
FRONT COVER:

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Table of Contents

Resolving To Command Your Life And Mind In The Coming Year

Chapter 1:

The Basics Of Self Control

Chapter 2:

Identify Where Your Life Is Out Of Control

Chapter 3:

How Your Thoughts Affect Your Life

Chapter 4:

Learn To Think Positive

Chapter 5:

Using Affirmations

Chapter 6:

Learn To Get Rid Of Bad Habits

Chapter 7:

The Benefits Of Command And Control

Chapter 8:

Staying Motivated To Command And Control Your Mind

Chapter 9:

Staying On Track

Chapter 10:

Making Resolutions For Command And Control

Resolving To Command Your Life And Mind In The Coming Year

*Whether we realize it or not, we are responsible for creating and reshaping our lives. The entire things that become essential parts of our lives and the physical reality are actually first created within our minds from raw materials called **thoughts**.*

There's a very slight difference between mantram and mantra. Both these words are actually taken from a Sanskrit word which means instrument of thought but the difference is that a mantram is an instrument of thought that is vocalized, whereas a mantra is silent.

It is really important to understand your mind and how your mind works. Today, the word subconscious mind is the term that is mostly heard but hardly understood. The work of your subconscious mind is actually to take thought, which serves as the pure energy and provide it with a physical shape within the material world.

When you have a thought in your mind, you are issuing a command. Servants will obey through manifesting your thought in your physical world and this will be manifested in the events and things in your life. Thereby, your physical reality and your present life is a mirror of your own thought patterns.

You can command your life by creating thoughts. If you want to change the reflection that you see in the mirror, you have to change the thoughts in your mind. In other words, changing your thought patterns enables you to also change your life.

Chapter 1:

Introduction

The Basics Of Self Control

Synopsis

Self Control touches on almost all aspects of happy and healthy living; exercising, eating right, avoiding alcohol and drugs, working harder, studying more and spending less. Self control or willpower is something that separates humans from our ancient ancestors as well as from the rest of those who belong to the animal kingdom. Instead of responding to our immediate impulses, human beings can evaluate, has the ability to plan and can avoid doing things that they will regret in the future.

There are times that people lose their self-control which makes things more complicated. Obtaining self-control is a crucial ingredient in being successful in any field or facet of life that we engage in. Willpower can actually mean the difference between creating good impressions and creating a really terrible one. This can also greatly change your life and the lives of others.

Self Control

Self-control is not all about having control on the things that you want to do; it is also about having enough control of the things that goes into your mind. Everything actually starts within your mind, so if you are able to control your mind, you will also become more successful in achieving self-control.

People must also learn how to choose their thoughts, in the same way they select the clothes to wear every day. Controlling your thoughts is an essential component of a successful self-control endeavor. It is a great power that you can always cultivate. If you really want to control the things in your life that are not so good, you have to work on your mind; that is the only things that you must be trying to control.

Two Principles of Self-Control

➤ Observation

One of the most important ways for you to understand anything within your life is actually to observe. The moment that you begin to observe something is also the moment that you start understanding how it works. People love to observe other individuals, but they rarely pay attention toward observing their own selves. Many people are more likely to think that they just act the way they are doing and there is nothing they can do to change, but they really don't have time understanding themselves.

Being successful in achieving self control must begin within us. We need to understand ourselves first. It's just the same as a man asking out a woman.

More often than not, a man just can't understand why a woman would say no. However, if tables were turned and saw himself through the eyes of the woman, he would actually never date himself. Sometimes, we just really forget or even don't care to look at ourselves in a mirror and see the things we need to develop on.

We have to observe ourselves so we can better prepare ourselves to interact with others. Preparing ourselves by observing our beliefs, actions and character will help us to prepare to have such self-control.

➤ Listening

Most of the times, people want others to listen to them, but it is also important to remember that they also need to listen to others. With the principle of listening also comes the ability to effectively understand about the things around us. If we start listening to what we say and what we think, we would actually understand whether we're making any sense or not.

Willpower is not all about the way you manage the outside world; it's about the way you manage the inside. Anything that requires control requires to be understood, and we can't understand something unless we take time to listen.

Whatever goes into our mind can greatly affect our lives today and in the future, so it is really important for us to master controlling our thoughts.

Chapter 2:

Identify Where Your Life Is Out Of Control

Synopsis

If you live a not-so-joyful life, the first thing that you have to do is to step back and identify where your life is out of control and where you're out of balance. This is necessary for you to take the right steps and do the best things that can help you build a joyful and satisfying life that you always want.

When it comes to living a life that is “out of control”, mostly, you are the last person who is able to realize it. It's very easy to be caught up in a circle or a cycle of struggle, negativity, addiction and even depression but it is so hard to move away from it. Most of the time, out of control situations are showing their face with us when we never really have enough time to work on it. Before you be caught up in the middle of this situation and make your life even more miserable, you have to understand and identify which part of your life is out of control.

Where Is It Out Of Control

When things in your life seem to be out of control, you will feel that nothing feels so right, whether it be in your family, friends or in school. It would make you feel so overwhelmed and you won't even feel sure about how you can pull yourself out of that black hole you found yourself in. Giving a name on what's bothering you is an essential place for you to start. More certainly, there are various issues you need to deal with. You may consider creating a list of all the things that bother you.

Just the same as anything that you attempt to resolve in your life, it's essential to understand your state of mind. Of course, you wouldn't attempt solving a math problem if you're sad or depressed. Your mind will work best at solving complex problems once you're in a better state of mind and can think clearly.

Identifying where your life is out of control involves an intricate process so you have to organize your ideas and decide on a single thing that you want to work on first. Never try to solve your entire problems all at once because it could lead to something that you would never want to happen. In your life, you will encounter a lot of problems so you have to cope with it and a great way to do this is not doing it alone.

There are a lot of people around you who can help you solve your problems. Your friends, families and your loved ones can always assist you throughout the process. These people can also help you in discovering the things that might have gone wrong in your life that you didn't notice.

Chapter 3:

How Your Thoughts Affect Your Life

Synopsis

Conditions and events don't actually make a person, they reveal him. Each of your life's aspect, from your finances to the state of your relationship and health, reveals your beliefs and your thoughts.

Did you know that your thoughts have the power to control some events in your life? Well, that is right. Your thoughts are really powerful and they can greatly affect your life in so many ways. What you think can help you create the reality that you experience. Whether such experience is positive or negative, all of these things are determined by your thoughts.

Your thoughts are greatly powerful and these are the main key to making your own reality. Everything that you perceive in this physical world always has its own origin within the invisible and inner world of your beliefs and thoughts. If you want to change your reality, you have to change your thoughts. For you to become master of your own destiny, it is important for you to master the art of controlling that nature of your own dominant – your thoughts. As you come to realize that your thoughts are creating your own reality and begin to control your thoughts, you will be able to greatly attract in your life the things which you intent to experience and achieve.

For Each Outside Effects comes an Inner Cause

Each effect that you see in your physical or outside world has a particular cause which also has its own origin in your mental or inner world. It's actually the great essence of the power of thought. In other words, the circumstances and conditions of your life today are results of your collective beliefs and thoughts.

Many people believe that they think or feel the way they do because of some events or circumstances happening to them; but it is actually the otherwise. The truth is your thoughts are creating certain circumstances and situations whether they are unwanted or wanted. Through applying and internalizing the truth that your thoughts have the power to make reality, you will give yourself the power to make changes on the things you want to be manifested in your life.

The Power of your thought is actually limitless, since you can also think anything you want. Your thoughts have the power to make your emotional state. They can even affect your health and they can influence what you say and to people. Thoughts can then be transformed into your feelings, which will then turn into actions and finally to results. As being said, thoughts are really powerful, so if you don't pay attention to the things within your mind, you might not want what you'll get.

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