.P.J. Kalam to children is that they must dream if they want to be successful.

If you have no dream, you not looking forward to anything. Therefore you cannot be successful. Nationalists like Gandhi and Nehru had the dream of a future India. They had the visions of society, polity, economy and

constitution that an independent India would have. It was this vision or dream they were working for.

Dream particles and the real ones are not different, when the dream is lively and vivid. The Hindu mythology calls the universe a great cosmic dream of the creator.

When you have a lively vision or dream, you are a creator on way to creation. Let this dream persist. Let your vision grow stronger and stronger each moment of the day. And then one day you will realize your dream has turned into a reality. You may not be surprised by it, but the others will be.

Do not confuse dreams with day-dreams. Day-dreaming is idling. Day dreams lull you into inaction. But dreams are different.

Dream energizes you to activity

Dream strengthens your belief system

Dream adds to your confidence

Dreams puts a goal before you

Therefore, one must not just dream, but make the dream colorful and vivid. If possible, a picture of your dream that you wish to get or attain should be hung in your living room. To make your dream lively:

Remind yourself of your dream constantly

See the picture of your dream everyday

See your dream as the first thing when you get up in the morning

See your dream as the last thing when you go to sleep in the night.

In other words make your dream a living part of your consciousness. Make it the part of your sub consciousness too.

(Source : www.sadhuji.blogspot.in, by Abhishek Kumar Sadhu, Motivator)

FORMING GOOD HABITS

We are all born to lead successful lives but our conditioning leads us to failure. We are born to win but are conditioned to lose. We often hear statements like, this person is just lucky, he touches dirt and turns to gold. Or he is unlucky, no matter what he touches, it runs to dirt. This is not true. If you analyse, the successful person is doing something right in each transaction and the failure is repeating the same mistake in each transaction. Remember, practice does not make perfect. Only perfect practice makes perfect. Practice makes permanent whatever you do repeatedly. Some people keep practicing their mistakes and they become perfect in them.

Professionals make things look easy because they have mastered the fundamentals of whatever they do. Many people do good work with promotions in mind. But the one to whom good work becomes habit is deserving.

Cultivating a habit is like ploughing the field. It takes time. It has to grow from within. Habits generate other habits. Inspiration is what gets a person started, motivation is what keeps him on track and habits is what makes it automatic.

Traits are not coincidences; they are the result of constant and consistent draining, both mental and physical. In the face of adversity our behavior can only be the one we have practiced, regardless of whether it is positive or negative. When we practice negative traits such as cowardice or dishonesty in small events, hoping to handle the major ones in a positive way, the latter wouldn't happen because that is not what we have practised.

When we permit ourselves to tell a lie once, it is a lot easier to do it a second and third time until it become a habit. Success lies in the philosophy of sustain and abstain. Sustain what needs to be done and abstain from what is detrimental until this becomes habitual. Human beings are more emotional than rational. Honesty and integrity are both the result of our belief system and practice. Anything we practice long enough becomes ingrained into our system and becomes a habit. A person who is honest most of the time gets caught the first time he tells a lie. Whereas a person who is dishonest most of the time gets caught the first time he tells the truth. Honesty and dishonesty to self and others both become habits.

HOW DO WE FORM HABITS

Anything we do repeatedly becomes a habit. We learn by doing. By believing courageously, we learn courage. By practicing these traits we master them. The reverse is also true. Attitudes are habits. They are behaviour patterns. They become a state of mind and dictate our response.

Most of our behavior is habitual. It comes automatically without thinking. Character is the sum total of our habits. If a person has positive habits, then he is considered a positive character. A person with negative habits is a negative character. Habits are a lot stronger than logic and reasoning. Habits start by being too weak to be felt, and end up becoming too strong to get out of. Habits can be developed by default or determination. You may remember as child your parents telling you, "You should form good habits because habits form character."

Our thinking pattern becomes habitual. We form habit and habits form character. Before you relies that you have got the habit, the habit has got you. We need to form the habit of thinking right. Someone said, "Our thoughts lead to actions, actions lead to habits, and habits form characters, Character leads to destiny."

Success lies in the philosophy of sustain and abstain. Sustain what needs to be done and abstain from what is detrimental until this becomes habitual. Human beings are more emotional than rational. Honesty and integrity are both the result of our belief system and practice. Anything we practice long enough becomes a habit.

CONDITIONING

Most of our behaviour comes as a result of conditioning it is habitual. If we want to do anything well, it must become automatic. If we have to consciously think about doing the right things we will be able to do it well. That means we must make it a habit.

We are all being conditioned continuously by the environment and the media. And we start behaving like robots. It is our responsibility to condition ourselves in a positive manner

THE CONSCIOUS AND SUBCONSCIOUS MIND

Remember, our conscious mind has the ability to think. It can accept or reject. But the subconscious only accepts, it makes no distinction regarding input. If we feed our mind with thoughts of fear, doubt, and hate, the auto-suggestions will activate and translate those things into reality. The subconscious is the databank. Of the two, the latter is more powerful. The subconscious is like the automobile while the conscious is like the driver.

The subconscious mind can work for or against us. It is not rational. When we are not successful we need to reprogramme the subconscious. Habits can help such reprogramming.

Our subconscious mind is like a garden. It does not care what you plant. It is neutral, it has no preferences. But if you plant good seeds, you will have a good garden; other wise you will have a wild growth of weeds. I have gone to a step further to say even if you plant good seeds, weeds will still grow and a weeding process continues constantly.

The human mind is no different. Remember positive and negative thoughts cannot occupy the mind simultaneously. If we want to build a pleasing personality, we have to examine our habits closely. What begins as an occasional indulgence turns into a permanent flow. We need to control our habits by exercising control and self-discipline over our thoughts. We need to harness the power of the subconscious mind. You need to cultivate the habits during childhood which build character in adulthood. Plan the right things early in life. But it is never too late to start. Every exposure to a positive or negative makes a difference. Learning new habits takes time but positive habits, once mastered, give new meaning to life.

When people recognize or become aware of their negative habits, why don't they change? The reason they don't because they refuse to accept

responsibility. Besides, the pleasure of continuing is greater than the pain. They may lack the desire to change, lack the discipline to change, lack the belief that they can change or lack the awareness for the need to change.

All these factors prevent us from getting rid of our negative habits. We all have a choice. We can ignore negative behavior and hope it will go away-the ostrich approach- or face up to it and overcome it for life. Behavior modification comes from overcoming irrational fears and getting out of the comfort zone.

The secret of successful people is that they form the habit of doing things that failures don't like to do and won't do. Just think about the things failures won't like to do. They are the same things that successful people don't like to do but they do them any way.

All habits start small but end up eventually being very difficult to break. Attitudes are habits and can be changed. It is a question of breaking and replacing old negative habits with new and positive ones.

It is easier to prevent bad habits than to overcome them. Good habits come from overcoming temptation. Happiness and unhappiness are habits. Excellence is the result of repeated conscious effort until it becomes a habit. It needs enough practice to become a habit.

EMBRACE COSMIC HABIT FORCES

Faith : Let your mind dwell on positive ideas and on clearing away all negative influences and fears. This takes self-discipline.

- 1. Definiteness of Purpose** : This is the primary good habit. It makes you more alert, more imaginative, more enthusiastic and increase your will power.
- 2. Personal Initiative** : You may have to force yourself at first to do things without being told to do them. But persistence will make it easier.
- 3. Enthusiasm** : Remember that controlled enthusiasm is your goal. You will want to be able to summon it at will or shut it off when it is not appropriate or might actually be dangerous.
- 4. Self Discipline** : This is a circular process, the more you exercise it, the more you have it.
- 5. Going the Extra mile** : start right now by doing something for which you don't expect to be paid directly. Go the extra mile everyday by sheer if necessary and soon the effort will be replaced by habit.

(Source : www.sadhuji.blogspot.in, by Abhishek Kumar Sadhu, Motivator)

SELF CONFIDENCE

If you think you can, you can.....And if you think you can't, you are right.

Self confidence is the inner faith which provides the greatest mental energy. Persons with self confidence have won a situation much before its practical happening. One must have an inner faith, internal peace and in depth self understanding to develop a state of self confidence.

"What lies behind us and what lies before us are small matters as compared to what lies within us. The ocean of infinite power is within us"

Remember a self confidence is a state of mind which one can be achieved with little self analysis and effort.

HOW TO BUILD SELF CONFIDENCE :

* Internal analysis-know one's own strength and weakness. * Auto suggestion. * Positive thinking. * Taking action on small things first and succeed. * Greater involvement and participation by action. * Prepare a bit before on things to be done. * Accept responsibility. * Develop good habits. * Associate with high confidence people. * Perfect grooming, body language and dress code. * Smiling, generous, humbleWe must listen to our own inner voice, internal strength, confidence and intuition. Never be driven by the week environment around you. Maintain the self confidence in all the action throughout your life. Success is always at the end...First it is ridiculed,Second, it is violently opposed,Finally it is accepted and self-evident.....Arthur Schopenhauer.

101 PERSONAL GROWTH QUOTES TO GIVE YOU A BOOST OF ENCOURAGEMENT

- by Steve

We can all use encouragement from time to time - and with many people struggling financially one of the most important things you can do to turn your situation around is to look at the positive aspects of where you are by shifting your perception - because your perception is in fact your reality.

Here are 101 of the best personal growth quotes I could find to give you the courage to move forward and give you that boost of encouragement. As you read through these quotes think of others that may helped you in the past and feel free to add them to the list below...

1. "My great concern is not whether you have failed, but whether you are content with our failure." - **Abraham Lincoln**

2. "You can never solve a problem with the same kind of thinking that created the problem in the first place." - **Albert Einstein**
3. "Life becomes harder for us when we live for others, but it also becomes richer and happier." - **Albert Schweitzer**
4. "Not knowing you can't do something, is sometimes all it takes to do it." - **Ally Carter**
5. "It's not knowing what to do, it's doing what you know." - **Anthony Robbins**
6. "We are what we repeatedly do. Excellence, then, is not an act but a habit." - **Aristotle**
7. "There are no new ideas. There are only new ways of making them felt." - **Audre Lord**
8. "Every production of genius must be the production of enthusiasm." - **Benjamin Disraeli**
9. "An investment in knowledge pays the best interest." - **Benjamin Franklin**
10. "The main cause of failure is the inability to deal with self-doubt." - **Bill Bartmann**
11. "If you see it in your mind, you will hold it in your hand." - **Bob Proctor**
12. "Perhaps the very best question that you can memorize and repeat, over and over, is, 'what is the most valuable use of my time right now?'" - **Brian Tracy**
13. "The less effort, the faster and more powerful you will be." - **Bruce Lee**
14. "We are today beginning to see work by very reputable scientists that says the universe is created by our observations. It is not a coincidence; we are actively involved in physically shaping the world that we experience." - **Bruce Lipton**
15. "Don't fight forces, use them." - **Buckminster Fuller**
16. "The way is not in the sky. The way is in the heart." - **Buddha**
17. "Knowing your own darkness is the best method for dealing with the darkneses of other people." - **Carl Jung**
18. "The curious paradox is that when I accept myself just as I am, then I can change." - **Carl Rogers**
19. "If you want greater prosperity in your life, start forming a vacuum to receive it." - **Catherine Ponder**
20. "Writing is the gold standard of communication. Learn to do it well and see more gold." - **Chris Widener**
21. "An MBA doesn't impress me. A GSD does. GSD = Gets Stuff Done." - **Christine Comaford-Lynch**
22. "Any fool can criticize, condemn, and complain but it takes character and self control to be understanding and forgiving." - **Dale Carnegie**
23. "The possibility of stepping into a higher plane is quite real for everyone. It requires no force or effort or sacrifice. It involves little more than changing our ideas about what is normal." - **Deepak Chopra**

24. "Don't dwell on what went wrong. Instead, focus on what to do next. Spend your energies on moving forward toward finding the answer." - **Denis Waitley**
25. "If you're going to doubt something, doubt your limits." - **Don Ward**
26. "Everything you see happening is the consequence of that which you are." - **Dr. David Hawkins**
27. "Don't let the fear of the time it will take to accomplish something stand in the way of your doing it. The time will pass anyway; we might just as well put that passing time to the best possible use." - **Earl Nightingale**
28. "Life isn't as serious as the mind makes it out to be." - **Eckhart Tolle**
29. "Be pleasant until ten o'clock in the morning and the rest of the day will take care of itself." - **Elbert Hubbard**
30. "It is not fair to ask of others what you are not willing to do yourself." - **Eleanor Roosevelt**
31. "We should be taught not to wait for inspiration to start a thing. Action always generates inspiration. Inspiration seldom generates action." - **Frank Tibolt**
32. "The secret to living is to find people who will pay you money to do what you would pay you to do if you had the money." - **Fred Gratzon**
33. "We cannot teach people anything; we can only help them discover it within themselves." - **Galileo Galilei**
34. "Welcome the back talk, because it's completely natural and normal. It's actually a sign that the new idea you've planted in your mind is taking root." - **Gay Hendricks**
35. "A gentleman is one who puts more into the world than he takes out." - **George Bernard Shaw**
36. "We'll always be disappointed if we believe that we can plan for a peak experience and make it happen. True joy can't be anticipated or planned. It just strikes." - **Harriet Lerner**
37. "Alone we can do so little; together we can do so much." - **Hellen Keller**
38. "Be not simply good - be good for something." - **Henry David Thoreau**
39. "Even sleepers are workers and collaborators in what goes on in the Universe." - **Heraclitus**
40. "Not all those who wander are lost." - **J.R.R. Tolkein**
41. "The problem is that most people focus on their failures rather than their successes. But the truth is that most people have many more successes than failures." - **Jack Canfield**
42. "Men are anxious to improve their circumstances, but are unwilling to improve themselves; they therefore remain bound." - **James Allen**
43. "Behold the turtle. He only makes progress when he sticks his neck out." - **James Bryant Conant**
44. "Dream as if you'll live forever. Live as if you'll die today." - **James Dean**
45. "The most difficult battle you ever fight is the battle to be unique in a world that will marshal its every force to keep you the same." - **James Ray**

- 46 "If someone is going down the wrong road, he doesn't need motivation to speed him up, he needs education to turn him around." - **Jim Rohn**
47. "Finally, what I really want is to be happy in this moment, where the magic and miracles happen. Stay in the moment and all gifts are added as you breathe and take inspired action." - **Joe Vitale**
48. "All intelligent thoughts have already been thought; what is necessary is only to try to think them again." - **Johann Wolfgang von Goethe**
49. A man can fail many times, but he isn't a failure until he begins to blame someone else." - **John Burroughs**
50. "Life is 10% of what happens to me and 90% of how I react to it." - **John Maxwell**
51. "Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish." - **John Quincy Adams**
52. "Anticipate the difficult by managing the easy." - **Lao Tzu**
- 53 "As your employer, if I see that you have to work hard to get your results, yet your coworkers achieve their results with little effort, don't be surprised if I'm not all that impressed with your hard work." - **Larry Winget**
54. "I have always found that if I move with seventy-five percent or more of the facts that I usually never regret it. It's the guys who wait to have everything perfect that drive you crazy." - **Lee Iacocca**
55. "It had long since come to my attention that people of accomplishment rarely sat back and let things happen to them. They went out and happened to things." - **Leonardo da Vinci**
56. "Act the way you want to be and soon you'll be the way you act." - **Les Brown**
57. "Being what we truly are is the only way to feel good about ourselves." - **Lise Bourbeau**
58. "Dig within. Within is the wellspring of Good; and it is always ready to bubble up, if you just dig." - **Marcus Aurelius**
59. "Before beginning, plan carefully." - **Marcus Tullius Cicero**
60. Age is an issue of mind over matter. If you don't mind, it doesn't matter." Mark Twain
61. "You control your future, your destiny. What you think about comes about. By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. Put your future in good hands - your own." Mark Victor Hansen
62. "Take the first step in faith. You don't have to see the whole staircase. Just take the first step." - **Martin Luther King Jr.**
63. "If you don't like something change it; if you can't change it, change the way you think about it." - **Mary Engelbreit**
64. "Often the difference between a successful man and a failure is not one's better abilities or ideas, but the courage that one has to bet on his ideas, to take a calculated risk, and to act." - **Maxwell Maltz**

65. "My experience has shown me that the people who are exceptionally good in business aren't so because of what they know but because of their insatiable need to know more." - **Michael E. Gerber**
66. "Success is the process of having a wonderful experience going for, getting, and having what you want." - **Michael Neill**
67. "Every adversity, every failure, every heartache carries with it the seed on an equal or greater benefit." - **Napoleon Hill**
68. "Every prayer - every thought, every statement, every feeling - is creative." - **Neale Donald Walsch**
69. "Be interesting, be enthusiastic... and don't talk too much." - **Norman Vincent Peale**
70. "Enthusiasm is the yeast that raises the dough." - **Paul J. Meyer**
71. "Better a little which is well done, than a great deal imperfectly." - **Plato**
72. "If you become a giver, you'll make them feel like they want to reciprocate." - **Price Pritchett**
73. "Let go of your attachment of being right, and suddenly your mind is more open. You're able to benefit from the unique viewpoints of others, without being crippled by your own judgement." - **Ralph Marston**
74. "A man is what he thinks about all day long." - **Ralph Waldo Emerson**
75. "You teach best what you most need to learn." - **Richard Bach**
76. "Brains aren't designed to get result; they go in directions. If you know how the brain works you can set your own directions. If you don't, then someone else will." - **Richard Bandler**
77. "A good idea for a new business tends not to occur in isolation, and often the window of opportunity is very small. So speed is of the essence." - **Sir Richard Branson**
78. "If you see yourself as prosperous, you will be. If you see yourself as continually hard up, that is exactly what you will be." - **Robert Collier**
79. "Two roads diverged in a wood, and I - I took the one less traveled by, and that has made all the difference." - **Robert Frost**
80. "Don't let the opinions of the average man sway you. Dream, and he thinks you're crazy. Succeed, and he thinks you're lucky. Acquire wealth, and he thinks you're greedy. Pay no attention. He simply doesn't understand." - **Robert G Allen**
81. "The only difference between a rich person and poor person is how they use their time." - **Robert Kiyosaki**
82. "He is richest who is content with the least, for content is the wealth of nature." - **Socrates**
83. "The main thing is to keep the main thing the main thing." - **Stephen Covey**
84. "Life doesn't give us what we deserve. Life gives us what we go claim." - **Stephen Pierce**
85. "Do not try to figure out how to achieve your goal." - **Stuart Lichtman**

86. "If you are willing to do only what's easy, life will be hard. But if you are willing to do what's hard, life will be easy." - **T HarvEker**
 87. "Do what you can, with what you have, where you are." - **Theodore Roosevelt**
 88. "Just because something doesn't do what you planned it to do doesn't mean it's useless." - **Thomas Edison**
 89. "Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." - **Viktor E. Frankl**
 90. "It's not whether you get knocked down, it's whether you get up." - **Vince Lombardi**
 91. "Big doors swing on little hinges." - **W. Clement Stone**
 92. "The most important thing to remember is this : To be ready at any moment to give up what you are for what you might become." - **W. E. B. Du Bois**
 93. "By thought, the thing you want is brought to you. By action, you receive it." - **Wallace Wattles**
 94. "It's always fun to do the impossible." - **Walt Disney**
 95. "Abundance is not something we acquire. It is something we tune into." - **Wayne Dyer**
 96. "You miss a 100 percent of the shots you don't take." - **Wayne Gretzky**
 97. "Create your future from your future not your past." - **Werner Erhard**
 98. "I never know what I think about something until I read what I've written on it." - **William Faulkner**
 99. "Experience is knowing a lot of things you shouldn't do." - **William S Knudsen**
 100. "Attitude is a little thing that makes a big difference." - **Winston Churchill**
 101. "If you can dream it, then you can achieve it. You will get all you want in life if you help enough other people get what they want." - **ZigZiglar**
- (Source : www.freedomeducation.co, by Steve, Motivator)
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FAITH : THE SEED OF SUCCESS

FAITH CAN MOVE A MOUNTAIN

If you have a faith as a mustard seed you will say to this mountain 'move from here to there' and it will move and nothing shall be impossible for you. - *Lord Jesus*

Faith is the head chemist of the mind. When faith is blended with thought, the subconscious mind instantly picks up the vibration, translates it into spiritual equivalent, and transmits it to Infinite Intelligence, as in the case of prayer.

Faith is a state of mind which you may develop at will through the application and use of some principles.

Repetition of affirmation of orders to your subconscious mind is the only known method of voluntary development of the emotion of faith.
- *Napoleon Hill*

This is the basic principles of Prayer and Autosuggestion. The impulse of thought which is repeatedly pass into the subconscious mind is, finally, accepted and acted upon by subconscious mind, which proceeds to translate that impulse into its physical equivalent, by most practical procedure available.

In connection with this, consider again the statement all thoughts which have been emotionalised (given feeling) and mixed with faith, begin to translate themselves into their physical equivalent or counterpart.

Not only the thought impulses that mixed with faith, but those have been mixed with other positive emotions (like happiness, love, sex) or any negative emotion, may reach and influence the subconscious mind.

There are millions of people who believe themselves "doomed" to poverty and failure, because of some strange force over which they believe they have no control. **They are the creator of their own misfortune, because of this negative belief, which is picked up by subconscious mind and translated into physical equivalent.**

At this point you have to deceive your subconscious mind by reverse or reinforcing with some positive thoughts and faith or believe. To make this 'deceit' more realistic, conduct yourself just as you would if you were already in possession of the material things/ success level which you are demanding, when you call upon your subconscious mind.

The subconscious mind will transmute into its physical equivalent, by the most direct and practical media available, any order which is given to it in a state of belief or faith that the order will be carried out.

It is essential for you to encourage the positive emotions as the dominating forces of your mind, and discourage - and eliminate negative emotions.

A mind dominated by **positive emotions**, becomes a favourable abode for the state of mind known as faith. A mind so dominated may at will, give the subconscious mind instructions, which it will accept and act upon immediately.

There must be a steady and unflinching practice of positive prayer if you are to succeed. And to pray you need faith. Possibility thinking is just another word for faith. You will be controlled by their positive thoughts or negative thoughts. One of the two emotions will dominate and drive you: either fear or faith. If you are not living by faith, then you will automatically be living by fear. Never surrender the leadership of your life to fear.

No force, no emotion is more paralyzing than fear. It stops a salesperson about to make a call, the young man to go for his goals, a job hunter about to seek an interview. In the whole sordid, sorry spectacle of human fears, none is more destructive and defeating than the fear failure.

If you are living by fear, then see this as a flaw for negative thinking. It will not stand up. It will crack for sure. Walk away from negative thinking. Dare to live by faith.

Faith is indeed the greatest miracle - working power imaginable. Faith never fails a person. We fail when we give up on faith. Faith sets you free from downgrading, negative emotions and replaces them with success-generating emotions.

Faith leads to dreaming. Dreaming leads to desiring. Desiring leads to praying. Praying leads to beginning leads to deciding. Deciding leads to waiting. Waiting leads to paying the price. Paying the price leads to managing problems which ultimately leads to expecting success.

SELF-CONFIDENCE FORMULA :

Here is the Self-confidence Formula or Prayer of Autosuggestion

1. I know that I have the ability to achieve the object of my definite purpose in life; therefore, I demand of myself persistent, continuous action towards its attainment, and I here and now promise to render such action.
2. I realise the dominating thoughts of my mind will eventually reproduce themselves in outward physical action and gradually transform themselves into physical reality; therefore, I will concentrate my thoughts for thirty minutes daily, upon the task of thinking of the person I intend to become, thereby creating in my mind a clear mental picture.
3. I know through the principle of prayer or autosuggestion, any desire that I persistently hold in my mind will eventually seek expression through some practical means of attaining the object back of it; therefore, I will devote ten minutes daily demanding of myself the development of self-confidence.
4. I have clearly written down a description of my definite chief aim in life and will never stop trying, until I shall have developed sufficient self-confidence for its attainment.
5. I fully realise the that no wealth or position can long endure, unless built upon truth and justice; therefore I will engage in no transaction which does not benefit all whom it affects. I will succeed by attracting to myself the forces I wish to use, and the cooperation of other people. I will induce others to serve me because of my willingness to serve others. I will eliminate hatred, envy, jealousy, selfishness, and cynicism, by developing love for all humanity, because I know that a negative attitude towards others can never bring me success. I will cause others to believe in me, because I believe in them and in myself. I will sign my name to this formula, commit it to memory,

and repeat it loudly once a day, with full faith that it will gradually influence my thoughts and actions so that I will become a self-reliant, and successful person.

Five phases to fruit bearing which a seed of faith passes through to get success ... Get move your mountain....

1. The Nesting Phase :

When an idea drops into the mind as an egg is deposited in the bird's nest. For too many people, faith never gets beyond the nesting phase. Ideas pass through the mind without being taken seriously.

I don't think potential miracle working power of faith more than a lack of self confidence. Faith is indeed most fragile at birth.

Greatness doesn't depend upon your position in life, but upon your respect of the positive ideas that flow into your imagination.

Every person is creative, but a lot of people do not believe in their creativity. I told the bottom ladder employees that they were smart, they believed it. They came up with a solution because they were not well enough informed to know that their suggestion could not be done.

Most of us tend not to do anything about the incredible, magnificent ideas that come to our minds. Years later, when we read that somebody else has turned an idea into a great success, we may lament to ourselves, "I thought about that once. Why didn't I do something about it?"

Common people are brilliant if they believe in their own ideas. Most human beings have the same basic brain capacity. The major difference is the attitude that a person has towards his own ideas.

At an international psychological congress in Paris, France, Dr. H.E. Gruber of Rutgers University reported that research has led to the confidence belief that " Child prodigies are not born, they are developed".

The Kingdom of God is within you. - *Jesus*

The me I see is the me I'll be. Build a positive self-image to develop mountain - moving faith. Your mind's image of yourself will release powers of self-actualization.

Positive results follow a positive mental picture. This is the irrecoverable law of faith built by God, into the universe. Draw now a positive picture of yourself, believe in your ideas, and faith will survive phase one.

2. The Testing Phase :

Ideas must be tested by asking questions that rise out of your own value system and knowledge.

Decision making is easy if there is no contradiction in your value system.

A positive idea implies questions like : Is this really necessary ? Is this really human need-filling idea ? Can it be inspiring to other ?

How do you test the ideas that come into your mind ? I test mine by this universal principle : Will my faith, acted upon and firmly embraced cause my life and my activity to be an inspiration to somebody else to achieve more in his life ? The truth is everybody is an inspiration to somebody else.

3. The Investing Phase :

Investing phase is the point at which you make a public commitment. You commit time, money, energy, and - possibly the most valuable product of all - the pride and prestige to the publicly announced project. At this point many people find their faith faltering. If, by an act of will and prayer, you determine that you will make the public commitment, the odds are overwhelming that you can succeed.

So, faith is like a seed. If a seed is not planted, it can't bear fruit. But a plant also needs to be watered to sprout. Once it is planted and watered, growth will begin to reach full maturity.

4. The Arresting Phase :

You have started, you have made the commitment. You've put your name on the line, you have started your run.

Now problem attack you. Troubles block you. Defeat seems certain. You begin to think you have bitten off more than you can chew. You wonder if you have made a terrible mistake with your investment. The arresting phase of faith is God's way of testing us before the final victory.

So have faith, believe in yourself and pay heed to the words of Edgar A. Guest:

When things go wrong, as they sometimes will,
When the road you are trudging seems all uphill,

When the funds are low and the debts are high,
And you want to smile but you have to sing,

When care is pressing you down a bit,
Rest, if you must - but don't quit.

He want to make sure : Are you really depending on Him? Will we really be grateful if we make it ? Can He trust with success? Are we going to humble enough to handle the big prize ?

Trust the sun - don't trust the shadow. Believe in your dreams - don't believe in your despairing thoughts. Have faith in your faith- and doubt in your doubt. Trust in your hopes- never trust in your hurts. And you will move on eventually, effectively, inspiringly to faith's final phase the Cresting Phase.

5. The Cresting Phase

Yes, the crowning phase of faith is the cresting phase. The mountain top is scaled. Success finally is achieved. A bad habit is broken. A mission is achieved. You make your country proud; millions of poor get out of the poverty line, their standard of living increased. Your country becomes prosperous, crores of job created. People get engaged adding GDP to country..... The money starts flowing your way...

The bones are healed.... A broken relationship is healed... The emptiness and loneliness of life is filled with new friends and loved one.... A new technique is invented...

God never fails to let the sun outlive the storm. And those who keep on keeping on ultimately survive successfully and in the process are an incredible inspiration to others to keep bravely fighting their battles too.

Now- Believe and you will achieve : You are as deserving and as capable of achieving success as any other person alive in the world today. God created you to be somebody who could be an inspiration to many people. Open your mind to receive possibility thought. They will come like an egg dropped in a nest. Tenderly receive them and be prepared to trust in them through the testing phase, investing phase, the arresting phase. Never abandon the dream until you have reached the Cresting Phase.

(Source : www.sadhuji.blogspot.in, by Abhishek Kumar Sadhu, Motivator)

10 WAYS TO BUILD SELF CONFIDENCE

Self confidence is the difference between feeling unstoppable and feeling scared out of your wits. Your perception of yourself has an enormous impact on how others perceive you. Perception is reality - the more self confidence you have, the more likely it is you'll succeed. Although many of the factors affecting self confidence are beyond your control, there are a number of things you can consciously do to build self confidence. By using these 10 strategies you can get the mental edge you need to reach your potential.

BUILD SELF CONFIDENCE

1. Dress Sharp Although clothes don't make the man, they certainly affect the way he feels about himself. No one is more conscious of your physical appearance than you are. When you don't look good, it changes the way you carry yourself and interact with other people. Use this to your advantage by taking care of your personal appearance. In most cases, significant improvements can be made by bathing and shaving frequently, wearing clean clothes, and being cognizant of the latest styles.

This doesn't mean you need to spend a lot on clothes. One great rule to follow is "spend twice as much, buy half as much". Rather than buying a

bunch of cheap clothes, buy half as many select, high quality items. In long run this decreases spending because expensive clothes wear out less easily and stay in style longer than cheap clothes. Buying less also helps reduce the clutter in your closet.

2. Walk Faster One of the easiest ways to tell how a person feels about herself is to examine her walk. Is it slow? tired? painful? Or is it energetic and purposeful? People with confidence walk quickly. They have places to go, people to see, and important work to do. Even if you aren't in a hurry, you can increase your self confidence by putting some pep in your step. Walking 25% faster will make to you look and feel more important.

3. Good Posture Similarly, the way a person carries herself tells a story. People with slumped shoulders and lethargic movements display a lack of self confidence. They aren't enthusiastic about what they're doing and they don't consider themselves important. By practicing good posture, you'll automatically feel more confident. Stand up straight, keep your head up, and make eye contact. You'll make a positive impression on others and instantly feel more alert and empowered.

4. Personal Commercial One of the best ways to build confidence is listening to a motivational speech. Unfortunately, opportunities to listen to a great speaker are few and far between. You can fill this need by creating a personal commercial. Write a 30-60 second speech that highlights your strengths and goals. Then recite it in front of the mirror aloud (or inside your head if you prefer) whenever you need a confidence boost.

5. Gratitude When you focus too much on what you want, the mind creates reasons why you can't have it. This leads you to dwell on your weaknesses. The best way to avoid this is consciously focusing on gratitude. Set aside time each day to mentally list everything you have to be grateful for. Recall your past successes, unique skills, loving relationships, and positive momentum. You'll be amazed how much you have going for you and motivated to take that next step towards success.

6. Compliment other people When we think negatively about ourselves, we often project that feeling on to others in the form of insults and gossip. To break this cycle of negativity, get in the habit of praising other people. Refuse to engage in backstabbing gossip and make an effort to compliment those around you. In the process, you'll become well liked and build self confidence. By looking for the best in others, you indirectly bring out the best in yourself.

7. Sit in the front row In schools, offices, and public assemblies around the world, people constantly strive to sit at the back of the room. Most people prefer the back because they're afraid of being noticed. This reflects a lack of self confidence. By deciding to sit in the front row, you can get

over this irrational fear and build your self confidence. You'll also be more visible to the important people talking from the front of the room.

8. Speak up During group discussions many people never speak up because they're afraid that people will judge them for saying something stupid. This fear isn't really justified. Generally, people are much more accepting than we imagine. In fact most people are dealing with the exact same fears. By making an effort to speak up at least once in every group discussion, you'll become a better public speaker, more confident in your own thoughts, and recognized as a leader by your peers.

9. Work out Along the same lines as personal appearance, physical fitness has a huge effect on self confidence. If you're out of shape, you'll feel insecure, unattractive, and less energetic. By working out, you improve your physical appearance, energize yourself, and accomplish something positive. Having the discipline to work out not only makes you feel better, it creates positive momentum that you can build on the rest of the day.

10. Focus on contribution Too often we get caught up in our own desires. We focus too much on ourselves and not enough on the needs of other people. If you stop thinking about yourself and concentrate on the contribution you're making to the rest of the world, you won't worry as much about your own flaws. This will increase self confidence and allow you to contribute with maximum efficiency. The more you contribute to the world the more you'll be rewarded with personal success and recognition.

(Source : www.pickthebrain.com)

THE SEVEN HABITS

- By Stephen Covey

Habit 1 : Be Proactive Change starts from within, and highly effective people make the decision to improve their lives through the things that they can influence rather than by simply reacting to external forces.

Habit 2 : Begin with the End in Mind Develop a principle-centered personal mission statement. Extend the mission statement into long-term goals based on personal principles.

Habit 3 : Put First Things First Spend time doing what fits into your personal mission, observing the proper balance between production and building production capacity. Identify the key roles that you take on in life, and make time for each of them.

Habit 4 : Think Win/Win Seek agreements and relationships that are mutually beneficial. In cases where a "win/win" deal cannot be achieved, accept the fact that agreeing to make "no deal" may be the best alternative. In

developing an organizational culture, be sure to reward win/win behavior among employees and avoid inadvertently rewarding win/lose behavior.

Habit 5 : Seek First to Understand, Then to Be Understood First seek to understand the other person, and only then try to be understood. Stephen Covey presents this habit as the most important principle of interpersonal relations.

Effective listening is not simply echoing what the other person has said through the lens of one's own experience. Rather, it is putting oneself in the perspective of the other person, listening empathically for both feeling and meaning.

Habit 6 : Synergize Through trustful communication, find ways to leverage individual differences to create a whole that is greater than the sum of the parts. Through mutual trust and understanding, one often can solve conflicts and find a better solution than would have been obtained through either person's own solution.

Habit 7 : Sharpen the Saw Take time out from production to build production capacity through personal renewal of the physical, mental, social/emotional, and spiritual dimensions. Maintain a balance among these dimensions.

7 WAYS TO MAINTAIN A POSITIVE ATTITUDE

by Jyoti Singal

In today's life when one is thronged with worries and tensions all around, it is very difficult to maintain a positive attitude. And often the more you try and be positive, the more it seems the negative energy around you gains strength. So here are 7 ways to change our modus operandi, be positive and work towards a healthier lifestyle.

Do Not Wait for Happiness. Do not wait for good things to happen to you. You need to work towards happiness. You need to create a happy environment around you today to remain happy tomorrow. This is called an attitude.

1. Learn to know what you want. If you know what you expect from yourself, your future becomes clear and your goals become attainable

2. Clarify your purpose : A purpose is something you fulfill each moment when you are in balance with your life. (A purpose is a simple, positive statement of why you are here). A purpose isn't a goal statement, which one can achieve. o Discover your purpose: by identifying & prioritizing your most important roles in life (at home, at work, community etc) List the positive qualities that you aspire to possess : Honesty, Philanthropic, Accommodating, Tolerant etc.

3. Visualize your future, with a clear picture in your mind of what you want to accomplish in your lifetime (you can become what you think you are and what you see). One of the most powerful techniques for achieving life goals is visualization (creating a mental image of something happening in future). Believing in and seeing your dreams can motivate you to become what you want to be.

4. Set goals for yourself (To help your dreams for the future become a reality, you need to set short & long term goals) to stay on course. To provide steady fuel for your energy, create a list of long term goals to be accomplished in life time & break them into several interim short term goals to help you chart your progress.

5. Be Resilient. Resilient people are those who face setbacks but ultimately, with perseverance, recover from them. Try and be strong and face life's difficulties as challenges; respond accordingly with action, rather than with fear, self-pity, inferiority or blame. While life can be very challenging, an important step in becoming more resilient is to develop the habit of positive self talk and to remind yourself that you are strong and can grow stronger and wiser as you handle life's challenges. Self Pep Talk One's inner dialogue is one's biggest strength and critic. Listen to your inner self and talk to it. Motivate yourself rather than getting motivated by others. It is the inner voice that makes us critical of ourselves. Rule your inner voice! Laugh Away Humor is the best medicine. Make laughter a part of your day. Laughter is known to be a mood elevator. When feeling low, read funny stories or go through a joke book. Allow yourself to open up. See the funny side of things and you will realize, life is a complex, yet funny game.

6. Seize the day Carpe Diem, as the proverb goes. Always enjoy the moment. Do not worry about your past or future. Live for the day. irreversible and what will happen is unknown, so try and enjoy what you have. Like someone has rightly said : "**The past is history, the future is mystery. Today is a Gift, That is why we call it the Present**"

7. Be an Optimist This is the golden rule to maintaining a positive attitude. Always believe in yourself. Being an optimist does not only mean to see the brighter side of life. To be an optimist means to view the surroundings wherein you maximize your strengths and achievements and minimize your weaknesses and apprehensions. It is difficult to change yourself in a day But at least give it a try. A positive attitude in life will help you go places. Just curb that fear in you and move towards the right path!!

Remember, I CAN and I WILL.

(Source : www.pickthebrain.com)

HOW TO BE OPTIMISTIC

Are you an optimist or a pessimist? Do you expect the best or the worst to happen?

- ◆ Being an optimist does not mean that you are out of touch with reality, ignoring difficulties and obstacles and behaving in a naive way.
- ◆ Being an optimist means that you hope and expect events and plans to turn out well, and that you look with a smile on the future.

It is important to be a balanced optimist, using common sense, not just telling yourself that nothing bad can ever happen and closing your eyes. Doing so, can lead to being impractical, making poor decisions, and letting people ridicule or take advantage of you.

A balanced optimist looks at reality, acknowledge the difficulties and obstacles, but is not discouraged by them. A balanced optimist can see the good and the bad, but at the same time, expects success, and puts forth effort to make things turn out well.

Being optimistic doesn't mean waiting for things to happen by themselves. It means expecting the best, believing that the best will happen, but at the same time making decisions, following them, acting and making things happen.

Why be an optimist? Because optimism keeps you motivated and energetic, pursuing what you want with ambition, confidence and happiness. It helps you focus on your vision, and makes everyday a happy day.

How can you be optimistic and keep holding this attitude?

1. Don't get angry with yourself if you find yourself feeling pessimistic. Acknowledge that it is only natural to feel pessimistic at times, when life is boring or when you encounter difficulties or hardships.
2. Acknowledge that changing your mental attitude takes time, so be patient.
3. Keep a list of motivational and inspiring quotes handy, and read them several times a day.
4. At least once a day listen to music, your favorite songs or some inspiring or relaxing music.
5. Exercise your body often and regularly.
6. At least once a day do something that makes you happy and satisfied. This can be anything, even some minor activity or action like eating something you love, watching a favorite T.V. program, reading or talking to a friend.
7. Try to smile more often.

8. Take more care of your appearance and how you dress. When you look good you will feel more confident and positive.
9. Endeavor to see the good in every situation.
10. Have enough sleep at night. When don't sleep enough or don't sleep well you can get moody, unhappy and impatient. Good sleep will make you more energetic, alive, optimistic and feeling good.
11. If you can, avoid the company of negative
12. Learn to accept the past, leave it behind and continue to better things. Wallowing in the past creates unhappiness and lack of optimism.

An optimist sees an opportunity in every calamity; a pessimist sees a calamity in every opportunity.

(Source : www.succersconscious.com, by Remez Sasson)

HOW TO BE POSITIVE

People often wonder, how to be positive in their thoughts and actions, especially when they are unhappy and unsatisfied, or when life is difficult and tough. They even find it hard to be positive when things go well. Most of them don't know how to be positive and what they need to do. Like every other subject, the know-how of how to be positive can be learned and the skill developed. It is all a matter of attitude and thinking, both of which can be changed. If we keep thinking the same thoughts, they will eventually tend to manifest in our world. This means that if we desire good results we have to be careful of what we think. We have to stay and think positive.

Begin by becoming aware of your thoughts, and exchanging your negative thoughts with positive ones. Substitute negativity for being positive, thoughts about poverty with thoughts about wealth, ignorance with understanding, disharmony with harmony and lack of freedom with freedom. Start saying, "I can", "I am able" and "it is possible". It is our mind that creates the kind of life we live. If we think positively, we will transform our life accordingly. Everything starts from within, from the most simple action, to the greatest achievement.

We cannot always control our external circumstances, but we can control our inner world of thoughts, where everything starts. We cannot always control our outer universe, but we can, with some effort, control our inner universe. If you are unhappy and negative, it is due to the way you think, but you can change the way you think. With a little work and effort you can change how you think, and this will automatically change your attitude, expectations, actions and reactions, which will lead to more motivation, happiness and improved life.

How to be positive:

1. Focus on what you want, not on what you do not want.

2. Focus your mind on the good things you already have in your life. If you focus on them, these good things will increase in your life.
3. Do not fill your mind with thoughts of lack. Think and believe that you already have abundance, success, love and happiness.
4. Learn to feel, think and even act, as if you are already living the life you visualize. If you can feel, think and act consistently in this way, you will become happier, and will attract new opportunities into your life.
5. Think about what you want, create a picture of it in your mind, and make it very clear and precise. Hold it there and focus on it in a positive way, until it becomes a reality in your life.
6. Always tell yourself, "I can", "I am able", "I can do it", "I am a positive person".
7. Often, during the day, repeat positive affirmations about what you want. Do so with faith, feelings, intention and focus.
8. Look for the good in every situation. There is always something good, or at least something useful to learn, even in difficult or unpleasant situations.
9. Follow your positive thoughts with positive actions.
10. Always focus your mind on the full half of the cup, not on the empty half.
11. Do your best to reject negative thoughts and replace them with positive thoughts.
12. Be aware of your company. Choose to be around positive people.
13. Read about other people's success. Read things that inspire you and make you feel good.
14. Focus your mind on how to be positive and you will discover more ways to be so.

We get what we expect to get. Therefore, begin right now to expect the very best of everything that this world has to offer, and wish the same for everyone else. There is plenty of everything in the Universe for everyone, and the Universe can create more of the good things for everyone. Don't think lack, think abundance, for you and for everyone.

HOW TO CREATE POSITIVE FEELINGS

What are positive feelings?

These are pleasant feelings of happiness, satisfaction, confidence and the expectation of success. These are feelings of compassion, love, tolerance and understanding.

Why do you need positive feelings?

They make you feel good, energetic, happy and able and willing to take action to pursue what you want to attain and achieve. They also make your

life happier and easier, make you more likeable and improve your relationships.

How can you create positive feelings?

Read and practice the following tips, to help you create positive feelings:

1. Become aware of the importance of positive feelings and how they can improve your life.
2. Refuse to be involved with negative thoughts and feelings.
3. Upon waking up in the morning, smile and say to yourself silently or audibly: "I am going to have a wonderful day today. It is going to be a happy and successful day. I am going to stay patient and positive in every situation."
4. Often, during the day, visualize for a few moments some happy moments and situations from your life, a place you enjoyed visiting, or being with people you love.
5. When things make you angry, wait a few seconds before reacting.
6. When you feel some despair, anger, unhappiness or frustration, don't succumb to these feelings and let them grow. Visualize something happy, read something that makes you happy, repeat a positive affirmation or just try to create some happy feeling inside you. This might not be easy, as the negative feeling might be too strong, yet, do your best, and no matter how many times you might fail evoking a positive feeling, if you persist you will be able to change your attitude and feelings.
7. Understand that you cannot always control the situations in your life, but you can control and change your attitude and reactions. Negative attitude and anger will bring negative conditions, and positive attitude and positive feelings will make the situation improve.
8. Try to show some positive feelings toward people that you don't like. You don't need to be their friend, but you can stop being negative, and allow some feelings of warmth and understanding. You might be surprised at their attitude and reaction toward you.
9. Read some inspiring quotes every day.
10. Repeat affirmations such as:
"I am feeling happy and confident."
"It is so pleasant to enjoy positive feelings."
"I am getting happier and more positive every day."
11. Keep away from negative people, and if you must be with them or work with them, don't let their state of mind affect you. Try to be somewhat detached toward them. Fill your mind with positive feelings and thoughts, so that there will no place for their negativity in your mind.

12. When you are feeling down, listen to music.
 13. Let yourself smile more often, even in difficult situations. The act of smiling tend to clear the mind of worries, even if temporarily, and wins you the sympathy and support of the people around you.
 14. Watch comedies and read and watch happy news.
 15. Find time for meditation. Among its may benefits is the ability to filter the feelings and thoughts that enter your mind. It will help you avoid negative feelings and allow in positive feelings.
 16. After getting into bed at night, tell yourself silently or audibly: "I am going to have a wonderful day tomorrow. It is going to be a happy and successful day. I am going to stay patient and positive in every situation." Now that you know how to create positive feelings, you can get creative and find more ideas to create positive feelings in your life.
(Source : www.succersconscious.com, by Remez Sasson)
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SUCCESS MANTRA : PRIORITISE WORK AND THEN FOCUS

One at a time Swami Vivekananda once said, "Take up one idea. Make that one idea your life - think of it, dream of it, live on that idea."

These are times of insecurity and with so many things on mind, everyone believes in multi tasking to avoid complete failure. Instead, you should work consciously at maximising your chances of success. So if your list is swarmed with "things to do" then the best way to de-clutter your senses is to prioritise your tasks. This will clear your mind and accelerate your progress. What is important is that you are able to sift the most relevant and important projects from the mess of tasks you have piled up. Here is how you can get rid of pending work.

* **First, divide your tasks** : Put them under professional, personal and extracurricular headers. Pick the top two from each and try and complete them in a week.

* **Prioritise important jobs** : Under each heading, enlist the most crucial of assignments.

* **Cross out the irrelevant** : Delete items from your list that are not going to help you achieve your goals.

* **Organise your obligations** : Give yourself two to three weeks to get rid of pending assignments. Once you have these off your chest, the real work will await your undivided attention.

* **Avoid new undertakings** : When you are done with these smaller nagging commitments you will be left with ample time for your own pet projects. Concentrate and try not to take on new ones. Postpone thoughts of fresh ventures till you have completed a substantial portion of work assigned.

(source : www.jagranjosh.com)

20 BAD HABITS HOLDING GOOD PEOPLE BACK

A change in bad habits leads to a good change in life...

Here are twenty bad habits many of us repeatedly struggle with :

1. Expecting life to be easy. Nothing starts easy; everything begins at some level of difficulty. Even waking up in the morning sometimes requires notable effort. But one beautiful thing about life is the fact that the most difficult challenges are often the most rewarding and satisfying.

2. Overlooking your true path and purpose. - What really matters in life is not what we buy, but what we build; not what we have, but what we share with the world; not our capability but our character; and not our success but our true significance. Live a life that makes you proud - one that matters and makes a difference. Live a life filled with passion and love. .

3. Chasing after those who don't want to be caught. - Do not chase people. Be you, do your own thing and work hard on your passions. The right people who belong in your life will eventually come to you, and stay.

4. Not asking for help when you know you need it. - No matter how far you've gone down the wrong road, you can always turn back. Be STRONG enough to stand alone, SMART enough to know when you need help, and BRAVE enough to ask for it.

5. Letting one dark cloud cover the entire sky. - Take a deep breath. It's just a bad moment, or a bad day, not a bad life. Everyone has troubles. Everyone makes mistakes. The secret of happiness is to count your blessings while others are adding up their troubles.

6. Holding on to things you need to let go of. - Letting go doesn't mean giving up, but rather accepting that there are things in life that should not be. Sometimes letting go is what makes us stronger, happier and more successful in the long run.

7. Spending time with people who make you unhappy. - People can be cruel, and sometimes they will be. People can hurt you and break your heart, and sometimes they will. But only YOU can allow them to continuously hurt you. Value yourself enough to choose to spend time with people who treat you the way you treat them. Know your worth. Know when you have had enough. And move on from the people who keep chipping away at your happiness.

8. Not making time for those who matter most. - When we take things for granted, these things eventually get taken away. Too often we don't realize what we have until it's gone. Too often we are too stubborn to say, "I'm sorry, I was wrong." Too often it seems we hurt the ones closest to us by letting insignificant issues tear us apart. Appreciate what you have, who loves you and who cares for you. You'll never know how much they mean to you until the day they are no longer beside you.

9. Denying personal responsibility. - You're getting almost everything you're getting right now based on the decisions you have made; and you will continue to receive the same things until you choose differently. You always have some element of control. There are always other options.

The choices might not be easy, but they are available. You will not get a different result until you exercise a choice that forces you to grow by habit, by action, and by change.

10. Letting everyone else make decisions for you. - Never allow someone or something that adds very little to your life, control so much of it. You've got to stop caring about what everyone else wants for you, and start actually living for yourself. Let go of the people and things that continuously hold you back and no longer serve you, because you only get one shot at life.

11. Giving up who YOU are. - Remove yourself from any situation that requires you to give up any one of these three things: 1) Who you are. 2) What you stand for. 3) The goals you aspire to achieve. Read Quitter.

12. Quitting as soon as things get slightly difficult. - An arrow can only be shot by pulling it backward; and such is life. When life is pulling you back with difficulties, it means it's going to eventually launch you forward in a positive direction. So keep focusing, and keep aiming!

13. Doing too much and pushing too hard, without pausing. - Plenty of people miss their share of happiness, not because they never find it, but because they never stop long enough to enjoy it. Sometimes we are so focused on what we want that we miss the things we need most.

14. Discrediting yourself for everything you aren't. - STOP discrediting yourself for everything you aren't. START giving yourself credit for everything that you are.

15. Running from current problems and fears. - Trust me, if everyone threw their problems in a pile for you to see, you would grab yours back. Tackle your problems and fears swiftly, don't run away from them. The best solution is to face them head on no matter how powerful they may seem. Either you own your problems and fears, or they will ultimately own you.

16. Constantly mulling over past hardships. - You'll never see the great things ahead of you if you keep looking at the bad things behind you. To reach up for the new, you must let go of the old. You are exactly where you need to be to reach your goals. Everything you've been through was preparation for where you are right now and where you can be tomorrow.

17. Denying your mistakes. - Remember that most honorable people of all are not those who never make mistakes, but those who admit to them when they do. And then go on to do their best to make the wrong things right.

18. Expecting your significant other to be perfect. - Remember that you will never find a PERFECT partner to love you in the exact way you had envisioned, only a person who is willing to love you with all that they are. Someone who will accept you for who you can and cannot be. And although they will never be PERFECT, finding a partner like this is even BETTER.

19. Focusing on the negative. - Positive thinking isn't about expecting the best thing to happen every time, it's about accepting that whatever happens is good for this moment, and then making the best of it. So stay positive, and hold on to what's truly important. Let your worries go. No matter how

you look at it, some outcomes just don't make sense right away. Choosing to carry on with your goals through this uncertainty is what matters.

20. Never allowing things to be good enough. - We are human. We are not perfect. We are alive. We try things. We make mistakes. We stumble. We fall. We get hurt. We rise again. We try again. We keep learning. We keep growing. And we are thankful for this priceless opportunity called life.

(source : www.markandangel.com)

FIFTY HABITS OF HIGHLY SUCCESSFUL PEOPLE

1. They look for and find opportunities where others see nothing.
2. They find a lesson while others only see a problem.
3. They are solution focused.
4. They consciously and methodically create their own success, while others hope success will find them.
5. They are fearful like everyone else, but they are not controlled or limited by fear.
6. They ask the right questions - the ones which put them in a productive, creative, positive mindset and emotional state.
7. They rarely complain (waste of energy). All complaining does is put the complainer in a negative and unproductive state.
8. They don't blame (what's the point?). They take complete responsibility for their actions and outcomes (or lack thereof).
9. While they are not necessarily more talented than the majority, they always find a way to maximise their potential. They get more out of themselves. They use what they have more effectively.
10. They are busy, productive and proactive. While most are laying on the couch, planning, over-thinking, sitting on their hands and generally going around in circles, they are out there getting the job done.
11. They align themselves with like-minded people. They understand the importance of being part of a team. They create win-win relationships.
12. They are ambitious; they want amazing - and why shouldn't they? They consciously choose to live their best life rather than spending it on auto-pilot.
13. They have clarity and certainty about what they want (and don't want) for their life. They actually visualise and plan their best reality while others are merely spectators of life.
14. They innovate rather than imitate.
15. They don't procrastinate and they don't spend their life waiting for the 'right time'.
16. They are life-long learners. They constantly work at educating themselves, either formally (academically), informally (watching, listening, asking, reading, student of life) or experientially (doing, trying)... or all three.

17. They are glass half full people - while still being practical and down-to-earth. They have an ability to find the good.
18. They consistently do what they need to do, irrespective of how they are feeling on a given day. They don't spend their life
19. They take calculated risks - financial, emotional, professional, psychological.
20. They deal with problems and challenges quickly and effectively, they don't put their head in the sand. They face their challenges and use them to improve themselves.
21. They don't believe in, or wait for fate, destiny, chance or luck to determine or shape their future. They believe in, and are committed to actively and consciously creating their own best life.
22. While many people are reactive, they are proactive. They take action before they have to.
23. They are more effective than most at managing their emotions. They feel like we all do but they are not slaves to their emotions.
24. They are good communicators and they consciously work at it.
25. They have a plan for their life and they work methodically at turning that plan into a reality. Their life is not a clumsy series of unplanned events and outcomes.
26. Their desire to be exceptional means that they typically do things that most won't. They become exceptional by choice. We're all faced with live-shaping decisions almost daily. Successful people make the decisions that most won't and don't.
27. While many people are pleasure junkies and avoid pain and discomfort at all costs, successful people understand the value and benefits of working through the tough stuff that most would avoid.
28. They have identified their core values (what is important to them) and they do their best to live a life which is reflective of those values.
29. They have balance. While they may be financially successful, they know that the terms money and success are not interchangeable. They understand that people who are successful on a financial level only, are not successful at all. Unfortunately we live in a society which teaches that money equals success. Like many other things, money is a tool. It's certainly not a bad thing but ultimately, it's just another resource. Unfortunately, too many people worship it.
30. They understand the importance of discipline and self-control. They are strong. They are happy to take the road less travelled.
31. They are secure. They do not derive their sense of worth of self from what they own, who they know, where they live or what they look like.
32. They are generous and kind. They take pleasure in helping others achieve.
33. They are humble and they are happy to admit mistakes and to apologise. They are confident in their ability, but not arrogant. They

are happy to learn from others. They are happy to make others look good rather than seek their own personal glory.

34. They are adaptable and embrace change, while the majority are creatures of comfort and habit. They are comfortable with, and embrace, the new and the unfamiliar.
35. They keep themselves in shape physically, not to be mistaken with training for the Olympics or being obsessed with their body. They understand the importance of being physically well. They are not all about looks, they are more concerned with function and health. Their body is not who they are, it's where they live.
36. They have a big engine. They work hard and are not lazy.
37. They are resilient. When most would throw in the towel, they're just warming up.
38. They are open to, and more likely to act upon, feedback.
39. They don't hang out with toxic people.
40. They don't invest time or emotional energy into things which they have no control of.
41. They are happy to swim against the tide, to do what most won't. They are not people pleasers and they don't need constant approval.
42. They are more comfortable with their own company than most.
43. They set higher standards for themselves (a choice we can all make), which in turn produces greater commitment, more momentum, a better work ethic and of course, better results.
44. They don't rationalise failure. While many are talking about their age, their sore back, their lack of time, their poor genetics, their 'bad luck', their nasty boss and their lack of opportunities (all good reasons to fail), they are finding a way to succeed despite all their challenges.
45. They have an off switch. They know how to relax, enjoy what they have in their life and to have fun.
46. Their career is not their identity, it's their job. It's not who they are, it's what they do.
47. They are more interested in effective than they are in easy. While the majority look for the quickest, easiest way (the shortcut), they look for the course of action which will produce the best results over the long term.
48. They finish what they start. While so many spend their life starting things that they never finish, successful people get the job done - even when the excitement and the novelty have worn off. Even when it ain't fun.
49. They are multi-dimensional, amazing, wonderful complex creatures (as we all are). They realize that not only are they physical and psychological beings, but emotional and spiritual creatures as well. They consciously work at being healthy and productive on all levels.
50. They practice what they preach. They don't talk about the theory, they live the reality.

(source : www.liferack.org)

5 WINNING HABITS OF SUCCESSFUL PEOPLE - DO YOU HAVE THEM ALL?

1. They have an end in mind You feel lost when you do not have a destination to move towards. People who achieved great success have an end in mind. They know what they want and they commit themselves to achieve it. When you have a goal, you have something to focus on. If you do not have a goal, you will be wandering around feeling lost. Having an end in mind can help guide you towards your destination.

2. Have a reason Having an end in mind is only one part of the story. Winners have a reason behind their goals. They know their purpose behind achieving their goals. The journey towards your goals is full of obstacles. Most people gave up half way because they lack reasons behind their goals. However, those who have strong reasons behind their goals have higher chances to move past those obstacles. The likelihood of giving up is drastically higher if you do not have reasons behind your goals. If you have a goal to lose 20 lbs but lack reasons behind it, you will find it hard to achieve this goal. However, if you have a strong reason such as you want to lose 20 lbs in 3 months time because you want to look your best during your wedding ceremony, the likelihood of losing weight is much higher. When you have a compelling reason to support your goals, you drastically increase the possibility of achieving it.

3. Have a support group It is easy to give up when you are alone on this journey. Form a support or mastermind group to help you along the way. To form your own support group, find like-minded people who want to achieve similar goals. Keep your group small with only two to six people. You need to choose your members carefully. Choose members who are positive, goal oriented and are pursuing similar goals to yours. If you do not know where you can find your own support group, try out MeetUp.com or related forums to what you are doing fitness for u

4. They are particular about how they spend their time If you do not know how you spend your time, you will waste most of your time away. Time is one of our most precious resources. You can waste your money and still manage to earn it back but there isn't any way for you to get back your time if you waste it away. You have to be aware of how you spent your time. If you want to achieve your goals but you are spending 70 percent of your time watching TV and hanging out with friends, most likely you will not reach your goals. Keep a time log. There are many mobile and web-based applications that can help you track where you are spending your time. Rescue Time is a great web-based app that can help you track what you are doing on the computer and how much time you spent on each different site. Use your preferred time log to get a clear picture of how you are spending your time and make the necessary adjustments. If you are serious

about changing your life and achieving your goals, spend more time on the essential tasks instead of time wasters.

5. Try fast, fail fast, keep trying and never give up. It is hard to hit the target with your first try. This is why winners try fast, fail fast, keep trying and never give up. There are many things that you don't know how to do it and trial and error is one of the ways to help you pick up new stuff. You can learn faster by trying faster and failing more times in a shorter period. You learn at a slower pace when you are too slow to take action. When you take action to try fast, you will learn at a faster rate and know what things work and what don't. You can make the necessary adjustments along the way to make things right and move closer to your goals. If you are slow to take action, you jeopardize the whole process and slow down your progress. You may face many frustrations during your learning process. However, don't give up. Keep on trying out new ideas that you had picked up. Keep doing those that work and kick away ideas that don't work. There is a short cut to this process. Get yourself a mentor or a coach. Whether you want to lose weight or start your own online business, a mentor who has been there can help you move faster towards your goal. Since they had already reached where you want to be, they will know about the challenges that you will face and what will work for you. Borrow their knowledge and you will achieve your goals in a much shorter amount of time. If you decide to make a difference to your life, I challenge you to take action now. Start planning for your goals. Make this year your best year ever. Will you take up the challenge?

(source : www.lifeoptimizer.org)

STATEMENT OF OWNERSHIP AND OTHER PARTICULARS OF PARAPSYCHOLOGY TODAY

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I, Dr. K. Subba Rao, hereby declare that the particulars given above are true to the best of my knowledge and belief.

(Sd) Dr. K. Subba Rao
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QUOTES AND SAYINGS ON HOPE

Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all. - Dale Carnegie

Hope is the only bee that makes honey without flowers. -Robert Ingersoll

Far away there in the sunshine are my highest aspirations. I may not reach them but I can look up and see their beauty, believe in them, and try to follow them. - Louisa May Alcott

Hope is both the earliest and the most indispensable virtue inherent in the state of being alive. If life is to be sustained hope must remain, even where confidence is wounded, trust impaired. - Erik H. Erikson

The natural flights of the human mind are not from pleasure to pleasure but from hope to hope. - Samuel Johnson

There is no medicine like hope, no incentive so great, and no tonic so powerful as expectation of something tomorrow. - Orison Swett Marden

The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty. - Winston Churchill

Hope is the thing with feathers that perches in the soul and sings the tune without the words and never stops at all. - Emily Dickenson

Everything that is done in the world is done by hope. - Dr. Martin Luther King Jr.

Of all the forces that make for a better world, none is so indispensable, none so powerful, as hope. Without hope men are only half alive. With hope they dream and think and work. - Charles Sawyer

Our greatest glory consists not in never falling, but in rising every time we fall. - Confucious

Your hopes, dreams and aspirations are legitimate. They are trying to take you airborne, above the clouds, above the storms, if you only let them. - William James

You are never given a wish without also being given the power to make it come true. You may have to work for it, however. - Richard David Bach

Hope is the dream of a waking man. - Aristotle

Hope is the companion of power, and mother of success; for who so hopes strongly has within him the gift of miracles. - Samuel Smiles



భారతీయ అతీంద్రియ శక్తుల పరిశోధనా కేంద్రం

INDIAN PSYCHICAL RESEARCH SOCIETY (Regd.)

The Purpose of the “Indian Psychical Research Society” which was founded and registered in 1979 is to examine without prejudice or prepossession and in a Scientific Spirit that those faculties of Man, real or supposed which appear to be inexplicable on any generally recognized hypothesis. It is a non-profit research organization to encourage Research and Training in the field of Parapsychology.



Aims and Objects :

1. To investigate unexplained laws of Nature and the powers latent in Man and to advance Parapsychology in India as a Science. The investigation of Telepathy, Clairvoyance, Precognition, Dreams, Psychometry, Reincarnation, Materialization, Poltergeists, Hypnotism and other sub-conscious processes in so far as they may be related to paranormal processes.
2. The collection, classification, study and Publication of reports dealing with the above phenomena. Readers are requested to report incidents and cases.
3. To have close contacts with other Parapsychological Societies and Psi Laboratories Around the World to collect and exchange information on the above phenomena.
4. To collect information about Yogis, Swamijis, Miracle-men and even common and ordinary people who have had Supernatural Powers and those who are able to perform things which are ordinarily considered to be impossible to happen or difficult to explain with the frame work of current science.
5. To create interest among the public towards Parapsychological Research movement through the Seminars and Workshops, Training Classes on the development of Psychic abilities through the “**Indian Institute of Parapsychology**” and keep people informed of the research findings, news and major events in the World of Parapsychology through the Indian Journal of “**Parapsychology Today**”

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2. Taking up specific projects for execution.
- 3. Offering your expertise, knowledge and experiences with our members.**

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