

THE ULTIMATE GUIDE TO LIVING A LIFE OF ENDLESS POSSIBILITIES

-BY NAMITA SINHA



YOUR GOAL OUR VISION...



"OPEN YOUR EYES TO A LIFE FULL OF ENDLESS POSSIBILITIES
AND TAKE 100% RESPONSIBILITY FOR YOUR OWN
SUCCESS AND HAPPINESS"

It's so easy today to get bogged down by all the negativity and darkness that seems to engulf us, and one can almost pen a complete book out of all the bad stuff! Isn't it? Good news doesn't often make the headlines. But it's out there. Amidst all the stress, worry, and negativity; there are people, and hordes of them taking advantage of the opportunities that are out there, ever ready to embrace new ideas and possibilities, and doing amazing things--and if they can do it, so can you.

The fact is our lives are filled with endless opportunities hiding behind all hurdles. Sure, we may have to look a little deeper, work a little harder to find them.

This means making smart choices in life. Are we going to be great? Or are we going to be mediocre? And it's never too early to learn how powerful our ability to make choices is.

So for every one of us, the question is: What are we going to do about our personal situation?

It's our own personal choice to adopt the story, "when the world hands you lemons (or what we perceive to be lemons), make lemonade". Why not choose to be great? Why not wake up every morning and ask yourself what you are going to do today that is different and better than yesterday? Why not open your eyes to the endless possibilities that exist when you make a commitment to live the life you dream of living?



The information that forms the basis of much of the content in this book originates from published work in the fields of psychology, sociology, neuroscience, human behaviour and life coaching. They have been supported by my own related research, and experiences as well as feedbacks and insights from my clients and colleagues, that I have gathered as a result of all the many years that I have put into my work in the areas of personal development and life coaching, not to exclude precious learnings, from my own life too. The purpose of this book is to help you understand how you can use your mind to transform your life and take complete ownership of your own happiness.

With great pleasure, I share this knowledge with you, that has been compiled with extreme dedication to the purpose.

All these strategies have been put together at one place, so that you get a chance to apply the wisdom to your life and propel yourself closer to your dreams! I hope it will serve to be a good one for keeps, and a ready reckoner for all situations that life keeps throwing at you!

So why not start today? The possibilities really are endless.
Seize the day!

To Your Success and Happiness,

Namita Sinha

Letting go off the Wrong Mindset

If you have a fixed mindset, that doesn't mean you are stuck with it for the whole of your life. Being aware is half the battle won.

You must begin by stopping the negative self-talk and the messages that a fixed mindset continually feeds you. Instead of allowing yourself to believe thoughts like, "I knew I was a failure", you would better switch that to something like; "I know I will find a way to succeed".

Acquiring a success mindset requires Action.

The best way to change the type of person that you believe you are — to build a new and better self — is to do so with small, repeated actions.

The best musicians practice every day. The best athletes practice every day. The best writers practice every day.

Yes, their results are fantastic and they get to enjoy the fruits of their labor ... but it's not the results that set them apart, it's the dedication to daily practice. It's a fact that their identity is carved out of the type of efforts and the action they put into their craft each day.

Begin whatever it is that you want to do, even if every move that you are making is screaming that it shall not end well. You want to do this because when you take action, your beliefs follow. This is what trips up too many people. They think they must first believe something before they take action, when it's just the opposite. **Take action, then watch how you will believe in what you can accomplish.**

Every time you complete a task towards your goal, you gain self confidence in your abilities. This is how you develop a strong success mindset. It is like working a muscle.

Action strengthens belief. It's action that takes someone with a fixed mindset to ready themselves to reach out and make the best of all the potential that's lurking free inside them.

If you are doing regular action, even it means in small chunks, and if you are achieving mini goals on a regular basis, then suddenly the world is wide open to you; you are already showing signs of the growth mindset – you can see evidence of the consistent accomplishments and it reinforces your belief in yourself!

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About the Author



NAMITA SINHA

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Namita is an Internationally Certified Success Coach with ICF credentials (International Coach Federation, USA). She is also a Behavioural Trainer, Sales Trainer, Faculty for Soft skills and Retail Banking; Writer and Speaker on a mission to help everyone unlock their infinite potential and build an extraordinary purposeful life.

Having done her M.B.A in Marketing, she has had a prior corporate stint of more than 12 years successfully leading sales and customer service teams, chiefly in Banking and Financial services, with reputed multinational firms. Her rich experience and understanding in areas of employee engagement, sales, and customer experience makes her an ardent Trainer, Sales Coach and Executive Coach enabling teams reach high levels of performance.

A Certified Career Counselor, and an expert in Emotional Intelligence and Multiple Intelligence Analysis, she is passionately involved in helping individuals discover their talents and strengths towards pursuing the right education and right career.

She happens to be an avid blogger and writer across diverse topics. As a columnist for International Coaching News, world's leading publication in the field of Coaching and Personal Development, she regularly shares insights in the domains of executive and life coaching. She is also a guest blogger for several online magazines where she writes on topics related to career, youth, children, parenting and women's empowerment. Her poems have featured in a recently published anthology – The Pink Throne.

She has committed herself to work through her presentations and training programmes centered around the theme of emotional intelligence, various life skill workshops with educators and students; and in helping women manage transitions in their life.

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