

*Welcome to Over Innovation of Inertia. This is a totally free gift from us to you. Please enjoy this gift of giving as it's for anyone moving toward leadership. It's an easy but powerful read so please feel free to share our message of self-development. As this process of self-development belongs to everyone and anyone, it's critical to understand that it starts with awareness. If you are unaware; you cannot change, and if you cannot change you will stay the same so as the things around you. RUinert? If so, let's overcome inertia!*

*About the Author*

My name is Universal Prayther. I am the founder and CEO of Over Innovation of Inertia. Over Innovation of inertia is a non for profit which creates and disseminate health informatics and Inspirational Praxis. IP is the edifice of self-development and vocational building. IP is the technology we present our member to become the ultimate version of self. We provide workshops of knowledge, self-knowledge, health and wealth. I am pleased to introduce this small booklet as a token of our appreciation for coming with us this year. We are ever excited to have the ability work with individual of all aspects of life.

Most importantly, we are even more excited that you have taken interest to invest in self-growth. As you grow into awareness, understand that you can improve any part of yourself, at any moment upon awareness. You must become aware before you can! More so, we hope you enjoy this as much as we did. Please feel free to join us on IG, FB, Sound cloud and our Blog us as we continue to overcome inertia. Thank you sincerely,

Universal Prayther

IG: [https://www.instagram.com/over\\_innovation\\_of\\_inertia/](https://www.instagram.com/over_innovation_of_inertia/)

FB: <https://www.facebook.com/RU0I0I>

Blog: <https://overinertia.wordpress.com/>

Sound cloud: <https://soundcloud.com/user-763104862>

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### 1. Keep a good attitude

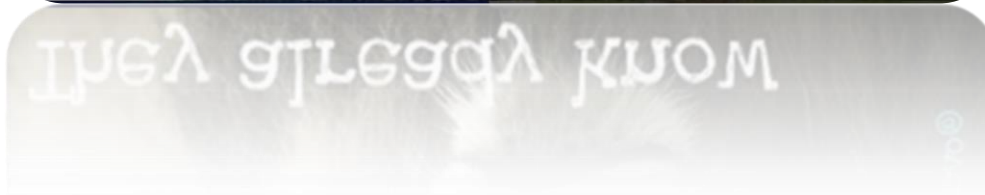
Having a great attitude is preordained! Yes! You must have this already transcribed in your subconscious mind. You must declare that over all the difficulty, over all the mundane and minute detailed tediousness, seen or unseen. You must declare that will not allow for any disruptions. As your mind has already been made-up on keeping a good attitude and you demonstrate that with your actions. Your very smile and sweet temperament shows strength, power and calmness. We will discuss the virtues of knowing your goals and why you should have it later in this booklet, but in greater detail.

More so, knowing your **vision** is to know your purpose and the origin of its inspiration. This will be the unseen fuel which will allow its users to propel into the future setting the desired course of inertia. Others will witness the endless strive for greatness. It will be the source of vitality, power and calmness. Especially during times of hardship, one will be able to remain calm, cool and unperturbed.

The vision which lights the day becomes your ultimate beacon guiding you to rise above fear, fret, worry and anxiety. Once you understand your vision and you know your final destination. You will rise to the awareness that there is no time for foolishness, hesitation or frustration nor will you allow yourself to entertain that which is a distraction from your goal.

**Once your mind is made up**

Your strength exudes a fragrant that the Gods can't resist, the universe becomes your community and you become the ruler. Every hardship is an opportunity; one must use patience and realize that calmness is majestic. **Have you made up your mind?**




## 2. Be on time

This is your show! Life is your show and you must be present. Someone once said, “God does not need to come, He has sent you!” Take it upon yourself, that nothing will get done. If you don’t do it, it’s up to you to take the action and get it done because no one will do it for you. You must take the initiative and make your visions happen. The most important reason is because no one can see it except you.

Dr. Seuss once said, “Nothing will change, ever, until someone cares a whole awful lot.

Be on time! If you don’t deliver who will? If you want change you must be willing to deliver it. Aristotle once said, “We are what we repeatedly do. Therefore, excellence is not an act but a habit”. In other words, practice makes perfect. If you make a practice of being late, you will become the author and master of making it a habit.



the future belongs to those courageous  
enough to establish their dream from yesterday  
today

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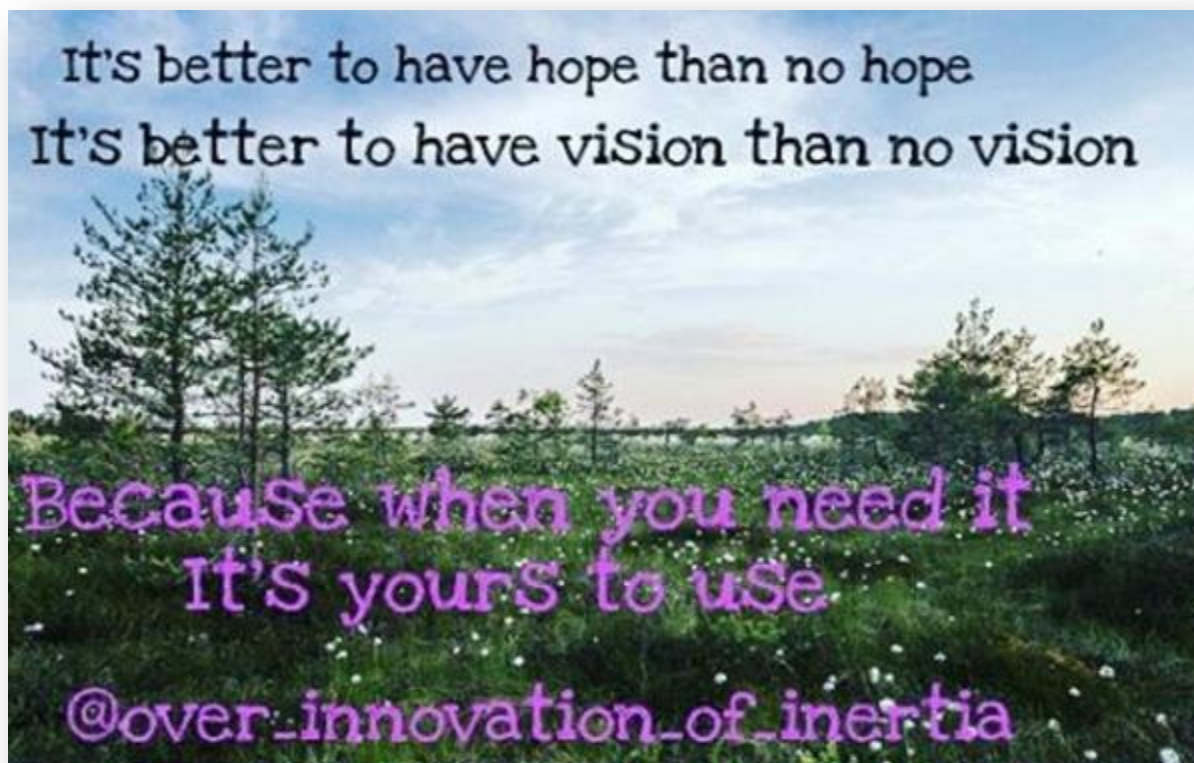
### 3. Be Prepared

It's been said, "Proper Preparation Prevents Poor Performance. We live in a very speedy environment. The last thing you want to be is not prepared. It's understood that this cultural is moving so quickly that people don't even have time to manage or take care of their own health. It's important that you master your craft, your pitch, your every instrument to be ready and the best readiness is preparedness.

When you are taking an interview, the hiring managers will take the ready right away.

When playing sports, the coach will take the prepared player right now.

In an environment when speed is so prevalent. Not being ready will result with a poor attitude, a late response and poor performance. It's not all bad! If you are aware one can make the appropriate changes and updates needed to make one available and ready for the next event. In the rise of the opportunity, you can handle it with ease and less stress. Preparation is only awareness responded. This is responding to the fact that you know what is about to happen. To be aware is to be alive!



#### 4. Work a full day

This is a very critical lesson. **Don't cheat yourself, treat yourself!** It's implied through this saying that when you don't complete your training or your process. You don't get the full benefits of getting your full amount of development. Hence, you cheat yourself out of the full benefits that could have empowered you with the advantage needed during the rise of your next opportunity. Don't cheat your growth for progression.

You lose the ability to reach your greatest aspirations. The best example when training, exercising, or studying, there is a moment where you will decided to rest, or stop. It's at this moment that you have not completed your full day of work. The amazing part is trying to figure that decision to take a break and somehow seeing that it becomes the *primary* piece on your exam. I can't and will not try to explain it but finish your full day of work. It's easier!



### 5. Maximize your inner abilities

It is important for you to identify your community resources. This is without a doubt critical. As it will help you on your path to the resources needed to reach your goals. It's been said that "everything that you want will be provided through someone". In this case, you will need to understand how to use your inner abilities. Your ability to use your personality, talents, knowledge and others is a key factor to reach your success.

For example, it's critical that you teach yourself positive self-talk. This is the ability to counter bad thoughts or negative thinking. Maximizing your ability to have an inner coach to help you drive your actions is half the struggle. Countless numbers of people, suffer from negative self-talk. It should not be viewed as a negative thing. As it can be reconditioned, one must simply devote time to reprogramming themselves with positive affirmations until it becomes habit. On the other hand, your inner self must be higher than your outer self. In other words, if you don't believe it internally, it's going to be very hard to maintain it in the physical.

It can be compared to the process of osmosis, your inner self has more space than your outer self, and therefore, your inner self must be higher than your outer self so that you can achieve what you believe. The world is waiting to give you another 1000 reasons why something is not possible. Simply, take inventory, make your inner self large and your first supporter of your goals and believe in yourself.



6. [Guard your attitude](#)

It's only through the flaming infernal of anger can you feel the rise and change in temperature, mood, and action. It is through these characteristics that you can tell if a person is on the edge. More so, it's critical to know when you are on the edge. It's more important that you are aware that you can feel yourself slipping. This is noteworthy! Once you can identify it for yourself. You become like a lifeguard for someone else. You will know when a person is about to drown. In your ability of being a leader, you can choose to allow them to sink or swim. Most importantly you can choose to redirect energy.

Remember! In this society, everything that you want will be through someone else. It becomes your job to control yourself at all times and more than that... In leadership, you can choose to save someone or allow them to go off into the infernal, the sea of flames. Its best to keep calm as calmness is power. Calmness is greater than power it is self-mastery! Don't ever give your power away. Once you lose your cool, you give your leadership away. Don't give your control away. It's best to save your energy for your goals and passions, unless.





7. **Know your goals and why**

Goals are only goals if you don't have a why. Some say faith is dead without action; but goals without a foundation will lead one to re-evaluation time after time. What's your why? Falling back on your why when in the teeth of struggle and hardship will provide one with the life fortitude to keep going. **What's your why?** Not having a why can be compared as the following:

It is like a running car without the driver. It's like viewing an enclosed cocoon without the butterfly. It is like viewing the universe just to witness vacant life. It's like being a human without having a soul. Goals are only goals when you don't have a reason, a purpose or a foundation to build it.

There must be something that will cause a blaze to set in your inner being. This flame becomes the combustion for the birth of your vision. It literally allows the birth of a star to live within your very essence. To continue with this, one must understand the 3 P's. Principals, Purpose and Pasion, seriously, I can produce another booklet just talking about the 3 P's. I will not give any information rendering these terms, however; only through the establishment of these can you create your reason. It's critical that you have your reason and your why when you create your goal. This will allow you to shine like a start in the darkest night. It will provide you to be a reason in the darkness. It might sound strange but trust the process. Allow it to burn bright within you, as you are light in the darkness.



## 8. Take Control

Allow your mind to focus on the content which is about to be delivered. Please feel free to contact us [overinertia@gmail.com](mailto:overinertia@gmail.com) to schedule for an online or in person workshop, we also provide lectures for students and adults.

Furthermore, Genesis 1:26, “And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creeps on the earth.”

The “*let us make*” is the permission given to humankind to create his or her own self-image. Self- image is defined as the way you view yourself or your powers of I am. At this moment, we are talking about very different kind of control over dominion. This is the ability to create dominion of your own self-image and having the ability to manifest the efforts in the physical.

When we hear, “*Let’s make man in our image*”; Please don’t think of it physically as...this is not a physical thing. This image is in the image of the mind. In other words, it is your self-image; it is not you looking in the mirror. Rather, it’s you viewing yourself from the perspective of the mirror externally and internally. Now, ask how do you view yourself?

**Your mind is like the universe and it is constantly expanding, growing and limitless.**

However, you can oppose a limit and when you find it. You must change it. Don’t give yourself any reasons as to why you can’t reach your goals or dreams. You must believe, plan and make it happen. When you find yourself struggling, and feeling like it is not manifesting or nothing is manifesting than you might need a larger self-image.

This can happen simply by analyzing what you really want and imagine who you need to be to make it happen than see yourself as being that person and hold your subconscious mind to those standards. Once you have confirmed it, take control over the dominion which is yours and what is for you.

In other words, the way you view yourself is the cage and your entire life will function under it. Secondly, once you establish this cage; you are the bird which travels under it and you are bounded by its walls. However, you are the owner and you can purchase a new cage if you only paid attention to how it was first crafted.

If you feel you need to fly new heights, simply re-build yourself image and take control.

The way you view yourself will give you much power. It’s up to you as to how you are able to control and make things happen with vitality, confidence and leadership. More so, during the

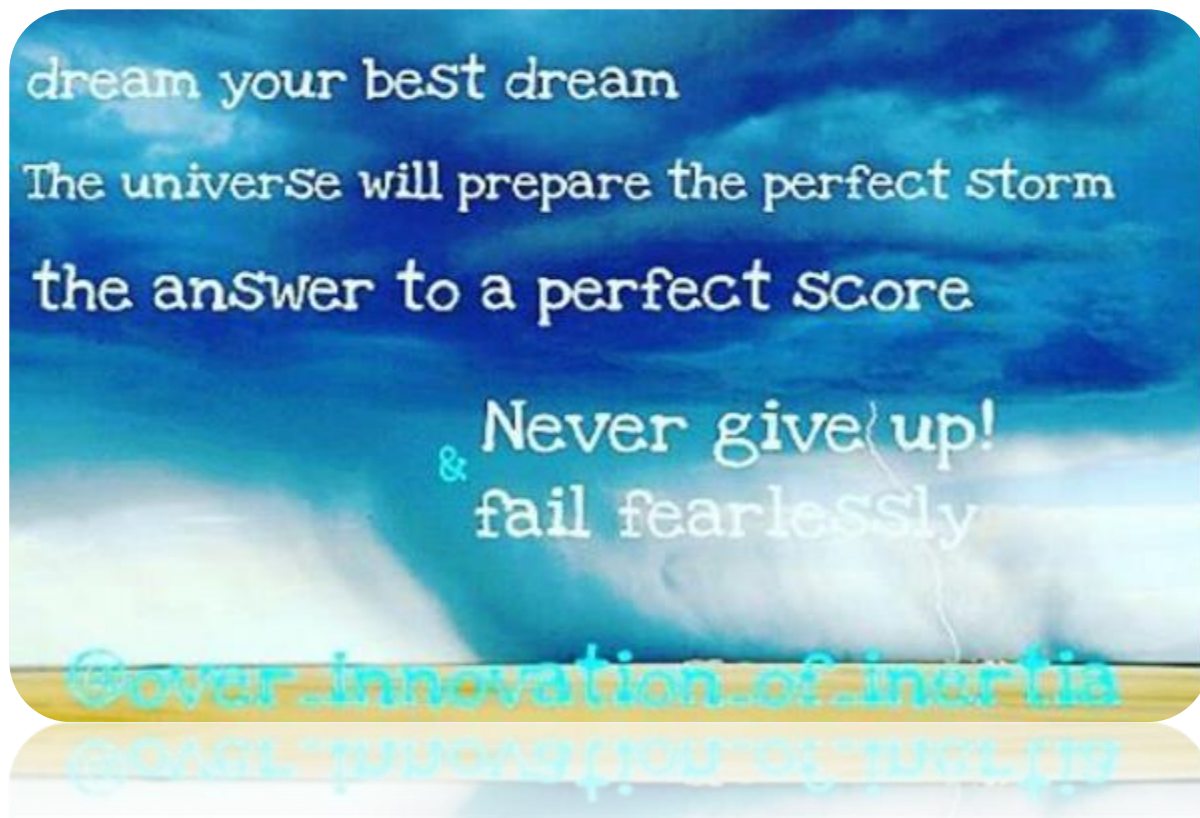
entirety of this book, we have not mentioned the definition of leadership solely because of this chapter. It is up to you to write it and create it. It's time to be your greatest self and you are the author. Don't live in some's opinion of you. Live your life in the opinion of yourself and yourself image. Hence, I live my greatest dreams in God's image of me.

Furthermore, When you give your negative thoughts power, you are still in control over your dominion. The negative thoughts are like the creeping things that creep on the earth. In other words, you are as powerful as you allow yourself image to be. The key behind this is that you can't physically excel your self-image by default we fall short. The solution is to rebuild your own image. See yourself in God's image...see yourself as being powerful, productive.

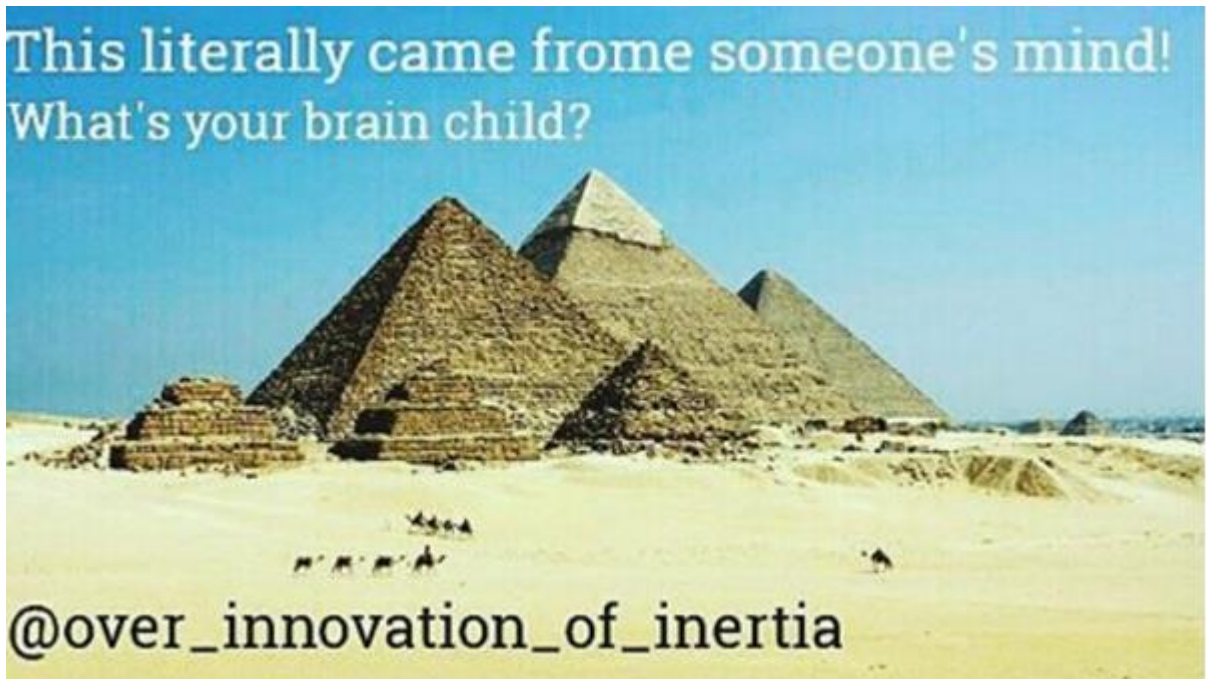
This is the construct of what you believe you are. What is your... I am? You don't need to be God, you just have to be yourself...He has already given us the permission and the power to be who we believe we are.

Don't give your power away! Control your inner thoughts; your very perspectives as it will impact your motivation and your will to take action. Take control as you have dominion over your positive and negative thoughts. As we like to say, RUinert? If so, let's overcome inertia!

I live my greatest dreams in God's image of me.



This literally came from someone's mind!  
What's your brain child?



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Everything is constantly evolving  
growing, becoming more and better  
Don't be unkind to your mind

You are the only one who can  
Keep it behind

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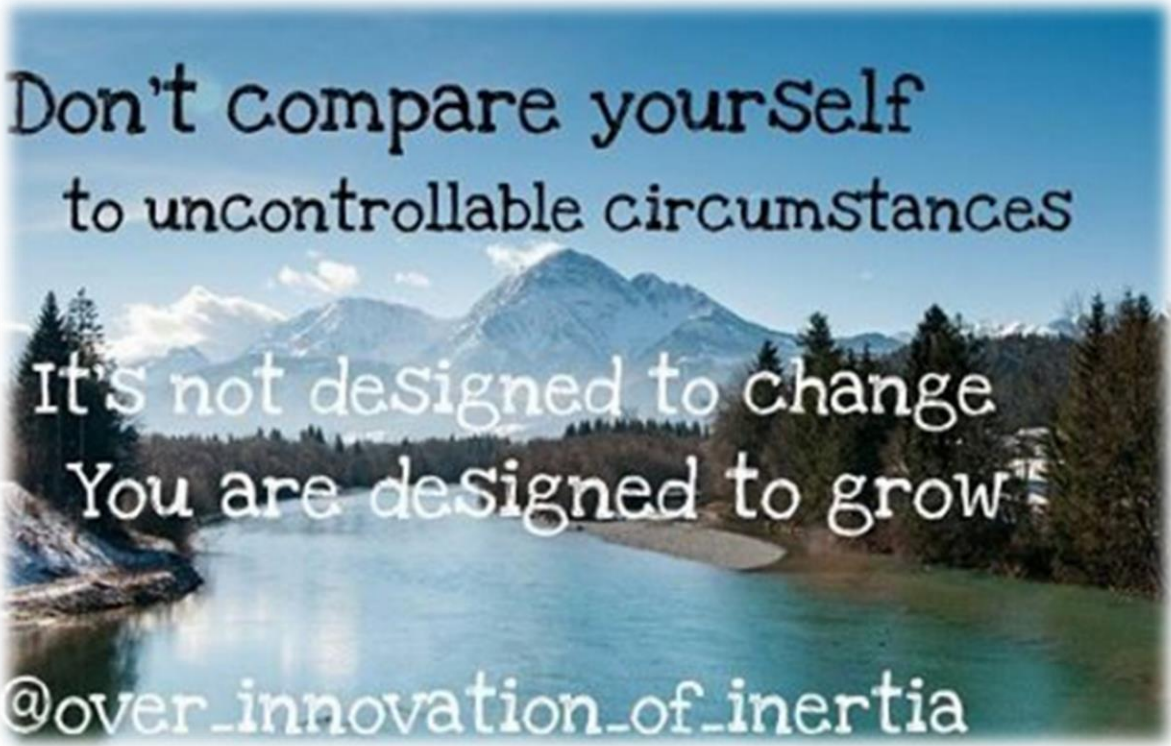


believe in you!

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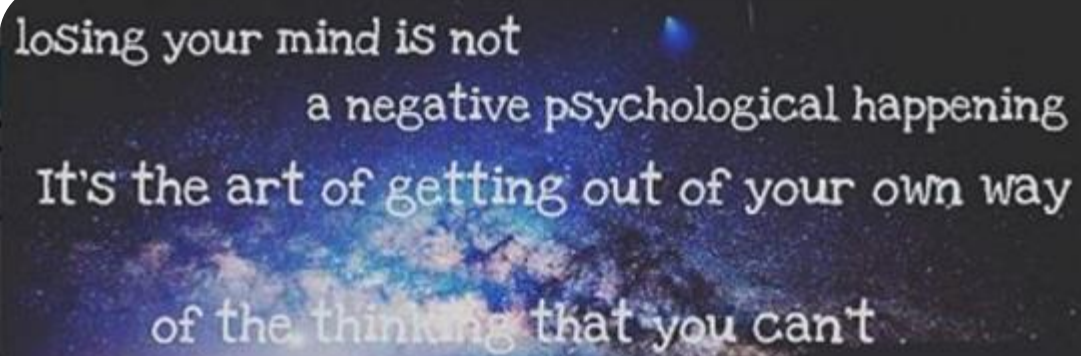


A scenic landscape featuring a river in the foreground, a dense forest of evergreen trees in the middle ground, and a range of mountains in the background under a blue sky with some clouds. The text is overlaid on this image.

Don't compare yourself  
to uncontrollable circumstances

It's not designed to change  
You are designed to grow

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losing your mind is not  
a negative psychological happening  
It's the art of getting out of your own way  
of the thinking that you can't

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the past has a path from the present  
just look back if you need a reason  
to push into the future

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to have fun and grow