

LIFE TRANSFORMING EBOOK



SUCCESS

POSITIVE



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Introduction

In life there are highs, lows, failures and success stories but there are practices that one can employ to add to the latter or become "success positive". With the negatives surrounding a positive test, there is a positive test where there can be no negative connotations and that is to be "success positive".

The pattern Of success encourages in such a way that we would be drawn to follow it's path.

In this book I will outline 7 life transforming ingredients to success. It is my hope that these 7 components to success will impact even your daily walk and status.

Are you ready to embark on this quest for success? Let's begin this enlightening journey to transformation and success.

1. Begin Your Day with a Positive Outlook.

Starting the day with a positive affirmation is one of the absolute best things you can do for yourself bless it! As you are waking up and putting yourself together for the day, your mind is making a big transition from the unconscious, abstract world of sleeping and dreaming to the more rational, Concrete reality of day-to-day life. What you are thinking feeling and believing during this time as a profound rippling effect on your entire day.

Positive thinking which bestows inner peace, good health, success, better relationship, happiness and gratification.

The capability of people to remain positive and keep positive thoughts can determine the status of their emotional and spiritual life.

Find something to be grateful for and focus on it. Instill your intention [for peace, positivity, abundance-whatever it may be] In your subconscious mind instantly start finding reasons for the day to be fantastic! for positive thinking to form, it's got to be true. Meaning, you really trust what you're thinking and stating to yourself. The key word here is true.

What are some of the ingredients of true positive thinking?

Gratitude

Developing an attitude of art felt and sincere gratitude for all your current blessings unleashes the ultimate power of obtaining many more. Give thanks each day and you will see all being grateful for everything you have today can create great changes in your life.

“Thank you”-These two simple words can change one’s life. With the problems that we may face every day in our lives, these two little words are often the most neglected words each day. Sometimes we see the worst in life that is why we sometimes find it difficult to become truly happy.

Expressing your gratitude or even being thankful about the things you have is really important. This will change your entire life the way you see life the way you handle your problems and the way you cope with the daily challenges.

Positive Affirmations

Positive affirmations as a means of thinking may help an individual look at life from a more colorful view.

The daily practice of affirmation is a good thing to exercise. Affirmations helped build a person up if done with positive intention of doing so.

We are continually affirming subconsciously with our words and thoughts and this flow of affirmation is creating our life experience in every moment. No matter what aspect of life you are dealing with or who you are, affirmations will not only make you feel better about yourself and your life, But if you used correctly they can manifest real change in your life. Changing the way you think reprogramming your mind and removing the old negative beliefs that have been sabotaging you again and again throughout your life. So, start your practice of positive affirmations today and move closer to getting the life you have wanted for years.

2 Balancing the Scale

No matter who you are what you do, you are always going to encounter a certain degree of negativity throughout your day as you interact with the world and feel it interacting with you.

Whenever something happens the way you did not intend it to you feel either disappointed or sad the disappointment easily turns the anger or you feel defeated and helpless, however that is one's personal choice.

To have positive results you have to have a positive attitude there is no way that a negative person will achieve positive results. Acting positive gives you hope for a better outcome, you cannot underestimate the power of positive thinking.

By focusing on the things that you do not want or complaining about those negative things in your life, more negativity tend to enter your life. But if you start to focus more on things that you want and think about all the positive happening to your life, you also bring in more of that.

Learn to appreciate the little things in life before you crave for something bigger and better. That way you know life can be good before all the other big changes comes.

Fortunately for us, positive thoughts, feelings, and beliefs are much, much stronger than negative ones. What this means is that you can help balance the scale of what you are manifesting throughout your day-to-day life by taking just a few moments or minutes each day to intentionally think only positive thoughts.

By taking the time to do this every day, whether by writing it down on paper, or visualizing happy thoughts, events, and memories in your mind, you will rapidly begin to notice a turning of the scale in how many positive things and events find their way into your life.

3. Don't Ignore the Present Moment

Life unfolds in the present. But so often, we let the present slip away, allowing time to rush past unobserved and unsealed, and squandering the precious seconds of our lives as we worry about the future and are reminded about what's past.

When we are at work, we fantasize about being on vacation, on vacation we worry about the work piling up on our desk. We dwell on intrusive memories of the past or fret about what may or may not happen in the future. We don't appreciate the living present because of the past or future.

What does it mean to embrace the present? It means we are totally aware of the here and now. You're not worrying about the future or thinking of the past. The Present state of a man is very important given that tomorrow is just a promise.

In conclusion, embracing the present entails fully immersing oneself in the here and now without ignoring forward planning, appreciating the moment, and living mindfully to experience life's richness and authenticity.

4. Gratitude

Once you develop an attitude of a sincere attitude for all the blessings you receive, this unleashes the power for you to receive even more than you already have.

There are a lot of things around us to be grateful for; It's just a matter of appreciating the blessing you receive and acknowledging how blessed you are for having them.

Educating yourself for the feeling of attitude actually means taking nothing for granted and giving value to whatever possess. Practice the attitude of never putting off an action or the word for the expression of your gratitude.

Many individuals tend to take for granted the things that are present in their lives. There is actually a gratitude exercise instructing us to imagine losing few of the things that you are taking for granted today such as your family, your home as well as your ability to hear and see, to walk or just anything that is currently giving you comfort.

Imagine losing them and then imagine that you are getting each of them back every day. Think how thankful you would be when it happens and when each one is given back to you.

Starting finding happiness even in those small things you possess rather than holding out for the great and bigger achievements like getting a job promotion, having a baby or getting married. There are lot of things to be grateful for.

When you wake in the morning, be thankful for the life you have for another day. Your happiness always depends on how you view life itself and how you see your life today. If you begin to think that there are much more things to be grateful for, you will see how happy your life will be.

Use gratitude in order to guide you in putting things in their right perspective. If everything around you seems wrong and if things do not go the way you want them to be bear in mind that in every problem and difficulty carries inside the seeds of a greater benefit.

What you can do is to generate a list of everything you are thankful for and really help and those slightly cloudy [or downright stormy] days when it's hard to conjure up a pile of thankfulness.

Like anything, gratitude is a learned behavior. It's something you find easier the more and more you practice.

When you are facing any challenge in your life and when you are in the face of great adversity, just ask yourself about the good things that you can get from it. Understand all you can benefit from a certain situation.

When you begin to appreciate life and even the small things that may happen to you, you also begin to create a life of happiness, harmony, contentment and bliss. If you are experiencing a difficult situation, never think of it as a burden or a punishment. Be thankful about the trials that you are facing because they can make you even stronger. Be grateful for your problems because they make you a better individual.

5. Discipline

Discipline is a cornerstone for personal growth and success. It involves consistently adhering to a set of principles, routines, or goals, even in the face of challenges and distractions. Discipline is a driving force behind achieving long term objectives and realizing one's full potential

A key aspect of discipline is time management. It requires the allocation of time efficiently to prioritize task and commitments, ensuring that essential responsibilities are met. This includes setting clear goals, and breaking them down into smaller, manageable steps, allowing for steady progress.

In addition, discipline extends to self-control or temperance and the ability to resist immediate gratification for long-term benefits. This means making choices that align with one's goals and values, even when it may be tempting to take the easier route. Staying disciplined is the bridge between setting aspirations and turning them into reality.

6. Meditate

With the hectic pace of modern life, many people feel stressed and over-worked. It often feels like there is just not enough time in the day to get everything done for the stop our stress and tiredness make us unhappy, impatient and frustrated. It can even affect our health. We are often so busy we feel there is no time to stop and meditate, but meditation actually gives you more time by making your mind calmer and more focused.

There are many different benefits that can come from learning the art of meditation. It can not only reduce stress but do other wonders for your health. Other benefits include: it helps us to learn our true self as well as it helps us to cope with our emotions.

While the techniques employed by individuals may vary concerning meditating, it's best to use whatever positive methods that works for you. Whatsoever things are true, honest, just, pure, and lovely think on these things.

7. Perseverance

If you hear someone's states that success is easy, I tell it is as fast as you're able to as your about your sales pitch for some product. The honest truth is that it's truly hard to win at something you've never executed previously.

Be patient with yourself as you experience failure when you are pursuing a goal you want, the sort that nearly brings you to tears when you consider it as you connect with it so deeply, then you have to persist with it. Regardless of how hard it gets, don't stop.

Don't press yourself to achieve massive success at the beginning merely do the best you are able to at the start, your best may be one notch above total half-wit-if you are lucky. Sooner or later you'll earn a little basic competence.

It's incredibly inspiring to watch individuals matter to one failure after some other without resigning from the exterior looking in, it may appear as if they can't possibly succeed. However, they still hang in.

Finally, they learn what they have to learn. They successfully align their anticipation to fit reality, and finally action start bringing on the intended results. I am struck by those who I can see are bound for greatness, but no one else realizes it yet. The revealing sign is always the same- persistence.

If you're clear about what you want, don't settle for mediocrity. Admit that success will take time, may be much longer than you would like. Free yourself of the fast and simple, something for nothing frame of mind.

Continue to persevere, work hard and understand that your work will eventually pay off, as long as you carry on learning and developing.

Let's get these ingredients in our systems and get success positive.

DEFEAT

PROCRASTINATION



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Foreword

Procrastination if left unchecked can turn into a bad habit which could eventually be very hard to break. Most people don't seem to realize that the habit of procrastination can cost them a lot of negativity; therefore one should take the trouble to identify and eradicate this element. Get all the info you need here.

Defeat Procrastination

Chapter 1:

Why People Procrastinate

The following are some of the more popular reasons why most people have lapsed into the procrastination habit:

The Basics

- The famous “I don’t know” excuse – this is one of the most popular excuses given when an individual is not really interested in getting a particular task done. By feigning this lack of knowledge the individual is probably able to keep from having to complete a certain task and with the added hopeful outcome of not being asked to do it in the future.
- Not challenging enough – this is another poor excuse often given by those who are looking for a way out of getting something done. This excuse is usually portrayed and explained in an extensive manner, where the simplicity of the task is taken to be necessary and beneath the individual attention.

- Not feeling like it – this is actually plain and simple laziness, but it will not be acknowledge as such by the individual. Falling back on this excuse, the individual will try all means to avoid doing the particular task assigned, but basically the underlying goal to be achieved, would be to simply not to what is expected.
- Cannot be forced – eventually when all else fails, the individual usually resorts to this argument, whereby some level of hostility is injected into the situation, in which the rebellious display expects to garner the results of not having to get the task done. If used often enough this aggressive behavior, can have even more damaging results, as the individual learn to rely on this negative element to get out of doing things.

Chapter 2:

The Common Fear Of A Procrastinator

Although most procrastinators are capable of using any and every reason to avoid doing or completing something, there are sometimes powerful underlying influences that cause the individual to procrastinate. Exploring these contributing factors may allow an individual to eventually break this negative cycle effectively.

The following are some of the common fear factors that often cause the individual to procrastinate:

The Fear

Fear of failure – sometimes even the hint of possible failure can effectively keep the individual from even wanting to make attempt at a particular task. This failure is perceived by them to be crippling both mentally and physically as they seem to be very afraid to having to face such a possibility. This could be due to many connecting factors one of

which could be the need to be and look accomplished and a success always.

Fear of the possibility of experiencing unpleasant or painful outcomes – this too can keep an individual from trying new things or even getting anything done at all. This could stem from bad experience which the individual has yet to come to terms with, therefore conveniently using this particular excuse as a good way to inject procrastination into the equation. Although this can sometimes be the actual very real and previously experienced challenge, using this as an excuse will not help the individual in future endeavors, neither will it help to build good character elements.

Fear of missing out – for the person who wants to do everything, experience everything and be everything, burn out can fast turn the individual into a person who eventually resorts to procrastination as a defense mechanism. This usually happens for those who have the “go getter and have it all” mindset, which mostly only works to a certain limit until exhaustion and burnouts set in.

Chapter 3:

Procrastinator Loves Comfort Zone

Most people who consciously want to avoid anything will usually form some sort of comfort zone surrounding the excuse used in order to solidify their position.

This is often will thought up and difficult to rationalize in a normal way. However, understanding the connections between the security the comfort zone provides and the actual procrastination action will allow people to better manage the situation for the better.

The following are some possible reasons as to why procrastinators seek solace in the comfort zone and what they are:

Have A Look

One of the more popular places to seek solace and hide in the guise of the procrastination act, is to lapse into the “I don’t know” mode of thought and action frame of mind. By giving this type of answer for anything, it almost always deters any follow up actions or comments

from others may expect of the individual, thus effectively keeping the individual from having to deal with the situation or find a solution.

Another popular procrastination ideal comfort zone lies in the expression of not being able to cope adequately with a particular situation or need, thus choosing to shy away from participating altogether.

This form of procrastination, almost always disallows the individual from actually making any attempt of trying the task, as perceived failure, is already dominant and crippling to the mind. Therefore, the comfort is sought in this negative mindset as a buffer against any possible hurt which is perceived to be imminent.

Another popular excuse used as a comfort zone for the procrastinator is in the lack of supporting tools for the job. A lot of people use this as a great excuse for not wanting to do anything they don't want to. Most times, the argument about the lack of supporting elements are so well presented, that it is eventually accepted by others as valid.

Chapter 4: *Defeating A Procrastinator's Mind*

For some procrastination is a keen to laziness, but for those who are really committed to understanding this particular mindset, would

agree that procrastination goes much deeper and is more complex than simply laziness.

Getting A Handle On It

The following are some of the ways an individual can try to incorporate into the daily life cycle to try and control and eventually eradicate this rather crippling “disease”:

As a lot of the procrastination actions begin with the mind, this would be an ideal place to start. Putting down on paper all the things that should be done to this date and time, that have not really been attempted should be the first things that go into the list. In doing so, the individual is actually taking the responsibility to recognize some of the things that require his or her attention. When this recognition is further stamped in the written word, there is no real excuse that the items were forgotten.

Going over the list and then going a step further to identify at least one thing that can be attempted immediately should ideally be the next course of action.

This should be followed with a complete and relevant plan which will effectively help to complete the task chosen. Once the plan is well mapped out, the individual would really have no further excuse to delay action.

Ideally, the plan should cover all possibilities to keep the individual from defaulting and abandoning the plan format.

A specific time frame should be allotted, and this should be done without any room for wavering in the decision. This time frame should be the focus of the entire exercise to get the chosen task done.

The individual should be encouraged and even forced to strictly commit to adhering the time frame stipulation allotted. This will create an effective check and balance scenario.

Chapter 5: ***Start A Procrastinator's Journal***

A lot of the reasons that contribute to an individual eventually mastering the art of procrastination, stems from the ability to side step tasks allotted, with convincing attitudes and excuses.

This is often so well done that most people would rather get things done themselves instead of having to go head to head with a seasoned

procrastinator and this further enhances the power of the procrastinating individual.

Starting a journal maybe one action that allows the individual to face the procrastinating challenge and with this, acknowledge the hold it has on the individual's life. The following are some areas that should ideally be covered by the journal to ensure its eventual effectiveness both physically and mentally:

Journaling

- Starting a journal would require totally honesty on the part of the procrastinating individual. With total honesty, the individual should list down the entire amount of tasks that he or she had consciously avoided or didn't complete in the past. Nothing should be considered too insignificant and unnecessary; neither should the individual resort to only documenting tasks that were considered a challenge only.

- Once this is done, the procrastinator should note, in a column beside each task, the reason the task was abandoned or not completed to date. Documenting this reason, will give the individual a chance to consider the relevancy of the excuse used, to avoid doing or completing the task. Only then will the individual be able to understand the extent he or she is willing to go to avoid the task.
- Once this is acknowledged, the individual can then move on to actually documenting every task eventually carried out and completed as they unfold. This is a very good motivating tool, especially when the individual begins to tackle more tasks as the confidence levels grow and the procrastinations decrease.

Chapter 6: *Setting Goals And Celebrate Little Successes*

Setting goals is a good way to make the individual aware of the things that require the individual's attention, and it also acts as a motivating factor for the daily accomplishments that needs to be completed.

If there are no goals set, the daily life of the individual would unfold in an aimless manner, where the individual will probably just drift around in an abyss, without any particular direction in life.

Equally important, would be the action of acknowledging the successful completion of these goals with a little celebration. The human psyche is such, that all individuals enjoy some form of acknowledgement through the celebration of these achievements. Therefore, incorporating the two important elements would help the individual to be motivated and not become a procrastinator.

Great Info

Success is largely connected to the state of mind, and if this mindset state acknowledges success with celebrations, the mind set is kept in a happy and fulfilled mode more often.

This positive mindset will help the individual strive to achieve more, not just for the reward of the celebration that acknowledges the achievement, but also for the eventual self satisfaction the successful completion of task it brings.

These small celebrations will help to foster the exhilaration brought on by the completion of tasks, which is also a good motivating tool as it encourages the

individual to venture further. Once the individual is able to beat the procrastination bug, very little can get in the way of heightened achievements possibilities.

Understanding the concept of small success achieved can eventually create a dependable and strong character, is reason enough to celebrate all achievement small or big. This eventually ensure the individual's first and initial reaction of any task will be one that is positive and quick rather than the old way of procrastination.

Chapter

7

Use Your Body Against Procrastination

It is popularly thought that the mind is the dominant factor in allowing the procrastinating attitude to prevail in one's life. However, there is also the contribution of the body to this equation, as it responds to what the mind dictates. However even though the mind is still the dominant factor, the body can still be motivated enough, to overcome the thought process effectively and keep procrastination at bay.

The following are some ways the body can help to against the habit forming procrastinating mindset:

How To Get Ahead

Finding the best time to work on a particular task will help the body be more willing and energized to see the task to completion. If there are no distractions and the body is fresh and rested, the chances are better for the successful completion of the tasks given.

Given the uniqueness of every individual's work habits and the way the body responds, it would be a worthwhile effort to stop and consider the

circumstances in which the body is most likely to respond positively to the promptings of working on something to completion.

Although multi tasking is something that most people are capable of doing very effectively, procrastinators are more likely to abandon a task at the first sign of distractions.

Therefore, when it comes to the multi tasking issue, it would be better for the body to focus on getting things done in stages and with concentrated efforts.

Overestimating a particular task would also not work well, when it come to getting the cooperation of the body. Tiredness both mentally and physically are very likely to dominate, thus giving the individual an ideal excuse to abandon the task. Therefore, careful consideration should be given to ensure the body is capable of handling the task.

Chapter:8

Brain Programming For Procrastinator

New research has been able to show that there are many practical ways the mind can be “taught” not to give in to the urge to procrastinate. With this research many procrastinators have attested to being able to beat this often debilitating habit.

The following are some of the ways recommended, and often adopted by those who were able to control the procrastination mindset effectively:

- - -

Your Brain

Making a firm commitment – when the mind is conditioned to adhere to a certain criteria, it will function accordingly. Therefore using the commitment as a firm indicator of what is expected, the individual will be able to focus the mind and program the brain to carry out the task based on the commitment given. There should also be no leeway allowed for the task to be postponed or delay in its delivery.

Another way of programming the brain not to indulge in procrastination would involve the stripping the working environment of any distractions. These distractions are always the elements that provide the individual with the loss of focus and thus eventually affect the end delivery time frame first agreed upon. Distractions are also always the excuse the individual gives for not being able to stick to the task and time schedule.

Setting realistic goals and having the additional incentive of a reward system that is both pleasing and attainable would be another way to train the brain to evade procrastination.

The goals will give the individual a clear picture of what the end results should be like and the incentives will help to keep the focus steady and unwavering, thus effectively ensuring the task is completed well within the initial designated time frame and according to specifications. Taking the trouble to design incentives that are attractive is better than just throwing together just any rewards.

Chapter

:9

Affective Techniques To Curb Procrastination

When the individual is set on getting of the procrastination mindset, there are some adjustments that should be made is the attempt is going to have some success. There are many ways to go about curbing the procrastination bug but all of them ideally need the cooperation and willingness of the individual.

The following are some of the techniques that can be considered in the quest to curb procrastination in the daily life cycle of the individual:

Techniques

One of the more effective ways of overcoming the first instinct to procrastinate would be to design the task to ensure it does not seem overwhelming to the individual. This overwhelming element usually births the natural instinct to shy away from the task hence the choice to procrastinate. Breaking the tasks into smaller and more manageable sections would then ideally give the individual a chance to try and tackle one part at a time.

Sometimes and improvement or a complete change in the working environment will help the individual be more comfortable both in body and mind, and thus be better able to cope with tasks presented. These changes need not be very drastic or monetarily high. A few small adjustments and the addition of color sometimes can brighten the work environment enough to get the individual out of the rut and productive again.

Maintain a positive mindset, by reading such material or motivating oneself with audio and visual stimulations will help the individual be more focused and result driven. Motivation can help to urge the individual to take the necessary actions to ensure the task if fulfill accordingly.

Positive thinking always helps and individual push themselves to explore further and get more things done without the negative existence of procrastination.

Conclusion

Energy and behavior patterns have a lot to do with the individual mental and physical state, and this is a very dominating feature that dictates the general capability levels of the said individual. There are a lot of ways to ensure the individual is ready to make decision that keep the procrastination habit in check.

The following are some tips on how to kill procrastination before it takes over, becomes a habit and destroys the individual's credibility:

- Start with some good habit forming actions, such as picking a couple of items to be completed before actually launching oneself into the work routine of the day. When these tasks have been identified, focus on them immediately and get them done, with the clear and disciplined mindset and accompanying actions that do not leave any room for delegating them to the next day. Once this becomes a daily routine and a habit, the individual will be able to reflect on this capability and thus be more confident of carrying out other tasks during the course of the day.
- Boosting the energy levels to cope with the daily demands on the mind and body should also be a daily regimen consideration. Eating healthy and having a good exercise regimen will benefit both the mind and body and keep both alert and ready to face the challenges of the day.
- Getting into the habit of doing things immediately as they pop up, is something the most active and focused individuals are able to attempt successfully. Building on the positive trait will eventually help to ensure the negative element of procrastination does not exist in the individual's life at all. This habit is a good and productive style to capitalize upon, as it will ensure the individual is always on top of his or her game.

FULL SATISFACTION THROUGH DISCIPLINE



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Recognize that Discipline is a matter of continual effort

Foreword

In order to receive the most possible gratification from something we must first learn to hold off on instant rewards. This may seem like a hard task to accomplish for many people. With a little practice and the use of these helpful steps, waiting for the big prize will become a walk in the park.

Full Satisfaction Through Discipline

Chapter 1: *Introduction*

The principle of delayed gratification is something that we can apply for almost everything in our lives. The rarer a particular thing is, and the more we wait for the pleasure of finally getting it, the more enjoyable it is when we receive it.

Imposing Constraints on wants

In the world we live in most people can't wait for the greater delayed reward and chooses the instant reward instead. Almost every pleasure that you can possibly think of is available to you at any particular moment. Want to watch a movie? It's available to you by a click of a mouse. Want to try some Chinese food? You can order it for instant delivery through any 24hour food joint. Want to purchase a new rock album past midnight without going to the store? Simple find it on Amazon or iTunes and buy it online. Want to talk for a while? Call a friend or text the person.

This is the time of instant pleasures. Anything you want is provided instantly for your pleasure.

No one is going to stop you from doing something that you want to do instantly, and it is all up to you since you are the one who is in charge of controlling the flow of your life. You control when you want something and if you want to wait for something bigger and better. You are the only one who can draw limits on your pleasure and it's not because you have to draw the lines, but because you want to cherish it for a better time. It was once part of social initiative and now it is your personal choice to make decisions for yourself.

Now the question arrives, why would you wait instead of receiving the instant rewards? The answer is simple- to maximize your own pleasure and happiness.

Chapter 2:

The Significance of self-control

It's quite obvious that we're discussing about the matter of denial to self pleasure here, which is a very strong word in the psychology world and is sometimes compared with "sacrifice" and maybe it will make you feel suffocated when you think about it this way. This feeling is natural as why would you deny yourself from any sort of pleasure?

Have Willpower

Something that you notice only when you are denying yourself from the greater pleasures is how important the little pleasures are. For instance, to any person something sweet like a brownie is a desire, but if you are on a strict diet, little things seem like a lot more and you start appreciating them more. If you take a break from the bigger rewards you actually gain back the ability to appreciate the little rewards which you receive in everyday life. It is important that you cherish the little things as well.

When you deny an instant pleasure to receive something greater later, and you get what you want after the wait, it is quite possible for you to

realize that you didn't need it after all. For example, you think that you are in need of a new laptop and instead of buying it right away you wait for a couple of months and then you realize that your old laptop is working just fine and you don't need a new one.

Inspires you to value the things:

After the months long wait, if you still want that particular object that you wanted to buy, then get it. Waiting to get it makes you appreciate it more which will make you take better care of it. Just like your parents used to say all the time... if you buy something yourself you take care of it in a better manner. If you have saved your money for quite some time to purchase a new laptop, chances are that you will do anything to make sure that it lasts as long as possible. Delayed gratification gives us the feeling of earning a pleasure and this feeling makes us want it even more and as a result we do anything to keep it from going to waste. This brings us to the next advantage-

Gives you full satisfaction and no guilt:

Have you ever purchased something that you desired, but were unable to buy it right away and had to save money for it? The pleasure that you receive when you finally buy that object after all the wait and efforts is heavily increased. As well, the wait also makes sure that there is no guilt afterwards for making an instant decision to purchase the thing right away without rethinking it. This guilt would have made it hard for you to enjoy the pleasure fully if you had bought the object instantly.

But when you wait for a pleasure to come and make efforts for it, the pleasure is entirely yours and there are no second thoughts to cause any guilt or regrets. When you have saved money for a new PS3 you can purchase it any time without worrying about the guilt.

Allow Yourself to Experience Life deeply:

You miss out on some things when you don't buy things instantly. But delayed gratification is all about sacrifice and about denying the things that keep you from having greater pleasures. This is what you need to think and believe.

I'm always asking, "What am I going to give up next?" Because I want to feel. -Jim Carrey

It's hard to see it but the real pleasure comes only after the waiting, when you know you really want it and you have made efforts for it.

Normally we consider hunger as a bad thing and satiation as a good one. But each one of these two states has its own value for us. To enjoy our meal and the feeling of satiation we need to feel hungry at times. To feel the life in its entirety we need to feel both the feelings of "having something" and "not to have that something". If you always have everything that you wish for then you are missing out on the pleasures that you get by earning something that you really want.

Gives you strength:

Some desires are always more wished for than the other ones and at times these desires control the person and work as a passion. This passion drives the person to make every possible effort that they can make in order to get the things done in their favor. When you find something that you really want, you do whatever it takes to make that happen and this will makes you stronger inside and give you strength to do what needs to be done on your side. For your passion you will make every sacrifice that you have to and wait for it as long as it takes.

Everyone needs to find out the ways to control their self-desires. Every man should have the ability to control his desires instead of allowing the desires to control him and his actions. The man is the master of his desires and should act in a similar manner. Delay in your pleasures gives your confidence of having control of your desires. Discipline is just like any muscle of your body and to make it stronger you need to exercise it on regular basis.

“Freedom is not procured by a full enjoyment of what is desired, but by controlling that desire.” -Epictetus

Maximize the pleasure and happiness:

You have probably heard this a thousand times before in song lyrics or spiritual books, that it is not the destination that makes you happy but it's the journey that makes the destination worth it. And this is true in its entirety.

Scientific research shows that our brain feels happier while we are moving forward in the direction of our desired goal than when we actually reach our goal. This may sound weird, but if you think about it closely it is all true. The spirit of Christmas is developed by the months of wait and anticipation. We all have been in the situations where we worked really hard to achieve something big and when we finally achieve that something we feel like something is missing from it and then we realize that the journey was the best part.

One of the more detailed and self-explaining examples of it can be seen by a study that took place to analyze the mind state of employees regarding vacations. The research showed that even after having a good and relaxing vacation, the level of happiness of employees returned to its general level in less than two weeks. The highest boost in the happiness of the same employees was observed while they were anticipating the vacations. This research proved by scientific methods that the anticipation gives you more happiness than the goal itself. Based on this theory and research it is recommended to people that they take a number of short vacations instead of invoking all your vacations in a single long vacation. This way your total number of holidays remains the same, but it increases the number of days you spent happily anticipating the vacations.

Delaying the gratification also increases the value of the pleasure that you get from it. For example, if you stay on a diet for a long time and

then order a brownie there is no way you cannot enjoy it. The wait works as the greatest spice to your food.

To be clear, this thing is not applied to the food only. This is also the case in relationships, when you are away from your partner for a while you want them back much more. This is common in couples to take a break from relationships right before weddings to increase the anticipation and wait for the big day.

So no matter what it is that you desire, you can always use delayed gratification to increase the amount of pleasure and happiness by building up the anticipation.

Everyone has the power to control their will to receive the greater rewards. The key is to use this will power wisely to get the most out of every situation. Delayed gratification gives you the ability to enjoy any event or pleasure to its fullest and increases the joy and happiness involved with the goals in your life.

Chapter 3:

Ensure you have a clear grasp of your own desires and self-awareness

The generations before us had a balance between delayed gratification and immediate rewards. Technology is working as a tool to make us habitual to the instant results and outcomes. A generation before us, people didn't have all these things like phones and internet. They couldn't just call someone and ask something, instead they had to write letters and wait days and even weeks for a simple reply. People had the ability to control their willpower and patience was easy to find in people and they also knew how to value the importance of hard work. Delayed gratification allowed them to cherish the important moments of life and how to reach to their goals.

Be Patient

Today the technology has ruined our ability to wait for something. We can't wait for even 5 minutes to get a reply and it is just about impossible for us to imagine waiting a week for a reply. Some might say that we are now addicted to the social media platforms and the latest technology while the other say that we are now completely dependable to the new trends that these technologies give us. A Smartphone without internet access or Wi-Fi wouldn't be that addicting and the same goes for Facebook without friends.

With this increased influence of technology we are always in a hurry. We do everything in a hurry and we do everything possible to get the things that we want quickly. We are getting addicted to the lifestyle offered by the technology advancements and social media. We check our Facebook account constantly to see if someone has posted something even though most of them are people we rarely talk to in real life. We look for people's attention and validation while we know that the other people are looking for the same thing. We do it by means of uploading a picture or by posting a status while in reality nobody wants to share their life with you, they are just pretending that they are having a good time and post it to make others envy them and to make it worse, we are all falling for it.

It is one of the reasons why we live out life in a typical instant manner instead of planning for good things. Technology has made us believe that we can have an easy life and quick solutions to everything. We have also replaced the grammar in our messages and now we write shortened messages because we are in need of instant replies.

Because of our practice of instant gratification we are rushing through the important things of life which we should have cherished and are delaying the things that we need the most. We make excuses to avoid the important things to enjoy the immediate pleasure.

With instant gratification, you get the reward too early. When you do so you are missing out on the part in which you motivate yourself to invest your time and efforts to gain something bigger in future. This can be compared to your e-mail account, where if you remain as a

instant gratification practicing person you would check your e-mails constantly and therefore you will find yourself with “zero new rewards” most of the time. Someone who practices the delayed gratification would avoid this and that also gives him the feeling that he has the control over the things and doesn't need to live the life in a hurry. The practice also gives you a safety financial cushion whenever there are new problems to handle, and you can take bigger risks based on this saving of yours. The key is to have many rewards waiting for you to be accepted and this is what gives you the confidence to achieve higher rewards. You can invest your rewards with increased efforts to gain a lot more at some later time.

In some way, you can understand the delayed gratification concept as an immediate gratification which you save and cherish for a later time to make more enjoyable and appropriate more. When you delay an available reward, you accept that you can work without this reward for now and you are going to save it for a later time when it'll be more beneficial for you. You can notice around you that the most successful and respected people of society are the ones who practice delayed gratification and have many rewards stored for them in the near future.

Chapter 4:

Cultivate mindful awareness

If you think about it, delayed gratification is defiantly something we can't learn naturally these days, and it looks like a thing from the old times. The new technologies around us are making us eager to get the things that we want right away. Things like credit cards, smart phones, e-mail, and internet is making our ability to wait for something weak.

Be Aware

The present technology makes us believe that waiting is outdated. We can buy anything now just with a click. Our thinking is completely changed and we now believe that we can get everything the very moment we want it. Strangely enough, even this concept has its disadvantages and risks. This habit reduces the ability of humans to wait for something and the willpower of a person.

The basic reason why most people don't apply delayed gratification in their everyday life to achieve their goals is because the concept is based on the practice of self control, which requires ability to control the flow of ones willpower. But if you look at it closely, there are differences in concepts of self-control and delayed gratification. With delayed gratification you only control your will to deny some

pleasure for a later time to increase the joy and happiness of getting it without any guilt while in the concept of self-control you control your willpower to learn to ignore a particular pleasure in life.

There are a number of advantages in practicing the concepts of delayed gratification and it has the ability to make some great positive impacts on your career and life. If you came to know how important and useful it is, the chances are that you are going to give efforts and time practicing this to get the benefits you get from it.

There is a beauty with the pleasure attached with delayed gratification that is incredibly hard to put in words. The thing that you always wanted and waited for so long gives you much more happiness than you could've received by getting it instantly. The anticipation and the efforts that you make to get it gives you the joy you have earned from doing it for yourself. You always enjoy hanging out with friends more when there is no pending work to get back to. The experience that we get from all the waiting and anticipation makes the entire event more enjoyable and memorable than you could ever dream of.

In time, you get more joy from delayed gratification than the instant rewards that you could have received. It just doesn't look like it in the beginning since most people are not really looking towards the big picture and the bright future. The practice of this concept gives you great benefits in all aspects of life and allows you to achieve great success with your goals.

What instant gratification tells us?

Even though instant gratification is practiced by most people, it has its number of disadvantages. First of all, it allows us to believe that we don't need to work hard in order to achieve what we want and it also takes our mind off the things that are important for us and as a result we don't value these things.

Let's make this concept clear with a very common example of

Gambling-

Gambling is one of the greatest examples of instant gratification. You pick some cards, you bet some money and after a roll of some dice you win a bunch of money.

Sometimes people do win big money in gambling, but as you can see, they are very likely to use the same money to gamble again. We all know what happens at the end of game. They walk home either with little money or loose more than they won. Why? Because there was no hard work behind the winning and the person value the money enough and used it to continue to gamble.

Now imagine someone who is saving money for a particular thing or a lifelong dream. Do you think anyone who is saving money would give this less importance to money? No, they would spend their money carefully according to a plan and would pay great attention to how they are using the money because they gave their time and efforts to save this money and delayed their urge to buy something immediately to make sure they use it wisely.

People who practice instant gratification make a theory that high rewards can be earned with little amount of work. And this is the thought that keeps them from achieving greater rewards. This thought has high impact on practicing people their entire life.

Eating junk food instead of cooking healthy food for you results in increased probability of heart diseases and diabetes. If you just complete the assigned work with no quality at work to get the month's salary, then you can have it but you also miss the chance to gain some recognition and possible promotions or salary raises.

While on the other hand, people who practice delayed gratification knows the value of hard work and high rewards. And if you compare the similar life styles again, you can see that they will choose to cook healthy meals for themselves instead of just eating out every day at some fast food joint to keep them healthy. People who practice delayed gratification would work hard at their jobs to get higher paychecks and possible promotions.

With delaying the rewards you also learn to learn to value the outcome of the wait since you have made so many efforts for it and you have waited for so long for it. That is why you know the result should be worth all this wait and efforts.

For example, imagine a kid who bought a new phone from his own savings and another kid who got the same phone from his parents. The first kid will make sure to take good care of his phone while the second kid doesn't care at all. Now we can easily assume who is going to take better care of his phone.

The person who is practicing delayed gratification takes the outcome of any event seriously and values the result in the best

possible manner. Therefore upon receiving your paycheck, instead of just spending the money on random things that seem important momentarily, you save the money for a bigger event. And sometime in that week you will realize that the first thing you thought of spending the money on was not even worth buying. Now since you didn't make any stupid decisions with your paycheck money, real soon you will find yourself with a big amount of money to do something meaningful with. You can even take this delayed gratification one step ahead by investing the money into something like bonds, bank accounts, share market stocks, etc.

You can now see the benefits that you get when you start practicing delayed gratification. And all that was required was to take a step back from the trees to get a look at the bigger picture. Instant rewards blind you from seeing further in the future and you can see only the things that are available to you at that time while delayed gratification allows you to see through every possibility and to choose the best one possible. It also allows you to see how every action that you take is going to contribute to your path of reaching the desired goal. The same practice also helps you to improve quality of your actions in every aspect of life.

Once you start with the delayed gratification you find out that it was never really that hard to apply and you possess everything that you need to leave the affection for immediate gratification behind you because we know very well that everything in this world worth having comes with effort.

Chapter 5:

Master the art of dedication

One of the most difficult things for anyone to do is to delay the instant rewards or pleasures. In present times, in our society we want to get everything that is good and more than that we want everything right away and while doing this we rarely think about its future impact over our lives. The attitude towards this is developed in younger age when as a child we want everything right away and our parents often don't give it to us to teach us how to control our desires. However, the ability to control our desires in the long run to achieve greater rewards contributes highly in the success of our lives. And this ability has its impact of all aspects that are related to our lives.

Commit To It

The first noted research on the delayed gratification was performed by a psychologist named Walter Mischel as a Marshmallow test in Stanford. For the test, Walter performed a test on a group of 4 year old kids and gave them a marshmallow and offered that they can eat it right away or if they wait for a few minutes they will get two marshmallows. Some of the kids ate the marshmallow right away while many were able to keep control of their desire for the given time period. In later years Mischel followed the academic and behavior

records of all the kids involved in the experiment and discovered that the kids who were able to wait several minutes before eating their marshmallow were significantly more self-motivated, had better academic records, and had higher intelligence level. While the other kids who ate the marshmallow right away were observed to have lower levels of self-esteem and had trouble with school, and were more stubborn than usual.

This experiment cleared that there is a very strong connection between the ability of a person to delay instant rewards and success in his or her goals. The earlier a person learns the importance of delayed gratification, the better he or she is with life. However, you can always start with the exercises to control your ability to control your will. Following are some helpful tips for you to help yourself with the entire process:

1. Make decisions in advance and stick with them: When you make a decision about something you should write it on paper. Try writing details along with it, along with the outcome that you are hoping from it. It's very hard to deny something that you want in the first place and keeping the same decision for a long time is hard as well. In order to avoid this trouble you have to draw a clean picture of the entire situation in front of you while making a decision and keeping your decisions in writing always helps with that purpose.
2. Know the value of something important: You can avoid instant rewards only if you know the exact importance of something in your

life. You need to know what things are important to you the most and what needs to be cherished. In this entire scenario, satisfaction is the biggest deal and you need to evaluate it clearly. If you want a brand new car for yourself or are you are satisfied with your old car that is completely debt free? Know the things that you want more and satisfaction will work as the key ingredient for your happiness. If you are perfectly satisfied with your old debt free car than there is nothing more to wish for, and you can hold your thoughts for a brand new car on a hold.

3. **Plan Everything:** Having every detail of your life planned ahead is not something that we want but when it comes to your goals and passions, you need to plan your way to reach there. You need to make a plan about your credit and finances to buy something expensive, you need to plan your career path in order to get career excellence and reach the goal. If you are following your desire through a planned method you can easily avoid the urge of settling with the immediate rewards and move forward to your goals more effectively. With a plan, everything that you do goes in the right direction and you can evaluate what you need to do to achieve your goals.

4. **Make Priorities:** It is very important that you have clear priorities about your decisions and desires. You have to make the important things the priority for you and don't let anything else get in your way. The priorities can be financial or more general things like college before entertainment. Having a clear vision allows you to reach your goals faster. If you are saving money for a brand new car then you

cannot stop for a while and invest your hard earned money in a new laptop while your old laptop is working just fine. This might give you some instant happiness but in the long run you may feel guilt for your decision.

5. Make short term goals: The hardest thing to do with delayed gratification is to wait for the reward or the goal. The longer it takes the harder it gets. And at times you may feel like quitting the goal and settle with the immediate reward. The key to control your emotions is to keep yourself self-motivated. To achieve this, instead of choosing a big goal, you can divide it among many short term rewards and celebrate each time you achieve any of these goals. This trick will keep you focused towards the goal and help you stay motivated.

Conclusion

Recognize that discipline is a matter of continual effort

Delaying gratification is a hard task to do, but just like anything else you can learn it over time. Following some of the mentioned tips will assist you in the entire process of it. Keep yourself motivated and make your way towards the greater rewards and when you get there you will realize that the wait and anticipation was worth it all along.

