

Lead to Change Yourself

By

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Lead to Change Your Self

- We cannot change the world or anyone else
- We can change ourselves be live at optimum
- Do our best each day
- Be the person we really want to be driven by the passion to succeed in our personal mission by upholding our values and living a life of contentment and peace.

Lead To Change Your Self

- Your interior self impacts you.
- Your daily behavior indicates who you are
- Your belief system makes you behave and do what you do
- Change is not a one stop journey it is a slow incremental process that requires commitment, effort and daily action.

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- What is it that you want to change?
- Why?
- Your attitude?
- Your actions?
- Your habit?
- How you process thoughts?
- Your mood?

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- All of us live in and have four quadrants
- Soul
- Heart
- Mind
- Body

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- You become the influences you most spend time with.
- There are three circles of influence
- The core
- The inner circle
- The outer circle
- Analyze those who influence your life

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- Are you happy with who you are?
- What does it take to make you feel happy?
- Are you comfortable with your Self?
- How will you get comfortable with your Self
- Learn to spend time alone
- Write a journal
- Give your Self space to learn and grow by reading and writing, thinking , contemplating, assimilating thoughts and words into action.

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- Select your association:
- Ask your Self:
 - Which people fill your life with joy?
 - Which people steal your happiness?
- Trust how you feel and guide your Self to choose and be with those that give you Joy.
- People, places and pursuits that give and create happiness, add these to your life daily.

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- Do what is most difficult first
- Doing difficult things is critical for enabling us to grow.
- You may not want to do it or feel like doing it because it is difficult
- It is precisely for this reason that we must do what is difficult to grow and mature.

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- Learning is not purely an intellectual process
- Learning is an emotional process as well.
- Wisdom comes when the intellectual and emotional process are combined to create or acquire knowledge.
- Learn to process pain
- It is difficult to process through pain.
- Negativity drains us!

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- Negativity consumes energy, it's toxic.
- If we are angry and hurt inside it is difficult to do anything because we wallow in self-pity and feed on negative energy which takes us into depression.
- Learn to forgive others.
- Learn to forgive your Self

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- Work through your toxic emotions
- Work through anger
- Work through hurt and pain
- Work through resentment, sadness, disappointment
- Process the past, enjoy the magic of present life!
- Keep a journal, work with a therapist, life-coach
- Release your negative emotions

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- Heal your Self
- Victims run away from reality
- Heroes run into their fears and conquer them.
- Emotional IQ is significant
- Be your authentic self.
- Have empathy
- Feel for others
- If you don't feel for others you can't change your Self either.

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- Be kind to everyone.
- A closed heart cannot be kind
- Amplify Love
- Have an open welcoming heart
- Grow through your relationships
- People come into your life for a reason
- To teach you, to make you learn life's lesson if you are willing to learn and grow.
- Be human
- Take off your social mask

Learn To Change Your Self

- Simplify
- Go lean
- What is your life style?
- Get rid of the mess in your life, your home and your work
- Focus on your talent.
- You have more talent than you can imagine.

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- Dump complaining
- Dump gossiping
- Dump criticizing
- All these negative actions drain energy and prevent you from becoming what you can become and doing what you want to and need to do for your Self.

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- Build your Will power
- Will power is a muscle the more you use it the stronger it gets.
- Avoid what hurts the brain
- Do things that help the brain
- Care about your brain.
- Your environment matters.

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- Stop feeling deprived!
- Learn daily gratitude
- Write a gratitude journal
- Incorporate gratitude into daily life.
- Know the truth and the truth will set you free.
- Be contentious

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- Get 8 hours of sound sleep
- The body and mind repair during sleep
- Rem sleep is critical and important for renewal and feeling fresh the next morning
- Sleep promotes learning
- Relax and renew your Self

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- Relaxation is the new luxury
- Solitude
- Inner Peace
- Silence
- Tranquility