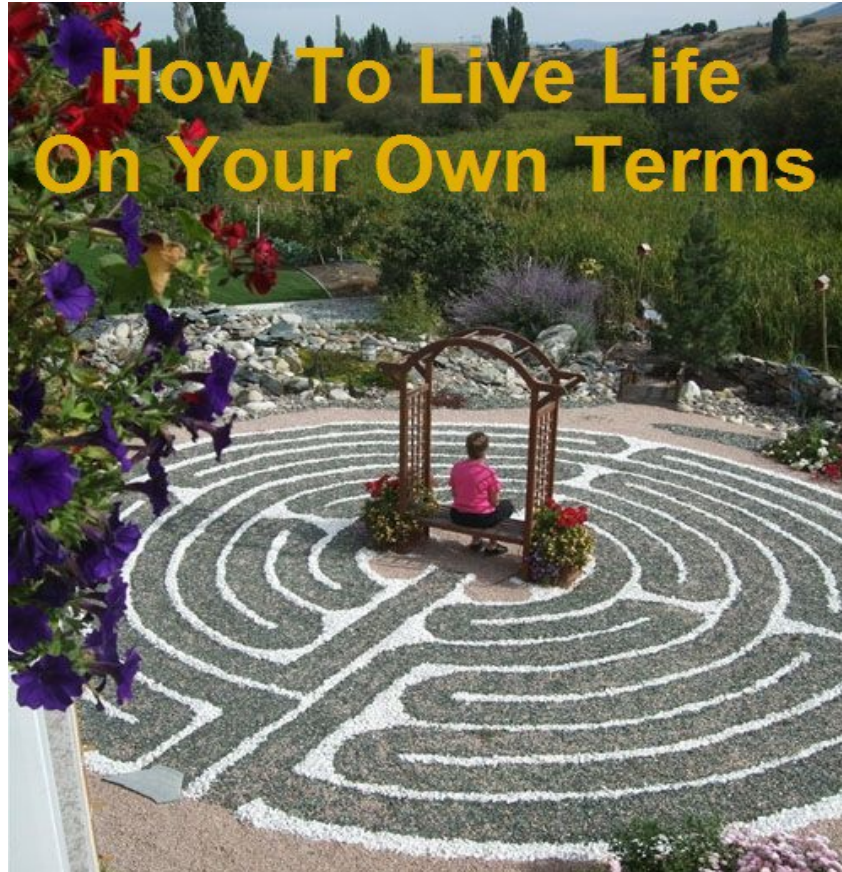


How To Live Your Life On Your Own Terms

(Weave Your Way Through This Labyrinth Called 'Life')



Presented By The FRED67 Community

F.P Publishing(UK) 2017



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*The Articles In This E-book Are In No Particular Order
Please Scroll Through The Index Below To Find Those Relevant To You.*

Index

Are Your Closest Relationships Supporting Your Personal Satisfaction?.....	4
Are You Squandering Your Energy On Things That Don't Matter?.....	5
Become the Best Version of Yourself By Weeding Out Bad Traits.....	7
Be Honest About Whether or Not You're Guilty of Complacency.....	8
Being in Charge of Your Life Doesn't Mean Closing the Door on Vulnerability.....	10
Choose Your Reaction to What Life Sends Your Way.....	11
Don't Just Change Your Beliefs – Change Your Behaviours.....	12
Don't Shoulder the Burden of Everyone Else's Problems.....	14
Gain Appreciation for What's Going 'Right' in Your Life.....	15
How Many Meaningful Experiences Have You Had in Life?.....	17
How to Handle Adversity with Your Head Held High.....	18
Life on Your Own Terms May Mean Getting Out Of Your Comfort Zone.....	20
Quit Faking 'Happiness' and Learn How to Live 'Authentically'.....	21
Set Boundaries to 'Protect Yourself' from Negative Influences.....	23
Start Prioritizing What Matters Most to You.....	24
To Live on Your Own Terms, You Have to 'Retrain Your Brain'.....	26
You Can't Achieve Goals without Grit.....	27
You Can't Enjoy Personal Satisfaction If You've Adopted The Label Of 'Victim'.....	29
You Don't Have to Be 'A Natural' to Achieve Success.....	30
Your Self Perception Wasn't Chosen By You.....	32
Resources;.....	34

Are Your Closest Relationships Supporting Your Personal Satisfaction?

Sometimes, we're held back from achieving our goals by the people we least suspect: those closest to us. Although it might be hard to accept, the people you're the most well acquainted with might be working against you, whether they realize it or not.

They act as obstacles, preventing you from doing the things you love or pursuing your dream job. They might say things that make you rethink the path you want to go down, or make you feel as if you won't be good enough to make it to your goals – especially if you're trying to launch a new career path for something like online entrepreneurial efforts.

However, it's not always that clear. Your friends and family will have different ways of interfering with your personal satisfaction. Some might be very straightforward and blunt, telling you that your goals are unrealistic or that you're not good enough to achieve them.

The most dangerous kind are the ones who disguise their blocking as an attempt to help you. They might tell you to not pursue your dreams in the name of job security or some other excuse.

They could try to steer you in another direction, assuring you it's the best path for you. In reality, only you know what's best for you. Even if your closest relationships are acting as obstacles, you can't just cut out everyone who's important in your life.

If you just started seeing someone and they wanted you to stop pursuing your dreams, then perhaps it'd be a good idea to stop seeing them. However, how could you cut out your own parents if they tried to steer you towards a different career?

You have to be able to set a certain boundary in which you consider their advice if they give it to you, and respectfully decline it if you don't agree with it.

However, if they began to insult your career choice or goals, then they would be crossing the boundary you set.

Once people cross your boundaries, you have to make the decision of whether or not you should keep them in your life or distance yourself from them. You should weigh their positive and negative benefits, and if they're an overall drag on your happiness, there's no reason to keep them around – at least not on a continual basis.

Let them know that they're bringing you down, and you're not going to associate with them until they change their ways.

If you let these people stick around in your life and tell you how to live it, you'll end up unhappy and dissatisfied.

Are You Squandering Your Energy On Things That Don't Matter?

When you get too caught up in the things you don't like, it's easy to lose sight of your goals and the path to achieving them. Once you begin to indulge in your anger, you quickly begin to feel worse each day by continuing to fuel all the wrong emotions.

If you wake up in the morning only thinking about the things you don't like and how angry or disheartened that makes you, then you'll live the rest of your life in a negative mindset, which is bad for your mental and physical health.

Staying in a constant state of anger or sadness is bad for your health in many ways. You might find yourself experiencing more frequent headaches, fatigue, stomach problems, and other physically harmful feelings.

These are all side effects of stress, which is always present with negative emotions. Mentally, you'll find yourself being more irritable and upset, which can affect your loved ones.

Most importantly, you won't be focused on the goals you want to work towards. You won't ever feel that sense of satisfaction that you crave if all of your days are spent being upset.

If you go to bed and wake up worried that you're not good enough to be a niche leader online, then it detracts from the happiness you could be feeling from achieving the goals you tackled that day. That confidence will lend to more success the following day, whereas anxiety will cause it to stall.

If you're a 9-5 worker, instead of waking up thinking about how you're going to dread seeing that one co-worker of yours, think about how happy you are to have a stable job.

Focus on the things that you love and the things that you need to do.

Complaining about your co-workers every day isn't going to help you accomplish your goals. It's absolutely useless, and it only causes you issues, not them. Instead of complaining about everything that's wrong, focus your efforts on fixing the things that are wrong that you can fix, and spend some time focusing on the things that you enjoy or are pleased with.

When you start to spend your time and energy working towards things that you want and things that you enjoy, you'll lose that feeling of stress. You'll wake up feeling energized and excited to start your day rather than dreading another useless day of getting nothing done.

Get yourself on a good sleep schedule if you're not already on one, so that you can spend more time doing the things that you love. You'll find that your mind is more at ease and you feel much healthier.

You'll gain a sense of satisfaction just knowing that you're taking control of your own path, that you're living life how you want to live it rather than letting someone (or something) else turn you into an unproductive mess.

Become the Best Version of Yourself By Weeding Out Bad Traits

We all have a few traits in our personalities that could be changed or improved to make us better people – and better marketers who are able to serve our audience. You have to recognize what traits you would like to work on before you can begin improving yourself, of course.

Think about what traits you have that you would find annoying coming from other people. Ask your friends and co-workers what they think your worst trait is. You might find that you're doing things that annoy people around you without even realizing it.

You might have had this trait for years without noticing because nobody ever pointed it out. These traits might range from being too loud in public to being excessively rude. You have to be sure that you're open to criticism when you start down the path to fixing your quirks.

Don't be afraid to learn that you're not perfect - everyone has their negative traits - and being brave enough to seek help in fixing yours is a very honourable thing. Be open to seeking out the help of a counsellor to help you along your path of change.

If you can't handle criticism well, then you won't be able to get anywhere when people tell you what they think you could improve on. Perhaps not being able to take criticism would be a good place to start in this instance.

To effectively get rid of your negative traits, you have to have it on your mind constantly. It helps if you ask your friends or co-workers to point out when you're exhibiting those traits again.

If you never noticed them before, it's not likely that you'll notice after just realizing that it was an issue. Make fixing that trait your number one priority by setting reminders on your phone or on your computer, so it won't slip your mind.

You can also leave yourself notes. Whatever it takes, just make sure you remember to stop exemplifying those negative traits. The primary benefit to weeding out your negative traits is that you'll be more sociable.

People will want to hang out and be friends with you more or network with you for business reasons. By extension, this makes it extremely beneficial for your mental and emotional health.

You'll be much happier when the people around you are happier.

You'll rest easier at night knowing that you made an improvement for the better, which will also make you more confident in yourself. You'll be more successful all around, which will lead to a greater sense of satisfaction.

Be Honest About Whether or Not You're Guilty of Complacency

Sometimes, our satisfaction and progress towards our goals is impeded by our own complacency. Complacency is the feeling of being okay with whatever happens around you.

This happens with online entrepreneurs when they experience a little bit of success, but instead of working toward the next level, they stay right where they are because it's easier.

While being a little complacent is fine, being overly complacent is a dangerous thing. You shouldn't always hate where you are in life, but you have to be able to be somewhat critical of your life to see where you can improve.

If everything is always fine, you won't ever overcome any obstacles, and you'll be stuck in an unfulfilling job forever. You have to find the right balance between being grateful for what you have, and wanting something better.

Complacency may have started being instilled in you as early as your first few years of school. Maybe you were told that you wouldn't really amount to anything, so you got comfortable with the mediocre and just accepted it.

Maybe you started to think that you were doing just fine with the minimum amount of effort, so there was no reason to spend too much time focusing on your schoolwork.

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Once you reached the real world, these habits probably came along with you, and you're less successful because of it.

How exactly do you undo so many years of complacency? How do you change your ways? Simply put, it's like unlearning any other negative trait. You have to make it your main focus and work on it first thing every day.

Start pointing out everything that you would like to be better in your life. You don't exactly have to be depressed about it, but being a little upset is a good way to drive you. Even more importantly, start making actual progress towards your goals and changes.

This is the only real way to break the cycle of complacency. Changing your complacent ways will help you immensely. First, you'll notice that you're much happier by being a little negative sometimes.

While it might sound strange, it makes sense when you think about it. If you're always happy all the time, and it becomes commonplace, that feeling loses its importance.

You need a bit of bad to be able to appreciate the good.

Secondly, you'll work towards your goals more effectively. If you're fine with everything as it is, you won't have any desire to change your life. You need some kind of push to make you want to change things for the better, and not being content with everything might just be that push.

Being in Charge of Your Life Doesn't Mean Closing the Door on Vulnerability

When people begin to take control of their own lives, it's very easy for them to over-do it with their newfound lease on life. You might start thinking that you have to be fully in charge all the time, because any signs of weakness might cause you to falter.

This can backfire on you if you're an online marketer who needs the input of others to succeed. You might shut out other people's advice and try to handle everything on your own, attempting to be completely rock solid.

While you can't be flimsy and be used like a doormat, you can't go to the other extreme and be completely hard, either. You have to find a reasonable middle ground. Closing off everyone and everything and trying to be completely invulnerable is one of the worst things you can do when trying to help yourself.

By doing this, you'll drive away your friends and those who are genuinely trying to help you succeed by giving you good advice. You'll find yourself less confident and sometimes depressed because you're trying too hard to not be vulnerable.

By closing off access to your friends and peers, you'll cut off potential opportunities for networking and success. You simply can't be successful or happy at the extreme ends of vulnerability.

There's a middle ground between flimsy and rock solid when it comes to being vulnerable. You have to learn to be firm, yet flexible enough to be able to adapt when you need to.

Show just enough vulnerability to make you seem much more genuine and relatable. People will take you much more seriously and respect you more if you acknowledge your weaknesses, but don't dwell on them too much.

This is the sign of a true leader, and will lead you down the path to success by opening up new opportunities. It can be difficult to find the appropriate balance between vulnerability and strength, and it may also vary from person to person.

If you're going through a really bad time in life, you'll find it might be better for you to be more strong than vulnerable, until you reach a point in life where you're comfortable enough to relax a bit.

Once you're in a spot where you feel safer, you can be a bit more vulnerable and accept help more often. However, you should never, under any circumstance, be completely closed off or completely vulnerable. Find the balance that works best for you, and stick with it.

Choose Your Reaction to What Life Sends Your Way

Most of the time, when a major or even minor event is thrown our way, we simply react to it. There's not a lot of thought process behind it - it's just something that we do naturally.

However, by thinking about how you want to react rationally, you can better control your life. There are very few instances in which a knee-jerk reaction is a good thing. When a difficult situation arises, stop and think about what the appropriate reaction is, and how you should react.

You can control your response to anything if you just take some time to think it over. When you choose how you want to react to a situation, you hold all of the power in that moment.

If someone does something with the intention of upsetting you or making you angry, like a customer who rants to you that your product is horrible and they want a refund sixty seconds after buying it, being able to respond to it calmly takes away their power.

Your life will no longer be dictated by the things happening around you. Nothing can make you feel a way that you don't want to. Nobody can control your emotions but you. By taking the reins, you can live a happier, more satisfying life by being able to look on the bright side of things.

Immediate reactions are usually irrational, and irrational actions can get you in a lot of trouble.

For example, you might be getting tail-gated on the highway. You automatically get upset, and you start to see that car behind you as an enemy, and you try to get them away from you or get back at them.

In the process of trying to respond with anger, you could be distracted by their presence and crash – or cause an even worse altercation.

Instead, think about simple solutions to solving the problem at hand.

This applies to everyday life, as well. If someone says something derogatory towards you, don't just try to fight them, just find a way to escape the situation safely, and know that you were the better person in that instance.

In some situations, the immediate reaction that you have is appropriate, such as the loss of someone close to you. You don't have to make a situation like that positive. For the emotions that follow, such as grief, choose how you'll handle having these feelings.

Talk it out with a grief counsellor rather than just putting it on the back burner. It's important to recognize situations in which hasty reactions are acceptable, and situations in which well thought out, controlled responses are preferable.

Don't Just Change Your Beliefs – Change Your Behaviours

Everyone has a point in time in which they change their beliefs because they think differently due to some event. Perhaps it was something traumatizing, or something minor, like reading a blog post.

Either way, despite our newfound changes in thinking, we don't always change our behaviours to match our beliefs. For example, maybe you read how successful entrepreneurs master time management and it sounds great, but you don't actively do anything to alter your disorganized behaviour.

Or you might find a new way of dieting, and start noticing all of the unhealthy things everyone eats. However, you might not actually be eating the healthiest yourself.

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You might wish that everyone were nicer around you, while still being a bit unpleasant to those around 'you'.

This kind of behaviour can hurt your relationships with your friends and family and generate a lot of unwanted stress. When you don't practice what you preach, you'll find yourself looked down upon by the people around you as a hypocrite.

People will only accept your beliefs if you accurately reflect them, otherwise you'll just make your beliefs look bad or you'll make yourself look bad. You'll also feel bad emotionally, when you reflect on yourself and realize that you're not the person that you want to be, or think you are.

It's difficult, though, to make these changes. When you realize that you're not behaving as you believe you should be, it can be hard to change your actual behaviour. Be sure to spend time every day thinking about what changes you want to make, and then dedicate time to following through with those changes.

It won't happen immediately - it will take a few weeks for you to get totally used to changing your behaviour. In the meantime, ask a friend or family member to help you focus on this change and keep you on track.

Ask them to 'Hold You Accountable' for this change, it works wonders.

If you're the only one paying attention to it, you'll find yourself forgetting about the change until you've completely forgotten about it. When you start really acting as you believe you should, you'll find that you're happier with who you are as a person.

This leads to you finding happiness in life much more quickly, because you're not discontent with your personality. It will also improve your social life, because when people hear you talking about your beliefs and also accurately reflecting them, they'll see you as a more trustworthy person, and will show you more respect.

Not many people can put their money where their mouth is and actually follow through with everything they say.

Don't Shoulder the Burden of Everyone Else's Problems

Sometimes, people get a bit too caught up with everyone else's issues and can't focus on their own. It's very easy - especially if you're trying to be a nice person - to try to help everyone with everything.

You end up being so focused on being a positive contributor to everyone else's lives that you can't stop and solve your own problems or work on your own dreams, which only allows your issues to grow larger and larger until they finally overburden you.

You're putting yourself in a bad position, as well as making the people around you overly dependent on you. You might not even notice that everything is piling up until you're already becoming overburdened.

First you might have to work a bit later to help out your boss and co-workers. Maybe someone you know at work needs help with a home project, and they need your help. However, your spouse needs you to get a few things done around the house while they get finished with some other chores.

Your kids might need help on their schoolwork or projects. You might have an old buddy from college coming to town later who wants to meet up again. **Before you know it, you're absolutely swamped.**

But that doesn't mean you have to say no to everyone. You have to learn how to manage your time to include time for yourself, as well as learning how to say no to unnecessary tasks.

If your kid's project isn't due for another few weeks, you can put it off for a little bit to spread out the burden. You don't really need to help your co-worker finish their home projects.

Politely, yet firmly, tell them that you can't help because of other tasks you have to do. If you're always the person that helps everyone, people will begin to take advantage of that.

If you want to pursue something rewarding for yourself, such as a career change where you're launching your own online empire, don't let others stand in the way of that.

It takes time, and if you find yourself always using excuses as to why you can't get it done, find out if those excuses are due to handling other people's tasks.

It's very important that you set aside time for yourself to think, rejuvenate, and enjoy life. You might pick up a hobby or begin an entrepreneurial business to better yourself. This time is essential for you to live a happy, healthy life.

Otherwise, you're just stuck helping everyone else live their lives.

You can find time to help your friends and family while still dedicating enough time to help yourself. Even then, you should try to help your friends and family become more independent, and learn how to do their home projects and school work with little to no help, because help won't always be there.

Gain Appreciation for What's Going 'Right' in Your Life

Sometimes, people see life through a filter of negativity, only focusing on the bad parts. They always think about what's going wrong in their lives, what gets them riled up, and what they hate.

Many people like to indulge these thoughts and complain about these things to their friends and co-workers, either in person or over social media. If they're working on their online business, the focus isn't on accomplishments, but on what they failed to achieve instead.

This is even more prevalent in people who have it rough. It's much easier to be upset about the bad things happening to you than to be grateful for the good. To be truly happy, you have to be able to appreciate the things that are going right.

Focusing too much on the negative aspects of your life negatively affects you and the people around you. You'll be in a perpetual state of gloom if gloom is all you ever know.

You can't effectively work towards your goals if you're stuck in negativity.

You can't even begin to fix what's going wrong in your life if you focus too much on it - you won't even know where to begin if it's all you know. Instead, dedicate your time and energy toward appreciating the positive aspects of your life.

We should all take more time to appreciate the things in our lives that are going right. Think about what you have that others would be desperate for, whether it be a house, a car, a job, or even a family.

Even just living in a first world country is a great benefit. So instead of focusing on how much you hate your boss and wish you could leave it to pursue an online business, think about how wonderful it is to have a source of income as you work on your entrepreneurial dream, because many people aren't so fortunate.

When you focus more on the things that are going right in your life, you make it much easier to work towards your goals. When you appreciate the things that are going right, it gives you greater drive to accomplish your goals, because you know the feeling of success and want to feel more of it.

When you focus too much on the negative, you don't get that drive to change your life for the better. Even your friends and family will feel the effects of your positivity -
by seeing your upbeat attitude, they'll be inspired to follow in your footsteps.

By doing this, you can feel more accomplished by having contributed positively to their lives. Learn to take time to appreciate what's right, and you'll find that you'll have more positive experiences.

How Many Meaningful Experiences Have You Had in Life?

We sometimes struggle with the fact that we don't feel as if we've had a truly meaningful experience in our lives. It makes you feel stuck, as if where you're at now is all you can ever have or be.

It doesn't have to turn out this way. If you're in a career you can't stand, and wish you were your own boss, you can do it. You can have a meaningful career that provides personal satisfaction where you wake up day after day eager to get to work.

You might not know what it even feels like to have a meaningful experience, or what would satisfy you personally. First, you should figure out what makes an experience meaningful.

Most commonly, a meaningful experience is an event or other experience that has made a considerable impact on you, or otherwise shaped who you are. It might have been a positive experience that left you feeling more confident, or it might have been scarring and left you feeling vulnerable.

However, some people feel as if they never really had a defining moment that changed them, and they crave such an experience. For some, meaningful experiences have come naturally, but not for all.

Some people may have to go out and experience something for themselves. Typically, this will involve you getting out of your comfort zone, and overcoming one of your fears. For example, if you have always been terrified of heights, book a skydiving session.

If you're scared of the ocean, try out scuba diving. If you do something mundane or something that you're comfortable with, it won't stand out as meaningful or have any real impact on who you are.

Really, the only thing that can make an experience meaningful is you. No matter what you do, you have to be able to take some kind of meaning away from it when it's done. If you're afraid of heights and go skydiving, it doesn't help you if you don't take a feeling of pride and courage from it when you're done.

You have to be able to give meaning to these events, because no event inherently has meaning. You can even choose to give positive meaning to otherwise negative events. For example, you can take away the positive experience of having pushed through with rough times if you get fired, and later find another job.

Having meaningful experiences is extremely important for you if you want to be successful. When faced with adversity in the business world, you need to be able to look back on something that you thought you could never do, like skydiving, and that will give you the drive to overcome your obstacles – such as fear of hosting a webinar or being on a video blog.

If you can overcome your worst fears, then everything in the business world is easy. By having some kind of reference and source of courage, you'll be able to work toward your goals with much more confidence, making sure you're accomplishing them quicker.

How to Handle Adversity with Your Head Held High

It can sometimes be very difficult to face adversity with confidence, and usually it's all in our own heads. We begin to think of unreasonable worst case scenarios, which incites panic, and then we can't stand up to the issue at all out of fear or anxiety.

For example, your boss at work might be treating you unfairly, and you want to confront them about it. However, you start to worry that your boss might fire you if you confront them.

Then, you open the door to more unreasonable thoughts, such as, "What if I can't find another job?" You won't allow yourself to dream big with thoughts of achieving the desired result – or even exiting the company and having a successful career as an entrepreneur.

To tackle adversity well, you must first divide the realistic outcomes from the unrealistic. If your mind is crowded with absurd what-ifs, then you won't be able to take on adversity confidently.

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When an unrealistic scenario pops into your mind, think to yourself, if somebody told you that this happened to them, would you believe them? If the answer is no, you can probably dismiss it as an unlikely scenario that you don't have to worry about.

Worrying about unlikely scenarios too much could actually increase the probability that they occur, because if you're too concerned with them happening, you might say the wrong thing or say something that you didn't mean to out of stress.

Once you have only realistic scenarios in mind, then you can think about what the worst case is. Consider how likely the worst case is to occur, and what the consequences of it occurring would be.

If the consequences aren't too severe, you can be confident that even if it goes all wrong, you can still recover and be okay. Similarly, if the chances of a poor outcome are very slim, then you can find confidence in knowing that you'll probably be fine no matter what.

Finally, you need to realize that by being confident, you're increasing your chances of a positive outcome. If you go into a job interview feeling nervous, the employer will be able to pick up on that.

If you try to lead an online niche audience with fear of competition or ridicule, they'll sense it and be turned off. While you can't be overly confident, people will often times respond better to confident people than they will to introverted people.

It's much harder to get respect when you're not holding your head high, and without respect, it's difficult to overcome adversity. By tackling your problems confidently, you're not only going to be more successful in facing them, but you'll also feel more accomplished at the end of the day.

Life on Your Own Terms May Mean Getting Out Of Your Comfort Zone

Many people today dream of living life on their own terms, because they want the freedom of being able to do whatever they want. However, they don't really know what it means to live life on your own terms.

Living life on your own terms means that you aren't afraid of confrontation, and you'll always put your own best interests first. If it doesn't benefit you, you're not going to like it, and you'll do whatever you can to avoid it.

If you want to do something that you enjoy, such as building your online business, you'll do it. However, if there's something you don't like doing, like a certain business model, you won't go near it.

If you want to find personal satisfaction in life, you're going to have to live life on your own terms. If you don't, you'll find yourself being used as a doormat instead of being happy.

By living on your own terms, you not only discover what you find most important in life, but you also maintain a constant feeling of satisfaction and happiness. You'll also figure out who's working against you in your life and who you need to stop associating with.

However, with all of the positive aspects of living on your own terms, there are a few negatives. By choosing to live your life as you see fit, you'll discover that it's a very different life than most people lead you to believe.

Many people are used to trying to help others more than they help themselves, so this will be a very harsh change of pace for them. You'll have to get used to saying 'no' to things you don't want to do, where in the past, you'd simply put up with it.

These changes will take some time to make, but you'll find that it's well worth it when you're finally used to it.

By picking and choosing how you live each day, you open up many more paths for personal satisfaction and happiness.

You block out most negativity in your life, and only live for the things you truly enjoy and love.

By blocking out negativity, there will be very little left in your way to your goals, and the stuff that's still blocking you will be easily overcome with the right attitude.

You may find yourself in a better situation financially, by moving on to a career you're happy with rather than staying stuck in one you're not pleased about. You'll also be happier after weeding out the people in your life that are working against you, leaving you with only your true friends and loyal loved ones.

Quit Faking 'Happiness' and Learn How to Live 'Authentically'

Many people are content with the lives that they lead on the surface, but deep down, crave something totally different. The most common excuse is that "they could have it worse, so there's no point in complaining."

The truth is, someone is always going to have a worse life, but stop worrying about them, and worry about yourself. You can't wake up each day dreading your boring or unfulfilling life, only to say each morning that someone in a developing country has a worse life than you, so you have to be content with the life you lead.

You have to be happy by your own standards. If you're not happy working 9 to 5 at your office job, then make a change in your life. If you want freedom from a corporate job and want to start your own online business, go for it!

Don't settle for a mediocre lifestyle and pardon it just because "things could be worse." Of course things could be worse. You could be homeless, crippled, starving, and tons of other unfortunate things. Don't let that stop you from doing what you dream of - always strive for the best of the best.

Become that person you always daydream of being, because it's attainable. The only thing holding you back from achieving these dreams is yourself. The people around you can't control who you are or what you find happiness in doing.

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You have to set your own goals and, more importantly, strive to achieve them. By feigning happiness, you're barely fooling the people around you, but you can never fool yourself.

You'll always have that feeling that you're not content, or that you wish you were somewhere else in life. Everyone else might think you're pretty happy doing what you're doing, but you know the truth.

Even some of the people closer to you might see through your façade and realize that you're feeling stuck. If you let it be known that you're looking for change in your life, those opportunities are more likely to present themselves.

The most important part of living a wholesome life is knowing what you want out of this world. Don't try to convince yourself that stocking shelves at a grocery store is what you want.

If you want to see every corner of the world, you should strive to accomplish that, because at the end of the day, you'll feel much more accomplished than you would living your typical, everyday life that helps make ends meet, but doesn't do anything to contribute toward your personal satisfaction.

When you finally accomplish whatever goal you're working towards, you can tell people that you're happy and actually feel that way deep down. It will be refreshing to be truthful about your life.

Set Boundaries to 'Protect Yourself' from Negative Influences

Even if we don't harbour negative emotions, we can still feel the effects of a negative attitude from the influence of others. These might be the people with poor attitudes, negative outlooks on life, or bad personalities in general.

It could be a customer or client, a co-worker, a friend, a family member, or an ex. More often than not, you don't like interacting with them. They tend to say or do things that make you feel bad, or hurt people that you love.

They might have some kind of past that they try to bring up as an excuse for their poor behaviour, such as a bad childhood. They usually bring this up so that you take pity on them, and allow them to keep spreading their negativity. This is a TRUE 'Narcissistic' Personality Trait - which you should 'avoid' at all costs.

Allowing these people to stay active in your life is much like having a malignant tumour. At first, it might just be a slight discomfort, but if you don't remove it soon enough, it may end up spreading and harm you physically as well as psychologically.

You might just think that you can tune out their negativity, but if they're mostly negative, then you can't just tune them out. Eventually, being around people that are constantly needy and upset will make you irritable, stressed, and sad – **but worse** – you will begin to align yourself with them and eventually 'empathise' with them leaving yourself highly vulnerable to their 'control' and 'manipulation'.

They refuse to adopt your positive attitude, but you begin to adopt their negative one. However, these people usually stay in your life for some time because they hold some kind of importance to you.

Maybe it's a parent who constantly criticizes your efforts to start an online business. They ridicule it and interrogate you to try to prove their point that you're failing. You don't want to cut them out at first because they might be related to you, or you might see them on a regular basis and don't want things to be awkward.

You have to **stop and think** about your mental health first, and your comfort last.

Just ignoring them is a temporary solution, and eventually they'll start to get back to you. You have to explain to them directly that their negative attitude is draining, and that you don't wish to interact with them until they get some help and change.

At first, the change will be difficult, but in time, the benefits will shine through. You'll stop dreading hearing their criticism when they talk to you, or you'll stop having to hear their continual complaints about how horrible life is.

It may even help them because they may seek out help from a therapist about their negative behaviour when they see how it affects the people around them. (*Though in the case of the Narcissist they will 'never' admit that it is 'they' who are the very ones 'needing' HELP!*)

If they don't have that kind of remorse about losing all (*or most*) contact with you, then they're not worth spending the time to talk to in the first place. (If you're not sure what a Narcissist is please Google the term or consult a Dictionary, it's a word 'everyone' should keep in their 'Danger' locker.

Start Prioritizing What Matters Most to You

One of the most important things that you need to focus on to be successful is your priorities. Having your priorities in order means that you are able to easily address your priorities in order of importance.

It's very easy to get caught up in unimportant things such as drama, television, and other small things. When you get so focused on unimportant matters, you forget the things that are truly significant, the things that will help you achieve your dreams and goals.

Maybe you had a dream to own your own business, creating products or leading a niche audience – but you tabled the idea because you had other priorities for your 9-5 job, your spouse, children and more.

You can find a healthy balance and meet those responsibilities while still pursuing your own dreams, too.

Having your priorities out of whack can be very mentally draining. When you focus too much on things that won't help you achieve your goals, you start to become stressed out, whether you realize it or not.

You get tired of doing a lot of work for no gain, like helping everyone else with their projects. You can put plenty of hours into helping your co-workers and friends, but that doesn't mean you're going to get much out of it besides a thank you.

It's very unfulfilling work, and you shouldn't let it hold you back from accomplishing your dreams. The most emotionally beneficial part of having your priorities in order is the sense of self satisfaction that you get knowing that you either achieved your goal, or made progress towards it.

If you haven't made any progress, then when you go to sleep at the end of the day, or look back on your week, you'll feel like you didn't accomplish anything. When you get things done, reflecting on your week, month, or even year and seeing the progress you've made makes you proud of yourself.

You know that you're on the right track to improving your life. To get your priorities on track, you first have to identify the main cause of stress or displeasure in your life. For example, you might have a job that you can't stand working at.

You wake up every day dreading going to work. This should be your main priority for change - spend your time searching for other jobs. Make it your primary focus. Once you have your job sorted out, you might be having issues with your car that are stressing you out.

That should be your next priority - getting the car repaired or selling your car to buy a new one. Always focus on the primary cause of your stress at that time, so you'll end up living a happier, stress-free life.

To Live on Your Own Terms, You Have to 'Retrain Your Brain'

After graduating from high school, some people stop pursuing further education if they've already found a job they're comfortable with. Those who continue on to graduate from college very rarely continue educating themselves, unless their job has a specific course they need to take.

Usually, this is because they've already done the required amount of learning for their careers, and they're a bit sick of school after about 17 years of it. So, they figure since they don't need any more of it, it's no longer useful for them.

In reality, more education is always useful, even if it's not conventional learning. As an online entrepreneur, it will be vital that you embrace the aspect of continuing education because the marketplace is constantly changing. (*Another PLUS to continued Education is 'Brain Training' which can stave off many unwanted Brain-Health conditions later in life*)

Most successful people will never pass up the opportunity to learn more. They tend to have a much more diverse knowledge, and know at least a little bit about most things in life.

They're familiar with history, have a decent knowledge of mathematics, know their sciences, and are well versed in the English language. Because they have all of this knowledge, they've been able to find the career or niche that best suits them, but are also able to utilize their wider knowledge in their specific fields.

Once you broaden your horizons and gather more knowledge, you might find that the career you previously wanted isn't what you want to do any-more. If you spent most of your education excelling at English, you might not have even realized you enjoyed history more.

Even if you don't change your career path, you'll be able to pull inspiration from other fields for your own job. For example, if you decided to write novels for a living, you could use your knowledge of history to write historical novels that you publish on Kindle.

Alternatively, if you pursued a career in science, you would be able to use your writing skills to publish papers and health products. Continuing your education doesn't necessarily mean getting more conventional education.

You don't need to go back for a few more years of college to be successful. Instead, learn from other people's stories and find out what's worked best for them in life. Talk to people who have taken different paths than you and see what it's been like for them, and learn from what they know.

You can also gain some more conventional knowledge by simply reading up on online forums or at your local library. Devour books, magazines, and even YouTube videos. You have to dedicate time every day to learning a bit more, even if it's just for a short period of time.

Check Out '<http://fred67.com/library1>' which is our FREE Online E-Library.

You Can't Achieve Goals without Grit

People prematurely quit on their paths toward their goals every single day. They might've stopped pursuing their degree, settled for a job they weren't happy with, quit their dieting program, or any other number of things.

Sometimes, we can attribute this to them realizing their goal wasn't what they wanted it to be. Perhaps they found a job they liked and didn't need to get their degree, so they dropped it, or maybe they switched to a different diet program.

However, this is very rarely the case. In most instances, the cause of quitting early is a lack of grit. If you're going to pursue online marketing, you have to have ***an ample supply of grit*** because this is a solo venture.

Grit, in a literal sense, is a rough surface, usually able to grind away at what stands in its path. In a very similar way, the personality trait that is grit is the ability to overcome adversity and be persistent, no matter what.

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Having grit means that you can keep working toward your goals, even if something tries to stop you. Someone with grit can never be put down or demoralized -

they will always be positive and persistent in working toward their goals.

Grit is more than just getting up every time you get knocked down. It's getting back up gladly every time you get knocked down, and tackling the obstacle again even harder. However, not everyone naturally has grit.

For some, it has to be developed over time like any other learned skill or trait. To develop grit, the first thing you need to do is be sure that whatever goals you're pursuing are goals that you truly desire.

If accomplishing these goals isn't your true desire, you won't have a real drive, and then you won't really develop grit. Next, you have to be optimistic. Grit and negativity don't work together at all.

You have to be positive to have grit, because if you're negative, you won't be able to tackle your problems with confidence. Once you have grit, you'll be able to address any problems that you face in your life.

Any obstacle can be overcome if you *don't stop trying*, and without grit, you'll end up giving up before you overcome it. Even if you're just persistent, you'll eventually get tired if you don't have that positive outlook about it.

Only with positivity will you be able to keep working toward your goals until you finally reach them. Much like literal grit, you'll be able to grind away at your obstacles, ultimately achieving anything you set out to accomplish.

Develop A Really 'Positive' Mind By Training Your Brain First [Here!](#)

You Can't Enjoy Personal Satisfaction If You've Adopted The Label Of 'Victim'

Many people today are practically addicted to being a victim.

Everyone seems to have their own little story about why they're unsuccessful, whether it be that the "system" is against them or that other people are "holding them back," but they never do anything but use that excuse.

If they can't find a job or fail at Internet marketing, they'll blame it on something else, like the mean course creators leaving out information or too much competition in the marketplace.

They're always the victim, and never the culprit, so others feel inclined to take pity on them. In reality, they're usually the causes of all of their own problems - *especially by being stuck in this mindset.*

If you're one of these people who always blames their problems on people or things around them, you'll never truly live a happy life until you get out of this mindset. If you think like this, you'll have no drive to ever change anything in your life for the better, because you'll automatically assume it's out of your control.

You can't make your dreams a reality if you think you're being held back by all of these imaginary forces, and even worse, giving in to them. By always assuming the role of a victim, you'll just let everything happen around you while you make no progress.

To stop living in this mindset, you have to realize that there are people who are in much worse conditions who don't think they're the helpless victim. There are people out there who live in a first world country with plenty of access to food, water, shelter, and jobs, who think the whole world is against them.

At the same time, there are people who were born and raised in war zones, have no access to clean water, and have no shelter *who have hope* that they can still be somewhat successful and happy in life.

Realize your potential, count your blessings, and stop acting like you can't accomplish anything. Once you finally come to the realization that there really aren't cards stacked against you, you can finally begin working towards your dreams and find happiness.

You won't be hampered by the thought that people are working against you, so there's no point in trying. Instead, you'll see that 'you' and 'you alone' can carve whatever path you want, as long as you're willing to put in the time and effort.

If you believe that you can accomplish your goals, and that there's nobody holding you back, you can.

You Don't Have to Be 'A Natural' to Achieve Success

It's very common for people to look at those who are successful and how skilled they are at their craft, and assume it's simply something that they're naturally good at. We see this a lot in the world of online marketing, where some leaders seem to have an innate appeal to their audience.

In today's world, we crave instant gratification so much that if we don't get the hang of something immediately, we dismiss it as us not being naturally skilled enough. Maybe you wanted to get into shape and saw all of these people at the gym doing really well, but in your first week you struggled.

You might have assumed that the people you saw were just naturally good at exercising, but in reality, that's not the case.

In most instances, you're never born being good at something.

You might be born taller or shorter than other people, but you have to develop skills from birth, just like everyone else.

People who are better at certain things have just spent more time perfecting that specific craft, whether it be exercise, maths, sports, or socializing.

You have to put in the time and effort to be good at something.

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Although it's much easier if you start at a younger age, it's never impossible to learn and improve a set of skills.

There are many ways to start improving or acquiring a skill, and the best method differs between each skill. For exercise, just jumping right into the gym and doing whatever you think will work isn't the best idea.

Instead, ask around at the gym for tips on where to start, or even get a trainer to give you a workout routine. If you want to be more knowledgeable about history, you would want to allocate more time to reading books about history.

It's not impossible to become knowledgeable, even if it seems like it comes to some people naturally. Anyone who's really good at something will tell you that they've spent a lot of time dedicated to perfecting their craft.

If you want to present yourself as a master of marketing in your niche, take time to choose the right people to learn from and dig down into the learning process until you exude confidence like your competitors.

When you acquire new skills and improve your existing ones, you open more paths to success for yourself. You might find new ways to achieve your long term goals by branching out and trying new things.

You'll feel more accomplished and confident by looking back on the progress you've made, which will drive you to achieve your goals.

As long as you dedicate enough time and effort into learning, you'll be able to acquire any skill and any amount of success that you desire.

Your Self Perception Wasn't Chosen By You

Very Often, we let others shape who we are.

The environment we're in and the people we know mould our personalities and outlooks on life, but that shouldn't be done to the point that you ignore your own wishes.

You have to be content with who you are, and to be absolutely content with yourself, you must carve out your own personality. It can be scary, if all you've ever known is doing what other people told you, but you'll never be truly happy until you pursue your own path.

It's very easy to be influenced by others - especially when you're young and still developing. You might have had a mean teacher who told you that you would never amount to anything, and those words might stick with you today.

Maybe one or both of your parents placed expectations too high or too low for you. They might have told you that you have to be a doctor or a lawyer, and nothing else will do, or they may have told you that you might as well get comfortable working at Walmart, because that's all you'll ever be good for.

You have to find the strength and the courage to dismiss these expectations, and be who you want to be. None of these people telling you 'who you're going to have to be' know *you* better than - *you know yourself*.

Many are just nervous.

For example, if you want to launch your own online business, but they're unfamiliar with it, they may try to dissuade you from it out of sheer fear. You'll have to do it without their support and understanding.

If you always dreamed of being an artist, but everyone pressured you to become something "better" with "higher pay," you have to look past what they say. Very few people have said that they're glad they never pursued their dreams and just followed everyone else's advice.

It might be difficult, it might not even work out, but you'll never have that itching feeling of wondering how it could have been if you had just tried.

You can find satisfaction in knowing that you tried your best.

You also have to be able to define what kind of person you are. Nobody is born inherently worth more or less than anyone else. If a few people think that you're just a piece of trash, you have to look at who 'they are' as a person, devaluing other people to make themselves feel better.

If someone tells you that you're worthless - **ignore them** .

They don't know your story, they don't know who 'you are' in your mind, and they can't make assumptions like that.

Evaluate your own worth, think about the people that love you, the good that you do, and how you make a positive contribution to the world and if you feel like it's lacking, make the change that will make you feel better about yourself.

OK That's it Folks, I hope you got some great value from this short E-book.

If So ... Please share it with your Friends. Family & Associates, and don't forget to check out the '**Resources**' below as there's even 'More' Free-stuff to be found there!



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