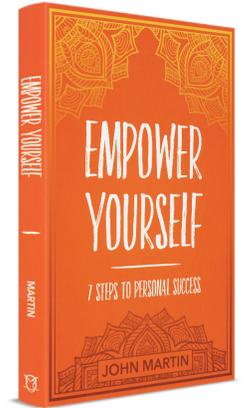


# Empower Yourself

## 7 Steps to Personal Success

by **John Martin**



### Contents

Assess Your Life

Page 2

Self-Awareness

Page 2

No Parking in Fear

Page 2

Choose Positivity

Page 3

Stay Present

Page 4

Share Your Journey

Page 4

### THE SUMMARY IN BRIEF

Success is not quick and easy, but it is attainable if you learn to push yourself out of your comfort zone and risk-free life. Empower Yourself is a guide to mapping your goals, becoming highly self-aware of your strengths and weaknesses, overcoming your fears, and learning to be present and positive.

Author John Martin explains how following the steps outlined in the book will lead you to create the life you want, one decision at a time. If you want to make a change in your life, if you are willing to look within and act on what you learn, you can change your circumstances. By setting small, attainable goals and sticking with the process, all the success you dream of is within your grasp. Now is the time to make the decision to follow your dreams.

### IN THIS SUMMARY, YOU WILL LEARN:

- How to set goals.
- How to get over the fear of failure.
- How to control your mindset and weed out negativity.
- How to stay motivated.

## Assess Your Life

Write down your definition of success. Consider what your work, your primary relationships, and your overall lifestyle would look like. This is your ultimate goal. Whatever it is, your ultimate goal should be big enough to be challenging and inspire a sense of fulfillment.

Think about what made you happy as a child. Take a look at the kind of entertainment you like. What do you read or watch? This life examination can lead to the discovery of an interest that if pursued, could change your direction and give you renewed purpose.

Think about where you are now. Is what you are doing now in line with your ultimate goal? Will it lead to your ideal lifestyle?

Accept personal responsibility for your life. Even if there is a reason to blame others, overcome the impulse. It is not your boss that is causing you to be miserable, you are choosing to work there. If you're unhappy in a relationship, it's because you haven't taken the steps to improve it or leave it, if necessary. When you cut away the excuses, this is the cold truth. The good news is that if failures are your fault, then your success can come by the same method—your own choices. Once you accept personal responsibility for your circumstances, you can take steps to change them.

Be honest about your failures, habits, and current situation. Think seriously about why you do what you do for a living. It's critical to learn and embrace your reason why. When we are acting from consistent, authentic, and clear motives, we are getting closer to doing that thing we were meant to do.

Often, your self-assessment will reveal the need to make a significant change. Heed this. If you are assessing your life and find it wanting, make the decision to follow your dreams.

Achieving your ultimate goal means setting smaller, daily goals. Keep them attainable and in line with your ultimate goal. If you want to look for a more fulfilling job, your first small goal is to spend time updating your resume. Tomorrow, update your LinkedIn profile. The next day, send out five resumes. Little goals lead to bigger opportunities. This is why it is important to take action, any action, as long as it is in alignment with your ultimate goal. Use your why and your ultimate goal as guideposts to avoid getting distracted.

If you feel discouraged because you're not where you want to be, don't despair. It is never too late to try again.

## Self-Awareness

No matter where you are in life, when you know who you are, you have more control over it. Self-awareness takes effort and time, but it's a game-changer. When you know who you are, you waste less time thinking about what you should do; you do it, and you feel more confident about your decisions.

Journaling is a fantastic way to gain perspective. Document your thoughts throughout the day if possible. If you don't like to write, use your smartphone to record audio or video. You'll see your likes and dislikes, what motivates and excites you, and what causes you to procrastinate. Over a period of time, you will be able to recognize certain aspects about yourself and then accept or change them.

Some roadblocks that get in the way of self-awareness, include dwelling on the past and getting tempted by bad habits. Be thankful for your current opportunities rather than focusing on the past. In order to gain control of your life, you need to gain control of your impulses. If you are wasting money and time on bad habits and addictions, then you are losing resources that could be going toward your dream. Keep your goal in your mind and note what triggers a bad habit.

Poll close friends and family about your positive and negative traits to gain better understanding of how you appear to others. Ask what they see as your skills and what you are bad at; ask what they wish you knew about yourself that you don't. This can be uncomfortable, but useful.

Using all this data, you can learn your values, strengths and weaknesses, your goal, and your motivations. Now, act on what you learn. Double down on your strengths and work to minimize your weaknesses. Introspection will take you part of the way, but action is important. And remember, this process is never finished. Your new perspective will allow you to continue to set and reach goals.

---

## No Parking in Fear

Maybe you realize that big changes need to be made in order for you to achieve your goal. Often, this is the point at which people tend to get stuck. They know what should be done, but they stay parked in fear. There is no way to get rid of fear, but you can overcome it. Sometimes we overestimate the bad consequences of a change while downplaying the possible benefits. If you continually remind yourself of the positives and your goal, you can act. Eventually, you will become less fearful and hesitant to make decisions.

Failure is to be embraced, not feared. If you are not failing at something at least once in a while, you may be parked in fear. Sometimes it takes failure to learn, do better, and grow with the next effort, which increases your chances of success. It's the trying, failing, and trying again that eventually gets you on the path to success.

Fear of criticism can be overcome by owning who you are. An important truth is that not everyone will like you. Hear criticism and forget it if it's not constructive. If it is something you didn't know, learn from it. But if people are trying to pull you down, shake it off. Do things because they are right things to do, not to be liked. Accept that confrontation sometimes needs to happen. If you constantly bury your feelings in order to preserve someone else, you are suppressing yourself. If you have to say something, do it with as much tact as possible and let it go. If you let it consume your mind and energy, then you are wasting valuable moments.

Rejection also becomes more manageable the more often you experience it. What happens when you get rejected? Your feelings get hurt or you're embarrassed. What else? Not much. We blow up the consequences to such a level in our minds that we allow our imagination to dictate reality. Apply for that sales position, ask that person out. Get uncomfortable. Growth is living outside your comfort zone.

Imagine that you only have six months to live. You find yourself no longer procrastinating. You make the phone calls and the connections you had been wanting to make. Human relationships become more important. You spend more time with your loved ones. You stop caring about what people think of what you are doing. Would you die regret-free? Are you living your dream or are you living your fear? Don't let your fears be a roadblock to your success. Keep your goal foremost in your mind and put yourself out there. The more that you face and overcome your fears, the brighter the future.

---

### Choose Positivity

It is easy to be positive when life is going well. It is when you are faced with trials and circumstances beyond your control when you have to make a choice: You can focus on the negatives or you can look for the positive aspects—that's your test. The key to breaking through any obstacle is choosing positivity in your attitude and your actions.

We live during an amazing time. Look at your lifestyle, your relationships, and all the chances you've been given, and find a perspective of gratitude. When you start being thank-

ful, it's hard to be negative and you'll stay calmer when something goes wrong.

Note when you start thinking negatively and stop yourself. If we think in a negative way, more negativity comes into our lives. Similarly, if we choose to think positive thoughts, more positivity is attracted to our lives. This is why it is so important to control your mind, choose your perspective, and weed out negativity. Watch the words you say. Statements like "I feel like crap" or "tomorrow's going to be rough," might seem normal, but they create negative thoughts. Choose positive statements. Be aware when you are in a conversation that turns toward complaining. Try to steer the conversation in a more positive direction or politely remove yourself.

Have boundaries when reading or watching the news. Violence, tragedy, and controversy sells ads and increases fear. This doesn't mean that we should avoid all discussion of news or politics, but have healthy debate or conversations with people from whom you learn different sides of an issue. That's how positive change will happen, not through calling each other names online. Turn off social media for a while and watch your problems diminish. Make it a point to talk with and connect to people. Get involved in your community. You gain the benefit of feeling better while also helping others to feel better. The more we look outside of ourselves, the better we will feel.

Our emotions are often cyclical. Sometimes, when you are feeling sad, give yourself permission to feel that way, knowing that you will soon feel better. Alternatively, forcibly change your thoughts to ones you enjoy. Pay attention to how your emotions change with the thoughts you choose. While we are not always in control of what thoughts enter our mind, we can choose how we react. Try smiling when you don't feel like it; laugh out loud. Positivity can also be called forth through physical activity. Not only does exercise boost your mood, it oxygenates the brain and gets the creative juices rolling.

If you are at a job or situation where you constantly complain and give off negative energy, leave. Not only are you hurting yourself with self-conflicting behavior, you are making it harder on the people who want to be there. That said, if you are honest about the reasons for being there, you can still be a positive person surrounded by negative people. Maintain your values and your work ethic at all costs, and do not let the environment dictate who you are. Set goals and give yourself a timeline. Bottom line, in a negative environment, maintain a strong sense of self and work hard to get out of that situation. Start a side project. It's not only useful as a plan B, but can provide additional experiences and skills. When things are rough in one area of your life

and you need to shift focus, it will give you another goal. Have a plan and stay positive.

It is hard to overemphasize the importance of being positive on the journey to personal success. Your attitude can make or break the process, and it is critical when facing obstacles.

### Stay Present

Try not to look back to the past, whether good or bad. Don't dwell on "what if" questions. Keep your thoughts on the present and get into what you are currently doing. This conscious effort will allow you to reach your dreams by consistently bringing your attention back to the work that needs to be done. It won't be long before you get into the flow state. When you are involved in a project, try to stay with it as long as you can without interruption.

There are times you might make an embarrassing mistake. Make amends where needed, but don't prolong painful or anger-filled circumstances by thinking about them for too long. So much time is wasted mulling over conversations that are long over. Let them go. Dwelling on past hurts is a form of procrastination. It might feel good to vent, and at times, it might be necessary to gain proper perspective. Go ahead talk to a partner or friend, but then let it go so that you can refocus. There is no need to go over every negative word because it only serves to give them more power. A key to happiness is staying in the present moment.

### Share Your Journey

Now is the time to open yourself up to the world and make connections. Developing relationships based on

respect and mutual encouragement is crucial. If meeting people is outside of your comfort zone, start small. Get to know someone at work that you never really talk to. From there, you can be strategic in connecting with others in your industry that can become mentors or collaborators. We miss out on many connections, due to the awkwardness of a moment. Learn to work through it. It's often a numbers game in life, and this is an example. If you attempt to talk to ten people, and seven are full of their own thoughts, that still leaves three connections you made by being awkward enough to connect. It is worth it.

Even introverts can be social. Practice listening to others and ask questions based on what you hear. There is much to be learned in other people's stories. As you open up and share with others, you may be surprised to learn that you have also helped someone who heard your story. Think about the parts of your journey that can help empower others.

Each of us has unique skill sets, strengths, and weaknesses. Don't let pride or ego get in the way of asking for help. Get help on the weak spots of your endeavors and spend most of your time on your strengths. Offer your skills in exchange. When we help each other, we all win.

Believe that changing your circumstances is possible. If you don't overcome fears as quickly as you would like, give yourself grace. Undoubtedly, you will face downtimes where you second guess your decisions, procrastinate, and experience problems. When this happens, remember to stay present and allow the frustration to pass. You will feel ready to get back into the work soon. Keep moving forward, enjoying the process, and share what you are learning with others!



John Martin's titles include *Empower Yourself* and *Increase Your Personal Productivity*.

His books are about how to do something different with your life. He provides tools and steps to analyze your mindset and strip away the beliefs you hold that are untrue and limiting your potential. Martin's content focuses on the truth about being authentic and aligning your goals with your strengths, and most importantly how to take action regardless of your current situation.

*Empower Yourself: 7 Steps to Personal Success* by John Martin © 2018 by John Martin. Summarized by permission of the publisher, Sound Wisdom Publishing. 176 pages, ISBN 978-1640950474 Summary copyright © 2018 by Soundview Book Summaries®