



18 PARADIGM FROB

TO MANIPULATE YOUR DESTINY

BY AMAN V. VARMA

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By Aman V. Varma

EBOOK NO. 05

Special Thanks

To the only human being, who made me who I am today.

I can't find the words, to tell how I am feeling. Just GRATEFUL, that she did.

I Love Her.

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18 PARADIGM FROBS

The 18 kinds of mindsets or paradigms you need to install or hardwire in your psych to do whatever you want to do with your life; this is what you need, to modify your destiny and results. This is raw, hardcore, practical, and overly simple.

RESOURCEFUL MINDSET

Dictionary meanings:

- The ability to cope with difficult situations, or unusual problems.
- The ability to find quick and clever ways to overcome difficulties.
- Able to deal skillfully and promptly with new situations, difficulties, etc.
- The ability to make decisions and act on your own.

The Concept

The first mindset that you need to develop is "Resourceful Mindset" which means that you are able to find most effective & efficient solution by yourself, in real time, with available resources, which will make you progress on your path or overcome a problem.

Being resourceful is the quality of being able to procure, modify and apply resources in the best possible way that is innovative, creative and generates best preferable results, fast.

Resources include anything that you will use to achieve a certain objective. Example: information, tools, infrastructure, people, strategies, technology, etc.

Think of resourceful people as “full of resources,” or tools for coming up with solutions. They adapt well to new or difficult situations and they are able to think creatively. For example, if a snake gets loose in the pet store, a resourceful person will be able to figure out how to lure it back into its cage again.

Resourcefulness can make you better at everything you do, and separate the truly extraordinary people from the general herd.

Why to develop resourceful mindset?

Resourcefulness is required to accomplish anything and is a prerequisite for grit.

For example, you wish to start an import export business. Before you start your company you have to get an import-export license, communicate with lot of people, and understand your product, after that build relationships with suppliers, approach potential customers, generate leads, execute order, proceed for shipment and collect money from your client. Now, do you see how much work there is to be done? And the fact is that you do not know anything about the functioning of this world. So how will you understand the procedures, arrange required documents and negotiate with people? If you give up before taking any action by saying that you are completely unaware, incapable and illiterate of getting all the pieces together than how can your business survive?

You see, resourcefulness is your ability to gain knowledge when you are ignorant, manage & produce things when you have nothing, build things that doesn't exist and do what is required to do when you have zero skills, understanding & experience.

So, if you are not resourceful you cannot achieve anything in practical world.

Traveling to unknown foreign places without local knowledge and reaching your destination successfully somehow using multiple public transport and physical gestures to talk to people (because you don't know their language either) is resourcefulness.

Being able to write a letter, search a post office near you and finally drop the letter in an unknown city full of people who don't even speak the same language as you is resourcefulness.

If I tell you to book a flight ticket for yourself to china (without involving a travel agent) book hotel tickets and then once you reach there, travel from one city to another by hiring a personal car & not a taxi, without a GPS, only by talking to people, will you be able to do that?

Here is another example; I typed this entire book in my mobile phone! If I wasn't resourceful, I would have given excuses such as "I did not have a PC how I can write a book?" or why I could not get the work done. But being resourceful is powerful, it gets the work done.

Do you see how important being a resourceful person is? This is a mindset worth cultivating. THIS IS WHAT IS CALLED COMMON SENSE.

Researchers at Trent University in Canada concluded that resourceful students are more likely to use self-control in order to overcome stress in their life, and as a result are “more likely to be better adjusted, to receive higher grades, and to remain in university than their less resourceful counterparts.”

Of the 481 undergraduate students surveyed those with high levels of self-reported resourcefulness turned out to be far more likely to stay in school and succeed academically.

Interestingly, the results also showed that students attending university for more internal reasons and less so to please others or delay responsibilities showed higher levels of academic resourcefulness.

In another study, the Faculty of Education of Kocaeli University in Turkey found that highly resourceful students had better coping skills, used more positive reappraisal techniques, were more likely to seek social support, and were less likely to use escape-avoidance strategies during exams.

In 2003, psychologists at the University of Wollongong found further evidence to support the fact that highly resourceful students are less prone to low academic performance stemming from academic stress. The study, which involved 141 first-year undergraduates, found that resourceful students don't necessarily

experience lower levels of stress than non-resourceful students; they just know how to handle it better.

How to develop a resourceful mindset?

I could have given you a fancy structured model to develop this mindset but I am not doing so as you already know the reason behind it. Keeping it precise and up to the point.

To develop this mindset the only thing you need to do is go out, keep your eyes wide open, get things done, use common sense, don't give up and take 100% responsibility of the outcome. Don't stop unless you have successfully accomplished that task.

Simple, right? That's all you need but because I always over deliver, I have some supplements for you that can help your mind broaden the spectrum of your resourceful mindset.

1. Manage an event, the bigger the better. Work with resource procurement department. This way you will learn how to arrange resources and get the work done with limited available resources.
2. Use DIY Concept i.e. Do it yourself. Build things by yourself example. Build a table, Make best out of waste. Believe me; building a table without any power tools is not easy. Cutting a plywood sheet with handsaw is not easy. Now, you would say, Aman! We have power tools so why not use it to save time and energy? Well, you can use it rather you must use it! But the reason behind not

using the power tools is just for the sole purpose of developing a right sense of resourceful mindset. That's it!

3. Travel the world. Explore the world. Travel to unknown places without planning. See what challenges come in the way, what resources are available to you and how will you use them to overcome the challenges and reach the destination.
4. Engage yourself in varied projects. Maybe start your own business. That's the best you can do to become resourceful.

Application of this mindset

1. In business: Henry Ford figured out how to make cars faster and cheaper using an assembly line. Sam Walton figured out how to bring large stores to small towns. Steve Jobs figured out how to sell MP3s to people using iPods. Cars existed before Henry Ford came along. Large stores existed before Sam Walton came along. All any of these people did was look at the existing way things were done and improved upon them. If you are able to be resourceful and take what you already know and improve upon this, then you can accomplish really extraordinary things.
2. In relationships: In relationships having a resourceful mindset will give you the advantage

by making you find the solutions to the difficulties that arise in bonding, building rapport, communicating, etc

3. If you look closely and think a little you will see that this mindset applies in all the areas from finances, health, grooming, styling, parenting, education to housekeeping.

"It's no resources but resourcefulness that ultimately makes a difference" - Tony Robins

FUNDAMENTALS MINDSET

Dictionary meanings:

- ★ A leading or primary principle, rule, law, or article, which serves as the groundwork of a system; an essential part.
- ★ Something (such as an idea, a principle, or a fact) that provides support for something.
- ★ Forming a necessary base or core; of central importance.
- ★ A central or primary rule or principle on which something is based.

The concept:

Every area of our life & work has some basic foundational principles on which the entire system works. It makes sense that if these fundamentals are ignored, any task or role that you undertake is going to fail; for sure.

The second mindset I want you to cultivate is "fundamental mindset" which is all about training your mind to form a habit to rock the fundamentals of any task that you undertake.

Achievement in anything is not made by doing something extraordinary or innovative but simply by performing the fundamentals again and again.

For example, if you want to be an engineer, you need to learn the fundamentals like which machine is used for a specific purpose? What are the basic mechanical properties of a machine, how to make a job on a machine, etc.

If you want to be a tailor, you need to have knowledge about various fabrics, you need to know how to cut and shape the cloth for perfect tailoring, how to stitch, etc.

If you want to be a writer, you need to improve your vocabulary, writing skills, grammar, etc.

Very simple, basic and obvious, right? But what about this..

Do you know the fundamentals of great parenting? I am not talking about what you learned from your previous generations, but about what actually are the basics written by the experts in the field?

Do you know how to manage your emotions? Again, not some tips but some rock solid foundational methods that actually work?

Do you know how to succeed for sure? Do you know how to become financially free? Do you know how to overcome depression? Do you know how to mend broken hearts? Do you know how to strengthen the bonds with your spouse? Do you know how to raise intelligent children? Do you know how to become a master at anything? Do you know how to solve daily life problems without any stress? Do you know how love works? Do you know how the opposite sex thinks?

What I am trying to say is that everything around us, every role we play, and every activity we engage ourselves in, every emotion & habit, every non-living creature, every single thing in this universe works on fundamentals.

We are too stupid to ignore the fundamentals. We don't even know the fundamentals of anything at first place. If we don't apply the basic fundamentals to the activities, roles and jobs that we perform how can we achieve great results? Can you solve a mathematical or financial problem without knowing the fundamentals? Not really, right?

Do you see how important it is to focus on the fundamentals? This is a mindset worth cultivating. THIS IS WHAT IS CALLED SMARTNESS.

How to develop a fundamental mindset?

You might have heard the quote "Think before you act" it projects all the significance.

To develop this mindset the only thing you need to do is learn, contemplate and research about the task before hand, make a model for it and then apply the basics over and over again till that task picks up the momentum of excellence.

And you might think "well, I am not that intellectual to create the foundational theories for myself on any topic" but don't worry about it, name me one successful person who has not written a book. That is just not possible; every master has already done the work for you. They have made it easy. You just need to search for their wisdom, act upon it again and again, forever and create the desired life without doing much philosophical and psychological work.

If you miss the fundamentals, your skyscraper of success will collapse in no time. Be aware of that! Follow the basic rules. Apply them in all the areas of life.

WARNING!

This mindset may sound overly simplistic and that's the reason why it gets ignored the most and so the majority of people are floating in the shallow sea of mediocrity. If you too take it casually I can guarantee that you too

will be a mediocre. Don't do this mistake. What do you think of Warren Buffet & his ultra grand success through stock market? He applied the basics, over and over again.

This mindset too applies in every area of our lives as appealed by the questions I asked you.

Greatness is the result of the conscious application of fundamentals over and over again.

"Success lies in the masterful consistency of the fundamentals - Robin Sharma.

CREATIVE MINDSET

Dictionary meanings:

- ★ A person or thing that generates something.
- ★ A machine that converts one form of energy into another.
- ★ Having the power to create.

The concept:

Creative mindset is not what you might be thinking, it's different.

The third mindset I want you to cultivate is "creative mindset" which is all about training your mind to form a habit to become a creator, someone who produces something of value or converts low energy/value into high energy/value.

What "creative mindset" is not: Don't think that being creative is all about doing fancy artistic stuff in business & paintings. No. We are all creators, what I mean by creative here is your ability to create something out of nowhere or convert something into things which are more useful, helpful, positive, effective and advantageous.

Why to cultivate creative mindset?

In this day & age maximum people have become a consumer, which means they take more than what they produce. If you want to be successful & happy you need to minimize your consumption of things & energies to lowest and increase your production of things, values & energies to maximum.

Consumption does not create happiness. Consumption does not create fulfillment and contentment.

By consumption I mean buying or in taking useless things that are not helping you in anyway. Buying a TV won't make you smarter, buying an Xbox won't make you happy in fact it will have a reverse effect on you and make you more depressed.

People who consume a lot get trapped in hedonic adaptation treadmill, which makes them emotionally dependent on external factor for happiness and joy. They get emotionally hurt when they do not consume useless things because they get addicted to it. It is a disaster. They overfill their mind, body and soul with useless shit and low energies and its obvious how their lives would turn out to be.

Overconsumption and unnecessary intake builds the pressure in us, it makes us feel heavy and pathetic. For example, consumption of food in excess is poison,

consumption of love in excess is poison, If the consumption of raw material exceeds the output in the factory then again it's a problem.

We have to switch our default setting from a consumer to creator.

When you develop creative mindset, you are constantly giving, creating and producing value, which will make you more happy and successful because it builds strength, courage, resilience and on top of that it will bring you more money, fame, claim, fulfillment, freedom, etc which all combined together are critical factor of a successful life.

How to develop creative mindset?

Form a new habit and focus on increasing your production more than your consumption.

Let's take a few examples,

1. Suppose you consume a lot of knowledge, then start producing useful knowledge and sharing it through any medium (blog/books/CDs). Otherwise, the knowledge will bottle up and make you suffer. When you produce knowledge a.k.a teach other people you spin the cycle of energy.

2. Suppose you overly consume love, attention and affection then start giving that love to other people. Empty yourself and you will see that more love will generate. If you keep consuming emotions in excess then you will become an emotional slave which will have reverse effect on you, making you more needy, dependent, disgusting, depressed and weak.
3. If you are in a toxic dysfunctional relationship, start converting the black energy & negative emotions into something more useful i.e. positive, uplifting, cheering and loving energy. If you keep consuming toxic energy and forget to convert it into something loving what do you think you will end up like?
4. If you consume food in excess then make sure you use that energy to produce better results in your business, work harder and longer.

Do you see how important and advantageous cultivating "creative mindset" is? The key is to create more than you consume and convert useless into useful. That's it!

"Don't just consume things, create things." - Barack Obama

INFLUENCE MINDSET

Dictionary meanings:

- ★ The power to affect, control or manipulate something or someone; the ability to change the development of fluctuating things such as conduct, thoughts or decisions.
- ★ To affect by gentle action; to exert an influence upon; to modify, bias, or sway; to persuade or induce.
- ★ The capacity to have an effect on the character, development, or behavior of someone or something, or the effect itself.

The concept:

The fourth mindset I want you to cultivate is "influence mindset" which is all about training your mind to form a habit to become project and come off as an influential individual.

Look, here is the secret. 99% of the people around you unconsciously look for a person in the crowd who knows what he is doing and where he is heading to. People now days don't know anything about themselves and where they are going in life. They need

structure, they need a light house that can enlighten their path and tell them "here human! This is where you need to go and this is exactly what you need to do"

And when they see such kind of person who walks with self assurance, they cannot help but instantly start following him.

There are some fundamentals that are responsible to make success in any aspect of life. It is like a default blueprint for some things to work out well and one of that basic foundational key is influence.

If you want to generate results in any area of your life (business, relationships, health, social gathering, etc) then you have to be influential, meaning that you need to have the power to manipulate, create, design, control, modify and implement any thought & resources (people, systems, beliefs, everything) that align the fundamentals together and make the creation possible.

In short, you need to be able to bend the world according to your needs, with dominant force & self assurance, to generate desired output. That's the only way out.

The main reason to develop this mindset is to be able to actualize your dream life/vision.

How to develop influence mindset?

1. Have a vision for yourself. Know exactly where you want to go. Be flexible with approach & methods but firm with your destination. Fix your course on a star and you will never fall off your path.
2. Be dominant. Get what you want, anyhow. Do whatever is required to get where you want to be. Be stubborn on your path.
3. Be selfish. Do what you think is right. Be very choosy where and on what you spend your time, money and energy on.
4. Provide a bigger vision to the people. If you want to be a world influencer provide hope for the betterment of humanity. If you want to be an influence in relationships provide more positive, optimistic, uplifting and vibrant ideal vision about your future to your spouse or family. If you want to be an influencer in your business provides ambitious, bigger, wealthier, and advantageous growth oriented vision to your company.
5. Whatever you do, project that you can make it better. That you can optimize it, you can control and direct it. Don't care about what people think, let them see the hunger for greatness is your eyes. Let them see your world class skills in your actions. Let them see your transformation and evolution to something greater.

"No men ever achieved anything great without having an influence on outer world"

"An artist's sphere of influence is the world" - Carl Weber

GRIT MINDSET

Dictionary Meaning:

- ★ Strength of mind; great courage or fearlessness; fortitude.
- ★ Courage and resolve; strength of character.
- ★ Indomitable spirit and perseverance & passion for long-term goals.

The Concept:

"Grit in psychology is a positive, non-cognitive trait based on an individual's passion for a particular long-term goal or end state, coupled with a powerful motivation to achieve their respective objective. This perseverance of effort promotes the overcoming of obstacles or challenges that lie within a gritty individual's path to accomplishment, and serves as a driving force in achievement realized." - Wikipedia

There are plenty of scientific researches done on this topic, many authors have written books on it, self-help gurus talk about it and almost every top blog has promoted it.

I believe that Wikipedia's definition is profound enough to state the essence of this mindset.

If you have noticed, you will find that all the mindsets are woven to earn other. They are synchronized and interrelated like a woven mesh. That's the beauty of nature and collective intelligence.

I don't think there is any need to explain why grit mindset should be developed. So let's take a quick look at some of the facts related to how you can develop this magical superpower.

Resources: If you would like to put in some extra efforts I will recommend you to read this article at [forbes.com](https://www.forbes.com) which describes the theory & research in depth. I have inserted a link to the article on the reference page, type it or simply search "Grit Forbes" on Google.

To understand this concept emotionally you can watch Will Smith's movie "The Pursuit of Happiness" a very powerful movie projecting a perfect example of a man with grit.

How to develop grit mindset?

1. Commit to yourself that you will not settle for anything less than world class. Remind this to yourself every single moment.
2. Make your vision/dream the only thing that you will live for and that you will take strong urgent actions everyday to move closer to that dream.
3. Give yourself only one option and that is to succeed. Don't even think of giving up in the process because that dream in your mind is million times more important than anything else.
4. To keep yourself going, align your career, lifestyle, business, passion, relationships, social circle or friends and your knowledge in a straight line. That means everything inside your mind and around you in environment should support you to keep going towards your dream.
5. Have a reason to do what you are doing, and make it big. The reason + passion is what will keep you going. You have to continuously challenge yourself and keep pushing your standards every single day.
6. Build habits and rituals to meet this standards because these two things help you to automate your actions and thinking on your focused path, which will give you momentum to fly high.
7. Be inspired by life. Inspired is intrinsic. Motivation is extrinsic. If you have a big throbbing vision for

yourself than you will become an inspirational individual by default and you won't need any external motivation to keep yourself going.

8. If you follow these principles and combine & install all the mindsets given in the book then you won't be able to even help yourself when it comes to giving up. You will become unstoppable!

"Grit is the stubborn refusal to quit." - Jonah Lehrer

"No grit, no pearl" - unknown

FOLLOWER MINDSET

Dictionary Meaning

- ★ One who follows mentally, adhere to the opinions, ideas or teachings of another, a movement etc.
- ★ An imitator, who follows another's example
- ★ A pursuer.
- ★ A person who supports and admires a particular person or set of ideas.

The Concept

Becoming a student is the first step to become a master. Becoming a follower is the prerequisite to become a leader. Following the basic principles of people who are already successful is the first rung of the ladder to success. Following the steps of great people who have mastered their craft is the first step to master your craft as well.

People are extremely stupid. They want to be successful but don't want to learn and put into action the principles that have been proven to work time and again by successful people.

People want to have great relationships and networks but are too lazy to invest their energy, time, money & thought in learning from people who have mastered this area of their life.

People are stupid to think that they have to find out how to be effective and world class in anything they do all by themselves. They don't realize that people who have figured out the "stuff" are very excited and willing to share the wisdom and help the world. That's natural human nature, to contribute. People are foolish to miss to seek such great help.

What I am trying to convey is that our previous generations have already laid down the foundational path to everything for us and the only thing we have to do is seek it, implement it and see the results. Yes, it is simplistic. Don't make it complicated and fool yourself to think "being an extraordinary producer" is either a natural gift restricted to a few lucky people or destined to them by god. That's a mistake.

So what's the point?

The point is I want you to develop this 6th "follower mindset" so that you become what you want to be and make a legendary life for yourself in small period of time by becoming a follower of wisest masters and take action on their opinions, ideas, teachings, principles and examples.

See, life is short and learning is vast. We cannot learn everything by ourselves and the mistakes that we do. We need a shortcut. We need to speed up. We need to cut down the learning curve so that we retire at the age of 40 instead of 60 and live a rich quality life. So that we live more than we work, so that we can enjoy our lives, experience varied things, live like a king, travel the world, surround with highest quality people, eat good food and savor the sweet juices that life has to offer with heart opened fully.

Sounds too good to be practical? Not really. Everything's possible, let's see how you can do it by developing this mindset.

How to develop follower mindset?

1. Design your ideal life first. Find a pen, maybe an ink pen if you like, see around yourself and find a crisp & fresh A4 leaf. Got it? Good. I want you to write down the following points, right now.

- ✓ How do you want your financial life to look like? Is there a person in real time who is having that figure in his bank account? I bet there is. Find him.
- ✓ How do you want people to associate you in social circles? I mean what qualities of yours do you want people to identify you as? Is there anyone in the world who has cultivated such qualities and is living it to greatest? I bet there is. Find him.
- ✓ What kind of lifestyle do you want to live? Both on work and off work? Scan around; do you see that person who is already living that kind of life? I bet there is. Get in touch with him.
- ✓ What kind of family do you want to rise? How do you want your children to associate you as a parent? Is there someone around you, maybe a neighbor or the person on the Internet, is having those qualities and projects exactly how you want to be? I bet there is. Reach them.

2. After you find out the people who are already living the kind of life you desire for then it's time to learn from them. It's time to dig for some wisdom from their life. It's

time to research and study their lives. It's time to read their biographies and watch their biopic. It's time to listen to their advices, take notes, download the knowledge, install their psychology and take action on what you learn.

Remember, for every field, there is a leader, a pioneer who has reached to the core of their understandings, now it's your responsibility to take their job further, a step higher just like a son who carries his Father's work after him and cut down your investment of time and use of resources to build up the foundations from scratch.

"When the student is ready, the master appears" - A Chinese Proverb

"He who cannot be a good follower, cannot be a good leader" - Aristotle

KAIZEN MINDSET

Meaning:

A Japanese business philosophy of continuous improvement of working practices, personal efficiency, etc made up of two characters in Japanese: kai, which means 'change,' and zen, which means 'good.'

The Concept

The 7th mindset that I want you to develop is kaizen mindset which is all changing, growing, optimizing your mindsets, character and worth every single day. It should be your principle to outperform your yesterday self, everyday. I want you to grow and rapid pace every single day. I want you to set higher benchmarks for yourself every single day in business and life. I want you to become better every hour of your day.

This may sound a lot of work, too much sense of urgency, too much stress and too much investment from your end and that's true.

Not everyone is doing this. Not every is constantly kaizening themselves and so not everyone is living a legendary life. I want to tell you straight, if you do what

other people are doing you will get the results what other people are getting.

The only way to Kaizen at a rapid speed and achieve more output or success in less time is by making optimum use of time and depositing of mind-expanding information in your mind.

Why to develop kaizen mindset?

Success is development. Development is growth. Growth is change. Change is optimization. Optimization is kaizen.

If you understand what I am trying to say, if you have ever come in contact with a superior quality human being you will notice that they are improving every hour of their life. No, this is not overestimation or false perception but a true statement. If you meet a superior human being today and your next meet happens to be a week later you will be astonished and fascinated by how much they have grown/kaizenized in a single week. That's really impressive. And every superior human being is successful; they have money, good social circle, amazing health, bubbly relationships and massive respect. What's the secret? They are conveying it to us loudly and clearly but people are way to deluded to see the clear picture. I am telling you it's kaizen mindset.

How to develop kaizen mindset?

1. Have a knowledge orgasm! I mean literally get yourself blown away with high quality wisdom. Get a wisdom trip. Get flashes of realizations and deep insights of your surrounding and working of the complex components of this universe by reading and soaking up knowledge every hour. And that's not it, I want you to have multiple orgasms, maybe 3-4 every day! Read only what will truly help you become wiser, smarter and stronger. Listen to only the things that are going to make sense and support you to progress in your life. Surround yourself with people who talk only wisdom and not gossips. Read. Listen. Surround. Soak your brain in wisdom, very important.
2. Master your time. Cut off the funny videos, memes, gifs and useless shit on social media. That's not serving you in any way. Cut off the useless TV serials and reality shows, you won't earn money by watching stupid people do dramatic shit all day long instead you are making them some money. Ridiculous. Cut off the hours you invest on social media chatting useless crap, scrolling through profiles of the attention seeking vampires, playing time wasting games and shit like that. See for yourself, what is the output you are getting from investing so

much time in these things? Practically they are making you more depressed, lazy, stupid and unfulfilled with life. Instead what you can do is read a book, watch educational/inspiring videos on YouTube, watch biopic and documentary films. Be wise enough to invest your time. Don't be stupid; successful people don't have time for useless shit. Imagine for a second that you were Steve Jobs, how will you spend your time now?

3. Mastermind. Make sure your friends are smart and wise. Meet up with them every week or everyday and bombard each other with your ideas, experiences, lessons, wisdom and knowledge. Of course! Sometimes you need to relax a little, have fun and spend quality time. That's okay, we are humans we need that alright? But not excessive. Anything in excess is a poison.
4. Take action. Implement the ideas and knowledge right away. Action is mandatory. It is what will produce tangible results. Act your brains off till you have no more ideas to implement. The repeat the above steps and keep the cycle going. This is kaizen.

CURIOUS MINDSET

Dictionary meaning

- ★ (obsolete) Fastidious, particular; demanding a high standard of excellence, difficult to satisfy.
- ★ Inquisitive; tending to ask questions, investigate, or explore.
- ★ Eager to acquire knowledge.
- ★ Exhibiting care or nicety; artfully constructed; elaborate; wrought with elegance or skill.

The Concept

The 8th mindset that I want you to adopt is curious mindset. Let's start with what Albert Einstein has to say,

"I am neither clever nor especially gifted. I am only extremely and passionately curious"

Curiosity = personal evolution.

Evolution indirectly = success or legendary life.

That's all I have to say. Be curious. No matter how much explanation I give you, it will always be insufficient. That's how important this mindset is.

Today, I am inspiring people to live a great life, writing articles every week, mailing newsletters containing wisdom every single day, have written 3 ebooks, have made 60+ educational videos and have developed various models & blueprints to master every area of life. How was I able to do it? Curiosity. People look at me and are fascinated because they don't believe that what I write, speak and share is my authentic work. But that's not their fault as well. That's simplicity. I am doing successful people did at a very early age and so is my mindset more developed and conditioned to attract greatness. Yeah, I am telling you.. All these mindset are well installed in my brain and so even if I try super hard to fail, I cannot. I will fail at that, irony there.

When I look back at my life I see a different me. I was in depression 3 years ago. But now I am contagious, I am spreading positivity and happiness, I am introducing wisdom, I am conditioning people's minds to become the most epic person to live on this planet. It's surprising to me as well. But that's true. And it all happened because I somehow tapped into the curiosity zone. I switched my default to "curious hungry mind" and the ball started to roll.

Similar is the case with Tesla, Einstein, Steve Jobs, Da Vinci, Pythagoras, Aristotle, Shakespeare, Franklin, Lincoln, Ford, you name it, they had curiosity for

something. And that something later turned out to be
BIG & WORLD CHANGING.

How to develop curious mindset?

1. Find your niche. What's your specialization? Job's niche was technology, Einstein's niche was physics, Aristotle's niche was philosophy, Buddha's niche was spirituality, Pablo's niche was art, Shakespeare's niche was writing, Mandela's niche was social & humanitarian, Mother Teresa's niche was love, Ford's niche was auto engineering. What is that one thing that seduces you? What are you magnetically attracted to? What are you passionate about? Find that and be extremely curious about it. Go into depth and crave for deep insights. That's how you become curious.
2. Simply Ask. After you find your niche/passion it's time to ask. Be curious about how people work, whom they work with, what technologies do they use, why some people are successful and other not so successful in that field, what the top people in that industry do that mediocre don't do, be curious about everything.

Here's the fact, when you ask a question your mind will be restless until it finds the right answer. Use this to your advantage. Google search your questions, ask people, interview experts, attend the annual meetings and seminars, take the courses, and listen to people who are sharing their experiences.

Take your mind on a marathon. And once you pick up the momentum of being curious you will become curious about the things outside your niche as well. You will become curious about people, species, art, music, books, traveling, sports, universe, existence, soul, miseries, cars, money, health, technology and even something as stupid to sound as your hairs and bathing manners. It will broaden your spectrum of knowledge and will become your best tool to construct anything in life. Soon you'll see how the dots connect, how marketing can be used in relationships, how personal development can be used in business growth, how spiritual growth can make you financially free. You will start to get a bigger picture of life. And now you will start to grow kaizen & become extraordinary. That's mind blowing how it works.

"What people call intelligence just boils down to curiosity" - Aaron Swartz

"Curiosity especially intellectual inquisitiveness, is what separates the truly alive from those who are merely going through the motions" - Tom Robbins

PEDESTAL MINDSET

Dictionary Meaning

- ★ A position in which someone is greatly or uncritically admired.
- ★ A position of high regard or adoration.
- ★ A position of eminence or supposed superiority.

The Concept

This world is BIG we are small. We are invisible in the crowd. That's external world. Let's see our internal world. Our fears are BIG we are small, Dogmas are BIG our intelligence is small, Dreams are BIG but mindsets are small, Expectations are BIG detachment is zero. This is the biggest misery of human life, putting everything around yourself on pedestal and making it seem like you are worthless and inferior-powerless being. God! Give me a break! This mindset is sick.

I want you to develop this 9th mindset which is pedestal mindset. Let me warn you, this pedestal mindset works both ways, positive and negative so pay intense focus to understand this and fit it in the beautiful brain of yours. Let's begin,

Here's the deal, I want to take it back to the basics right now. One of the biggest barriers that come in the way to live a legendary life is our inability to put things in the right perspective. That being said, we often make terrible mistakes to see and think the exact opposite of what needs to be done.

What's happening here is that we often put things that are out of our potential abilities on a pedestal. We assign superiority, authority, regard and high adoration to that thing or emotions where as in reality that's not the case. You are increasing the importance, value and worth of that thing/emotion and that has a reverse effect on you making you seem even smaller, inferior, and weak and of less value than you actually are. Finding it difficult to understand? Let's take a look at an example; I will demonstrate to you how you can use this mindset in various situations.

Let's called this strategy "Pedestal Reversal Technique" which you will use to overcome this problem in life.

Here is the situation, Imagine you have the fear of attending board meetings and every time you are invited to it, you either make excuses or mess up with your emotions, you get anxiety attacks, feel nervous and break down emotionally. So how can you use this technique? In this case what actually is happening is that you are putting the thing that is outside your

comfort zone on a pedestal. Because you lack communication skills to deal with the pressure of questions that the BOD is going to ask you, you start making excuses for why you cannot attend the meet, you are putting your fear and disability to communicate on a pedestal. The moment you put anything/emotions on a pedestal you lose power, you fail! To deal with this situation you have to use the perspective reversal technique and put yourself on the pedestal instead of your fears or disabilities. Think as if you have already attended more than a 100 meetings in your lifetime, feel it, feel the confidence, see the fears at your feet, see them small, raise your esteem and feel like a king, imagine that you are sitting on a throne and you are the best communicator in the world who has given more than 1000 speeches successfully. How are you feeling right now? In power? Superior? Confident?

Do you see how it works?

The only thing that you have to do is reverse the perspective, put yourself on a pedestal and remove the things or people/emotions off the pedestal. This will be done in imagination and not in reality but to trick your mind to produce the confidence and power that is enough, it does the work.

How to develop the pedestal mindset?

Here is a checklist:

- ✓ Don't assume that people, things, events, emotions & luck have any power on you. It's false. They don't have any power or influence on you unless you allow them to manipulate your mind and persuade you to believe that they are stronger, important, valuable and superior than true.
- ✓ Whenever you feel overwhelmed, stressed, nervous or under pressure by any circumstances, emotions or people use the pedestal reversal technique to decrease its influence on you and to give yourself confidence, strength, authority and superiority so that you can easily deal with the difficulty.
- ✓ If you are obsessed with someone, then bring them down from the pedestal. It is natural for us to put that "special someone" on pedestal and see them as someone "without any faults" making him/her appear more powerful than they actually are, having a reverse undesirable effect that makes you look needy, powerless, validation approval seeker and a person with low self esteem.
- ✓ If you have the fear of public speaking use the technique again, think and act as if you have

given 100 speeches already. If you have the fear of approaching someone and conveying them your true feelings, use the technique again, think and act as if you do that every time and with everyone and that it is natural for you.

Never put anything on a pedestal. Believe that you are bigger, smarter, powerful, in control, superior, confident and of higher value than your fears, the people and events. This will give you enough courage to expand your actionable zone.

THE BIG PICTURE MINDSET

Dictionary Meaning

- ★ The totality of a situation.
- ★ The totality of the situation approached objectively.

The concept

Big picture mindset is all about becoming a thinker. People now a day's don't think at all, even if they think they are usually dwelling upon useless things in life.

The 10th mindset that I want you to develop is the big picture mindset. Let's be extremely honest with ourselves, we have seen majority of the people around us who are stuck in their small, mediocre and mundane life just because they are not able to see the big picture that the world has to offer them.

People are so busy being dogmatic and being a sheep in the herd that they have stopped questioning the reality the way it is and don't even think about thinking for themselves. Because everyone is being a sheep they think they are living "successful life" as per their big picture which in reality is extremely small and mundane.

Getting to new heights and getting self actualized as Abraham Maslow's theory of needs tell us, requires some real sense of the working of the world. Self actualization is the big picture, dumb and mediocre people won't understand it, it requires higher levels of consciousness which gives you the ability to connect the dots and see the totality of life.

We have to let go of our self-imposed limitations created by thinking small.

Why is it important to develop the big picture mindset?

To grow out of mediocrity, do epic things and truly taste the life.

There are so many areas that we are 100% unaware of in life. We need to deepen and expand the horizons of our existence. There are so many areas unexplored, so many mysteries unsolved and so much love and joy to experience. We haven't even experienced a bit of life! Wouldn't it be a great life where you will experience and uncover unique experience every day? Life is great when there is excitement and fun. Not being able to see the big picture of life will make your life much boring with progress in time. That's not what you want, I guess?

To live epic life you need epic mindset, actions, character, dreams, experiences and code of conduct. When everything about you is epic and grand guess how your life will be? Epic and Grandiose!!

So isn't it worth to develop a big picture mindset?

How to develop big picture mindset?

1. To develop a macro perspective of life block time everyday in solitude to reflect upon the big picture. Time blocking is a concept in which you dedicate certain duration of time just to focus on one thing. For example, if you want to become a writer you would block 1 hour everyday from your time and dedicated it only to writing. If you want to develop insight into life, block an hour everyday just to ponder upon your experiences.
2. After you have blocked out the time for yourself, make sure nobody tries to disturb you. Now do this exercise. Change your perspective; look at an event from different people's point of view. Try to see the situation from multiple perspectives, the more perspectives you have the bigger will your picture be. For example, imagine how an adult & a child, a leader & follower, a successful & failure, a teacher & student, a man & woman would see the same event differently.
3. Next thing you can do is journaling. This is one of my favorite activity and ritual that I follow daily. Blocking time to journal your thoughts daily is a very powerful exercise to develop big picture thinking mindset and also it deepens the knowledge in your brain. Afterwards when you look at your journal, you will be surprised to see how all the experiences and ideas of yours are

connected in this complicated existence. That's enough for you to realize what the big picture can do for you.

4. Multiply everything x100 and see how it looks! Wealth? X100 it, now how does it look? More beautiful? Dreams x100? Mind blowing! Relationships x100 standards? OMG Awesome! Car x100? Whoa!! A Bentley? Wow ;) You see the magic of thinking big? It makes existence beautiful.

You can also study Michael Porter's Competitive Strategy and various other theories that he has written to expand your bug picture thinking abilities in business.

Books recommended developing this mindset: Stephen Cope's The Great Work of Your Life, Seeing the Big Picture by Sean Carroll and Michael Port's The Think Big Manifesto.

And by now if you have started developing some of the mindsets I've introduced to in the previous chapters you will find that those mindsets will also help you to develop a big picture thinking mindset.

As I've said earlier, everything is connected; all the mindsets synchronize and affect each other in indirect ways.

"It's never too late to think big. Widen your horizons. Look beyond your normal limits. See things in a larger picture. Consider the next step. The flow-on effect. Opportunities will become evident. Motivations will become clear. Perspective will emerge. One must live the way one thinks or end up thinking the way one has lived" - Paul Bourget

OVER DELIVERY MINDSET

The Concept

Over delivery! Yes, that's what makes you stand out from others. The concept is simple. Whatever you do make sure you over deliver it. That means that you have to build a mindset of giving 3 times of extra value for what you receive in return.

Why & How to develop the over delivery mindset?

It will help you in every area of your life. It will magically and drastically improve your business, relationships, friendship, social circle, habits, thinking, character building, etc I mean everything! Let's take a few examples right now,

1. Over delivering 3 times more in the quality of the products or services you sell than the fee you charge for it will make you more returning and happy customers, will increase your reputation, will strengthen your brand as well. I think that these are the critical factors of success in business which is worth to exchange for earning short term profit by selling a shit product. So next time you are making a sale ask yourself would you yourself buy your product/services. How

much would you pay for the quality of product you are selling? After that decrease the cost of the product/service by 3 times. Don't worry, it's okay to have less profit than to sell contribute shitty product in the market, lose customer's trust and finally shut your business down. You get it? Good.

2. Over delivering in relationship & friendship, makes me think that it is much more beneficial to use this mindset in relationships other than business (just a comparison) because it is a relationship that makes the world turn around. How can you over deliver in relationships? First of all money is not the factor. Get that idea out of your brain. It's more than money - its EMOTIONS. To over deliver in relationships keep only 4 things in mind: GIVE, ZERO EXPECTATION, FUN & POSITIVITY. Get these 4 concepts tight and you will be ready to rock any relationship. So how do you practice this mindset? That's Simple, don't think too much, be like a child, do what will make you experience positive emotions and keep the negative emotions, habits, thoughts, actions and behaviors at a bay. Find a list on the Internet for "relationship bad habits". Repeat this over and over even if it feels miserable to you; repeat it to form a habit out of it. Do it. Don't give excuses. Do it. Do what it takes to build it. It's

worth it. It's required. You'll be grateful for your entire life that you did this. Do it.

3. Over deliver mindset in building character. Over deliver on yourself, give more high quality information to yourself that will help you build the right character. Literally, I am telling you if your input is mere, guess how your outputs will be? Million dollar information - billion dollar transformation. Investment always hurts but returns always blows the mind. Over deliver in the efforts you put in to change your character. Whatever you do, DO IT BIG & MASSIVE. OVER DELIVER ANYTHING & EVERYTHING.

Long term - After effects of applying this mindset:

1. Massive growth in less time. People will notice that you are evolving like a monster! That's sweet.
2. Business grows. Profits grow. Lifestyle grows. Freedom grows. You grow.
3. You become magnetic. You power switch your default setting to abundance mode. Needing nothing attracts everything.
4. Increased quality of everything you touch. Whatever task you undertake automatically becomes of superior quality. Badass!
5. Increased respect & trust from others. Increased certainty, persuasion and influence.
6. Life transformation.

Why do you think I have given 6 ebooks, 150+ articles, 20+ book summaries, 60+ YouTube videos, 100+ VIP newsletters WHICH = WISDOM FOR FREE?

I OVER DELIVER.

RITUALS MINDSET

Dictionary Meaning

- ★ Related to a repeated set of actions.
- ★ Repetition of definite set of rituals daily to attain a certain objective.

The concept

This book is the result of my ritual to write 15 pages every day.

Rituals make your goals achievable.

The 12th mindset that I want you to cultivate is ritual mindset. Whatever you wish to achieve, it can only be done by taking right actions consistently but it becomes very difficult to stick to this habit when we have all sorts of things going on in our life. Then comes the role of rituals. Ritual is a set of activities that an individual performs everyday in the morning before starting with the regular schedule. Performing rituals everyday gives him a sense of grounded-ness and also gets the most important things done in the morning itself. If you look deep inside highly successful people's lives you will find that they all have morning & evening rituals that took care of their well being and success.

This is a concept most people are not even aware of! Think how great it would be to make "being successful" a habit. Habits are automatic and so will be your success! Sounds great right? Yes, but not everything worth comes easy. You have to take massive actions persistently to build success habits.

So if you are convinced that you can take advantage of this unbiased trick by making a few routines and sticking to it, you might also want to know how to do it? So here it is..

How to build ritual mindset & rituals?

1. Start by redialing your body clock. Decide the number of hours you need to sleep for and then fix your sleeping and waking time. Once you have fixed it, stick to it and build the moment. So after 1 week when your body clock is reset now it's time to move further.
2. State your priorities and "absolutely must" activities and do them in the morning right after you wake up and before you resume yourself with daily activities. For example, your priorities may include exercise, meditation, reading, spending time with family, prayer or affirmations, writing, etc. Do them in the morning itself. Whatever is important to you, do it first thing in the morning; After you have done with the priorities it's time to complete the "absolute must" activities, for example, your AM activities may include planning for the day, introspection, communicating with mentor, brainstorming ideas for business, etc. Do it in the morning before you resume your daily schedule.
3. Block time for each activity. Prepare a timetable for your morning activities. For example, 15 mins exercise, 10 mins planning, 30 mins with family, 5 mins meditation and so on.
4. Warning! Don't take too many tasks from the day one. Start with 1 or 2 activities and increase it at

your pace. Your morning rituals can stretch from 1 hour to 4 hours depending upon your requirements. If somehow you don't get enough time to fit everything in the morning rituals you can shift them in the "evening rituals" that you perform before going to bed.

5. The above was for making rituals. Let's look at how to develop a habit of making rituals. That is overly simplistic. Just keep in mind, maybe drill it in your mind and print it on your neurons to be aware enough to create a ritual for every goal. You can stick a Post-It note everywhere around your house that will remind you to create a ritual for every goal.

Rituals build momentum and perseverance which are the two requirements for actualizing your goals.

Pro tip: To create balance in life (all realms of life) include 1 activity of each facet of life in the morning/evening rituals. Below is the list of essential activities you need to perform:

1. For Spiritual & Emotional health: Meditation, introspection, affirmations, prayer, connection with nature.
2. For physical health: exercise, breakfast, water, breathing and stretching.

3. For career and business: planning, strategies, contemplation, networking and action plan.
4. For relationships: time spending, communication, expression of love and sense of appreciation.
5. For mental health: reading, leaning, teaching, expressing, understanding and structuring.

CREED MINDSET

Dictionary meaning

- ★ The fact of believing; belief, faith.
- ★ A particular set of beliefs.
- ★ A regulating principle.
- ★ A determinate method prescribed for performing any operation and producing a certain result.

The concept:

This is one of the most powerful mindset you can develop. Literally, it can make you the omnipotent and immune to everything that is not serving you.

It will make you stand like a giant oak tree which is not shakable even at the storms. You want to be like that, people are drawn to such people. People with this mindset are winners or strong players in everything.

One of the reasons behind me becoming emotionally healthy and positive is this mindset. That's my secret to be uplifting, always.

Principles are a solution to dynamic inconsistency.

The 13th mindset that I want you to develop is creed mindset. Which basically is all about defining a set of

rules for yourself. A code of conduct for yourself that will support you to do the right things at the time of emotional confusions and also project that you are an individual of value with principles to live your life with.

Even if I try my best I will not be able to make you realize that this mindset is way more important than anything else in the world.

Living a life of principles is what magnifies your character. It is what makes you attractive and wise.

Why to develop creed mindset?

Consider any self-control problem. For example, a person trying to lose weight presented with free cookies. The temptation to eat the cookie is very strong although if the person eats free cookies every time he would be harmed. The cookie problem occurs when short-run incentives overcome the real long-run benefit.

Now, suppose the person has a principle of never eating cookies. Such a person would not even consider the benefit of eating the cookie.

People live by principles in order to avoid falling into myopic traps. Principles are internal mechanisms for people to commit to long-run beneficial behavior in the face of short run temptation. They work by making behavior consistent with long run benefits more salient in the short run.

How to develop creed mindset?

Nothing can be simpler than this. You just have to follow the below steps:

1. The first thing you need to do is make a law book for yourself ;) it's a fancy word, don't go that deep. You just need to keep your journal in which you will write your creed. It will be foolish if you to state a few rules without having any realization behind it. Having a strong reason for why you will follow your rules is a critical factor that will ensure that you follow'em. Following what you state till the last breath your life is not a child's game. It takes real courage and a strong will to stick with your creed. So write down a creed for yourself only when you have a real life experience behind it. For example, I made a rule for myself that I will never spend more than 5 secs thinking about anything that is not serving me in any form. Now I have a strong reason and an experience supporting it from behind. There was a time when I was suffering with over thinking, It had reached to such a terrible level where I wasn't able to sleep at nights, spending whole night thinking about mere stupid things was not a joyous experience, it only gave me suffering. When I realized that this addiction was not serving me in any way and I had to stop, it

didn't serve me to progress on my path nor did it help me to become happy. So why would I think so much then? Do you see my point? I had both an experience + a realization behind this rule of mine which instantly solved the problem and I am still following it to the top for 2 years now. That's the power. So start making a list of rules you'll follow throughout the rest of your life after you learn something through an experience.

2. The second step is to follow it, act upon it without apologizing for it or explaining it to anyone else. You don't have to care about other's opinion just focus on following your creed, becoming a man of dignity. Benjamin Franklin is one of the greatest examples, he was known as the man of virtue. He had his 13 virtues which he followed every day; in fact he even had a custom diary for himself in which he had daily check boxes for each virtue. He made it a point that he will live his life by those virtues and die for it as well. He shares a beautiful story about his choice of dignity/virtue over money. I won't share the entire story here but what he was pointing out was that you can survive with mere pennies, sleeping on wooden floor with a filthy jacket and a slice of bread to eat. If you can survive without money it means it's not the thing to exchange your dignity with it. Make perfect sense. Once

you write a rule follow it, ignore any degree of tension that makes you break your virtue. Stick to it.

Remember, writing down your creed in the journal immediately after the realization and experience is essential. Also you don't want to forget'em over time, so make sure you make a checklist and tick off the items every day before going to bed like Benjamin Franklin.

ATTRACTION MINDSET

Dictionary Meaning

- ★ To apply a force to (an object) so that it comes toward the person or thing applying the force.
- ★ The tendency to attract.
- ★ An attractive force which causes motion towards the source

The Concept:

There's only one way to get anything in your life and that is by attracting them. Learn to attract resources (things, people, situations or anything). Nothing comes without attraction. It is the attraction that makes the resources gravitates towards you. Attraction pulls resources towards you. It is a powerful force that needs to be understood, executed and mastered to create lavish life. This mindset is similar to the "fundamental mindset". Search and seek the fundamental that will attract you everything you need and then act upon them.

So how do you attract resources towards you? Well, simply by becoming attractive. By becoming a magnet that pulls everything of the same vibrational frequency or desired thing towards you. The moment

you become a money magnet or luck magnet or health magnet, is the moment when you will see the goodness of heaven flooding in your life. My work is to help you develop right mindsets and so I won't go into much details of how the law of attraction or the psychology of human attraction works. That's your work. Do it. Learn it.

How to develop attraction mindset?

1. Know EXACTLY WHAT YOU WANT. Get into the details, the math, the science, the architecture, everything! You have to dive deep, extremely deep, so deep that the thought appears to be materialistic and vivid. Forget the strength of making resources available to actualize it for a second. Focus on creating the blueprint. I use it regularly to make things happen in my life. It's superficially powerful. Do it today. Know what you want clearly, precisely and vividly.
2. Dwell upon it till it comes true. Make it a priority of your life. Continuously think about it till the thoughts come automatic in your mind when you are not thinking about it. Become obsessed by the idea. Think it over and over again. Think it so much that they should come in your dreams while you sleep. Think about it so much that you

become super excited and charged to manifest that thought in materialistic world. Get addicted to it. Make it so powerful that it becomes the most dominating thought on your mind. Don't stop till it comes true.

The after effects

3. When you do the above 2 correctly, your mind will be programmed to always search for the opportunities to make that idea come true and procure the resources that will make that seed become a tree. At this point you have to work with your resourceful mindset i.e. make intelligent use of your skills and knowledge in such a way that all the elements align in order than can make the manifestation of the idea possible. At this point your mind will become like a torch light that will continuously search and enlighten the path that will lead you towards the manifestation of your idea.
4. The 4th step is to take action when the opportunities arrive. If you hold yourself back because of fear at the time of opportunity then the idea in your mind will remain an idea for the rest of your life. You could affirm daily and arrange the cosmic energies to make the idea come true through domination of thought focused on single outcome but if you don't take action at the right time, if you don't take advantage of the situation or if your eyes are blind at the right time, nothing is going to work. All your efforts in the first 3 steps would be a waste. I learned this in a hard way.

For example,

If you want to attract a certain car you have to become attractive or develop qualities in yourself that will make you magnetic and pull the car in your life. You will become magnetic by becoming worthy of that car.

If you want to attract a certain women you have to become attractive magnet to her first by developing a character and qualities in yourself that naturally attract its suitability and then following the 4 steps discussed earlier. For this to happen you need to understand the female psychology and what triggers attraction in them but basically females are attracted to emotions and males are attracted to visuals. Do that and when the time is right she'll be there in front of you.

MAGNIFYING MINDSET

Dictionary meaning

- ★ To make (something) larger or more important.
- ★ To have effect; to be of importance or significance.

The Concept

Our mind is like a magnifying glass. It will magnify everything that we direct our focus on and the more we keep focusing on the thing/idea/people/situation the more intense, important, bigger and powerful will it look. Sometimes due to our intense focus, our mind blows the intensity or the importance of the thing/idea/people/situation out of proportion to such an extent that we get paralyzed by its overpowering appearance.

That being said, from now on develop this mindset of magnifying only the thing/idea/people or situation that will help you make your life easier, that will make you more powerful and confident.

You might have heard the phrase “Focus only on the positive sides of the situation” or something like “Be positive. Think Positive”. This is the real reason behind it.

Focusing on the thing/idea/people or situation that is giving you mental stress, robbing you from positivity and decreasing your emotional health will not do you any good.

So, basically this mindset is about focusing your attention on the positive side of the thing/idea/people or situation because your mind magnifies everything that you pay consistent attention to and if you are a

normal human being I would assume that you want to magnify only the uplifting experiences in your life.

The only “why” to develop this mindset is to make yourself stoic or immune to the thing/idea/people or situation that are not serving you; rather they are making you miserable and exhausted.

How to develop the magnifying mindset?

There is only one key ingredient to develop this mindset and that is “Intense, Persistent, Guided, and Focused Attention”

Here is the deal, you either do it or you don't. The Choice is always yours. You would be a fool if you don't build courage to change your bad habit of focusing on the bad things and put in enough efforts to be aware of consciously flipping your focus from positive to negative even after knowing that your mind will magnify it, make it appear bigger, stronger and unbeatable and finally paralyze you to death.

I mean seriously? You need a how to for this? It's either done or you suffer. It's your decision to change and grow. It will be your benefit if you adopt this mindset. If I didn't require any how-to I can guarantee that you too don't need it.

Knowing this fact that “Our mind expands and magnifies everything that comes under his radar of intense focus” alone was enough for me to develop this mindset. Fit this in your mind. Do whatever it takes to learn and realize this fact. Maybe use the attraction or fundamental mindset here to your advantage!

I am repeating it again,

All the mindsets synchronize with each other; they can be used in different combination, developing all the mindsets will be your weapon to create an extraordinary life. Take this seriously.

P.S. None of the mindsets can be developed without practice. You have to take CONSCIOUS ACTIONS & EFFORTS EVERY DAY to install these power tools in your character.

P.S.S. Use this mindset to magnify your strength and qualities, Blow them out of proportion, intensify your positivity and emotional health, make the best out of this psychological hack to beat any problem and then combine it with the Pedestal Mindset to make yourself more powerful than anything else in the universe.

SELFISH MINDSET

Dictionary meaning

- ★ Holding one's own self-interest as the standard for decision making.

My meaning

- ★ Absorbing, modifying and channeling the resources towards one's vision and ignoring everything else that is not beneficial.

The Concept:

The context is different. I am sure that you have heard this phrase time and again that you should not be selfish. But come on! Be honest with yourself and accept the fact that we all are selfish indeed. All our passions are selfish, our dreams are selfish and our actions are selfish as well. It is the basic animal instinct in us that has been installed in our DNA for survival purpose. So it's not a wise choice to not be selfish. But let me elaborate a bit here. My selfishness definition is different from traditional one. I don't promote selfishness with the sense of traditional meaning which can be greed and self possession. No! Not that!

My intention behind influencing and suggesting you to develop a sense of selfishness is for the sole purpose of making you live an extraordinary life and capable of contributing your valuable gifts with the humanity. If you are not selfish, mediocrity and dogmatic people around you will kill the fire within you without any sympathy. That's not the thing you would want to settle for.

Let's get back to what this mindset is all about. This mindset is basically your paradigm for Absorbing, modifying, investing and channeling the resources (things/thoughts/events/people/information) in the direction that will improve your life, make you successful and also enable you to serve the humanity.

BE SELFISH ABOUT THE YOUR CHOICES THAT HAVE DIRECT INFLUENCE ON THE QUALITY OF YOUR LIFE.

To make this concept even simpler to understand and apply I am giving you a list that will guide you to be selfish in the right sense.

LIFE MASTERY MINDSET

Dictionary Meaning:

- ★ The act or process of mastering; the state of having mastered.
- ★ Great skill or knowledge in a particular field or hobby.

The Concept:

The concept is very simple to understand but hard to execute. Self mastery mindset is all about mastering and increasing your standards in every aspect of your life so that you experience life at the most and become a complete human being.

This means that you will have to create a balance between all the areas of yours life. You have to make mastery a commitment to yourself. Self Mastery is a lifelong commitment. It is a lifelong journey. It is the lifestyle that an individual lives where he constantly aims for higher quality of thinking and execution. He has the internal urge to become better and better every single day.

Why do develop mastery mindset?

Self Mastery is the ultimate solution to any problem and all highly successful people have this mindset of mastering their life. They are committed to master their craft, relationships, mind, body and soul.

Self-mastery is the ultimate test of our character. It is a cognitive and everlasting activity. It is about making yourself firm, skilled, strong and grounded as a complete human being. We cannot control everything that goes around us but we can control what goes inside you.

Having the ability to master oneself is the greatest ability of an individual. If you can become a master of your thoughts, relationships, business and money, guess how your life would look like?

Developing this mindset makes us so strong from inside that we become stoic to the things outside our influence. This is the “only way” to be world class at whatever you do. But before you become a master you have to be a student.

You can do whatever you want successfully if you are able to master yourself and every area of your external life.

GROWTH MINDSET

Dictionary Meaning:

- ★ An increase in size, number, value, or strength.
- ★ The act of growing, getting bigger or higher.
- ★ The process of developing; growth, directed change.

The Concept:

Recently I had an amazing realization for how do we grow? I had some really fascinating insights that will truly give your paradigm a shift!

Here it is.

We have come here to learn some lessons, to grow, to develop our intelligence & consciousness and to realize the ultimate truth. That's the end of life, I guess.

I have realized that when the times destined, people will come into your life & when the time's over, people leave. The person who loves you today may not love you 3 months from now, because the time's over. Everything will come, stay and leave when it's time.

Everything comes, stays and leaves to teach us something, to make us grow.

Welcome what arrives. Savor its presence. When it's time, let it go. Learn the lessons and grow. Flow like the water. Be excited for what's next?

Become nonresistant. Don't resist what comes in, stays or goes out. Everything (people/events/things) has a time period according to which they will come to us and go away from us for the sole reason to make us learn and grow. It is indirectly related to the law of cause and effect (off-topic) or settlement of karmic accounts. You have to do only one thing and that is savor the fluctuations of life. Try to pull out the lessons from your surrounding and grow from it. Enjoy the moment, really taste it to the deepest, experience it, understand it and know it.

Everything comes, stays, and goes away from you in your life only to teach you a lesson. And when you've learned/realized that lesson it's a wonderful feeling! You explode and feel very pleasant about life.

Don't resist anything, accept everything (good/bad), savor the moment and keep flowing like water.

After this, I even made a model for this realization that could help people to grasp on the idea, easily.

Block 1: The Past

Things/Events/People come to us in past. We don't know if we have attracted them or they were destined and to try and find an answer to it would be stupidity. Who cares? And nor will knowing the answer make any difference in our life! That's common sense. So instead we will now shift our focus and look beyond the mere illusion on these events/people/things. What was their role in our life? What were they trying to tell us? In what way were they trying to make us push our comfort zones and become better versions of ourselves? What were the lessons they wanted us to learn?

I am telling you. I am stating this. Everything that comes in our life is meant to give us a lesson so that we can grow our intelligence and consciousness. People, events and things do the same thing - teach us. But people are too blind and so they are trapped in this never ending circle of miseries and troubles.

As Albert Einstein says "We cannot solve our problem with the same level of thinking that created it"

What do you think he meant by this statement?

Things, people and events grow our thinking ability that further increases our consciousness to understand this world in a more enlightened way. The problems are there only because we are ignorant, that means we

don't have the right understanding of that particular discomfort (problem).

So whatever comes in your life, welcome it as it is! Try to connect with it and a much deeper level. Savor its presence, be grateful for it and most importantly try to search what you can learn from it.

But,

That is all I am going to share with you in this eBook. I know it's kinda uncomfortable to end something interesting in the middle, but that's how it goes.

If you want to know the remaining part, you will have to email me on varmaaman20@gmail.com or use the contact form on my website and send me an email with the subject "Mindset eBook" let me know what you think of this ebook and then after going through your email I will send you the further instructions and links where you will get the remaining wisdom.



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