

UNLEASH THE BEAST



THE ULTIMATE HANDBOOK FOR UNLEASHING
YOUR TRUE POTENTIAL AND LIVE A FULFILLING LIFE

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Table Of Contents

Foreword

Chapter 1:

The Benefits To Unleashing Your True Potential

Chapter 2:

Decide What Areas Of Your Life Need Change

Chapter 3:

Channel Positive Energy Into Your Life

Chapter 4:

How Important Is Goal Setting

Chapter 5:

How To Set Goals Correctly

Chapter 6:

Define Who You Look Up To And Them Emulate Them

Chapter 7:

Draw Good Karma By Always Being Grateful

Chapter 8:

Why It Is Important To Keep Learning

Chapter 9:

Don't Be Afraid Of Change

Chapter 10:

The Downside Of Not Being Where You Should Be

Wrapping Up

Foreword

I'll bet that there's one excuse you have in your life that's holding you back from executing particular things. They may range from particular excuses like 'I'm timid so can't get any place in life' to basic excuses like 'great things don't happen to individuals like me'.

Either direction, these excuses are irrelevant and unneeded. Occasionally it's not even that we bear excuses which stop us from getting someplace, it's merely the fact that our goals are little and they don't test our limits.

Don't begin living up to your potential tomorrow, do it now, even if it means you're curtailing your lunch break. Really put these steps into action and begin being the individual you wish to be, the individual you're meant to be.

Unleash The Beast

The Ultimate Handbook For Unleashing Your True Potential And Live A
Fulfilling Life

Chapter 1:

The Benefits To Unleashing Your True Potential

Synopsis

Drifting through life on the nonchalant attitude does not really allow an individual to get the absolute potential out of life. Sometime people don't even realize there is more to life than their little worlds. In the quest to finding what is out there, first one should learn how to unleash the potential powers from within.

The Advantages

Being able to sleep well every night is just one of the benefits of reaching one's true potential. When the mind is open and free there are no restriction to its calm comfort, hence the ability to sleep well.

Breezing through a day without feeling the stress and worries everyone else seems to have in their lives is also a benefit to unleashing one's potential.

Having a constant mind set of peace, helps to bring on the experience of true happiness and contentment. Attaining this level of peace in the only way complete one's life.

Unleashing the true potential also allows a person to be at peace from within. This then protects the mind from having to deal with the competitiveness and negativity in the work environment. This also ensures the individual does not resort to using such negativity themselves.

The eagerness to interact with love ones is enhanced, when one has comfortably attained the true potential in life.

There is no further need to chase after things that have little lasting value. Time spent with family is time well spent.

Being comfortable in the company of people from all walks of life and all different ethnic backgrounds clearly shows the achievement to the true potential in an individual.

Most people tend to stick to the things they are comfortable with and avoid anything new, but a person who has learnt how to get to reach their potential lives by a different mindset altogether.

Chapter 2:

Decide What Areas Of Your Life Need Change

Synopsis

Making decisions to embark on something new is quite scary. Furthermore if it involves something totally new and foreign the level of fear is further enhanced. There are usually many factors to deal with and this will put further pressure on the decision to change.

Choose

Adding to this, making a decision to change does not usually occur when the positive elements in the situation outnumber the negative and thus the usual scenario is to stay in the rut and continue with the current situation.

However when the case is the opposite, where the current situation's negative elements outnumber the positive, and then something needs to be done to improve the odds of gaining success.

One way to encourage the individual to take the first crucial step is to step back and look at the situation as objectively as possible. Making a firm decision to make a change is very important.

Then deciding what changes are needed to be made would enable the situation to start turning itself around. Besides these seemingly simple steps, each individual must also weigh the odds of success when considering the changes to be made.

Have a “working paper” done on the perceived changes and its workings to achieve these possible changes. This will give the mind set a clearer picture of the requirements needed in the exercise to make the change.

Upon looking at a situation or predicament objectively, the process to change can start to take place. The most common things that most people consider changing are their careers.

Very few people are truly satisfied with their current situation and always perceive that there is something better available.

Another areas that most people aspire to make a change in, is in their relationships. As these changes most times have to go through unpleasant phases before the calm is gained there is usually a lot of apprehension in making the decision, as it is indeed enormous.

Chapter 3:

Channel Positive Energy Into Your Life

Synopsis

It is a popular belief both in the scientific and non scientific world that everything is connect to and by energy. There is good energy and there is bad energy, as everything is energy.

Using this basis of thought process, the conclusion that everything an individual experiences, consist of either positive energy or negative energy, which in some corresponding way is dictated by the actions in a particular situation.

Favorable Influence

To be the beneficiary of only good and positive energy, an individual, must be aware of its connection and corresponding reactions all the time.

A very powerful train of thought to consider is, we manifest into existence what we think and feel strongly about. Scientific studies have shown that, thoughts and feelings are actually pure energy entities, thus these energy entities, be it positive or negative is what dictates the outcome of the thought process and corresponding action.

Plainly put, think positive get positive, and think negative get negative. There are several tried and true methods that are recommended in order to channel positive energy into one's life. Here are some of those recommendations:

- Control the amounts of media exposed to the individual. Being constantly bombarded with negative images and loud aggressive music does not create a positive and calm mind set.
- Develop a good affirmation system and constantly repeat the affirmation but with complete conviction. This will allow the subconscious to get used to it and start to accept it as a reality.
- Be wary of the people and conditions surrounding the individual. The positive minded people surrounding the individual will not only be able to create a positive mind set in the individual by also radiate

positive energy constantly. This energy can be strongly felt and is contagious in a positive way.

Chapter 4:

How Important Is Goal Setting

Synopsis

Getting the best out of life often requires a lot of focus and hard work. Without these two elements it can prove to be an uphill task or even impossible. Almost nothing comes at the drop of a hat. However there are some methods that can prove to be quite useful along the way. Having a plan in place before embarking on the journey is definitely a good idea.

Goals

This process is called goal setting. This is one way to achieve what is needed in order to reach the goal within a certain time frame and to the satisfaction of all concerned. Most successful completion of projects has this one thing in common – goal setting.

The elements involved in goal setting are fairly simple and should be so. Setting complicated and unreasonable steps to reaching the goal is not only foolish but can have a negative impact on the end results.

Some things to include when setting a goal are as follows:

- Charting out a long term plan
- Mapped out the time frame for each progressive step
- Tasks and deadline in specifics
- Personnel involved in the execution of the plan

This is one of the best ways to keep track of what is happening and also how well the exercise is going. Goal setting is very important for other reasons too, like giving everyone involved a vision to work towards and a sense of accomplishment everything each step is successfully achieved.

Besides this, goal setting is also beneficial because it can also bring to attention any weak points that need to be addressed immediately before the project takes a wrong turn or churns the wrong results. It can also function as a bench mark to gauge any further needs that could prove useful to the project at hand or any future endeavors.

Chapter 5:

How To Set Goals Correctly

Synopsis

Everyone should have goals in life, and most people do. However when it comes to planning for these goals, there are many varied tried and trusted methods to choose from.

Having some knowledge of the various recommendations will help anyone work out their own goal plan. Being as well informed as possible allows the individual to avoid setting the goals so high that it would be impossible to reach and thus eventually cause failure.

Do It Correctly

Being specific when setting goals, is a very important point to adhere to. When there is no specific outline the tendency to be vague is ever present, which can work against the goal as the mind is unable to focus on the clear picture of what is wanted and needed. This vagueness also gives too much “freedom” and because there are not much restrictions, mistakes are inevitable and very likely.

Having a measurable way to determining the progress of the goal is also another way to ensure completion and success. Every goal must have a time frame that is measured against tangible materials. The progress made must match the time frame and the expected results based on the said time frame. This check and balance method ensures the necessary adjustments are made immediately upon discovery and not only when the progress had encountered problems

Achievable goal scenarios are something that should be carefully considered before actually mapping out the method to achieve the goal is done. The feeling of excitement and zest to complete the project will quickly wane once the realization dawns that the goal is unachievable.

Perhaps seeking opinions of those around who know the capabilities of the individual is an indication of sorts as to whether the goal will succeed.

Besides being a gauging tool along the process towards reaching the goal, time lines are also wise because this ensures the completion date target is met. If there is no time line in place then there is no sense of urgency and no discipline.

Chapter 6:

Define Who You Look Up To And Them Emulate Them

Synopsis

Having a mentor of sort is another way of successfully achieving goals that have been set. Usually when a goal is set, it is to achieve a specific idea, item, or feeling, to name a few. Therefore having a real and tangible point to focus on is very encouraging.

People Who Know How

Today a lot of people idolize others because they like what they see and because they want to be the person they idolize. The same concept can be applied to the individual looking to set a goal.

Defining the specific points that draw the individual to be attracted to the person they are trying to emulate is both interesting and enlightening. Often this requires an in depth study of the idol or object of idolization itself.

By listing all the admired points of the person or object idolized and slowly incorporating these points into one's own life does allow the person to grow more confident in themselves and even cause an improvement in their lives along the way.

As each point is successfully met or achieved, the confidence level of the individual becomes more apparent and this further gives the individual the much needed boost to strive for even bigger things.

In defining and emulating someone, the individual also get to physically see the “end product” in which they find such strong admiration for.

This is beneficial if the qualities sought are positive and thus by emulation the positive qualities the person own life's circumstances benefits.

Caution should be exercised when making this choice as it will have an impact on the success of the goal and the processes required reaching it. Even the goal is finally reached these qualities that were used in the

emulation process may have become such an integral part of the individual that it further benefits other parts of the individual's life.

Chapter 7:

Draw Good Karma By Always Being Grateful

Synopsis

Breezing through life is a wonderful way to life. Everything comes so easily and the circumstances are always wonderfully bearable. This scenario is rare indeed, in today's world of mainly worry and stress, but nonetheless a wonderful thing to be able to attain.

Pull In Good

The popular thought is, do good – get good, does perhaps ring true to some extent. Kindness and gratitude are virtues that can be cultivated and strengthened but it would be prudent to practice both these virtues together. Both these elements need to be entwined in order for it to come across as genuine.

Doing things with the intention of benefiting someone else helps to promote the virtue of kindness which in turn allows the individual to experience an inner peace and joy. However the exercise must be genuine for this good by product to manifest itself. When an act of kindness has been extended the feeling of gratefulness from the recipient is tremendous especially if the act itself was timely and much needed.

Besides being beneficial to the recipient, of the kind act, good karma can also be derived for the recipient who learns how to be grateful for the act of kindness received. When one is in a state of gratefulness the body and mind undergo a certain change, which soften the heart. The humbling effect it has, genuinely allows the individual to appreciate things more and be more in tuned with surrounding elements.

For those who have been on both sides of the coin, so to speak, realize that gratitude is the corner stone for the law of attraction. In learning how to be grateful for everything one has, the good karma that is drawn from this attitude is not only phenomenal, it is also very real.

Chapter 8:

Why It Is Important To Keep Learning

Synopsis

Constantly being eager to learn things no matter at what age is not only beneficial in terms of knowledge but also help to keep the mind and body alert.

Keeping abreast with the latest information of various kinds allows the individual to be well informed and generally knowledgeable in almost any topic or fields.

Keep Growing

Most people associate learning with education and this is not entirely correct. Being willing to be exposed and informed to anything, anytime and anywhere is a form of the learning process. The process of learning is ever present in an individual's life, from learning new skill to handling family issues. Even taking up a new hobby is in actual fact learning or acquiring a new skill.

People who are keen to try new things and at the same time pick up a few beneficial tips along the way are people who have come to realize the importance of growing from strength to strength in life. By remaining stubbornly in the mindset that one does not need to learn new things as age progresses is indeed a huge folly not only for the individual concerned but also for those around him or her.

Even if the new information learnt does not bring about immediate benefit or use it does not mean the whole exercise of acquiring this new information is useless. It is not unusual for the learnt matter to come in handy at some later stage.

There are benefits like, saving money because the information learnt may help resolve a problem without having to hire or pay for outside help. In tackling the problem and deriving successful results the individual also benefits mentally because to the satisfaction generated from the act of independence.

Being willing to constantly learn new things or pick up new skills shows the individual's willingness to grow and thus allows for the opportunities to

present itself. Because of this good trait, the individual will notice a vast area of opportunities always available.

Chapter 9:

Don't Be Afraid Of Change

Synopsis

Being afraid of change is really a common and normal experience most people go through at one point or another in their lives. Growing comfortable or having already reached their “comfort zone” in life often makes people extremely wary of the prospect of change.

The results of which is strong resistance to any change at all. However it would be to the benefit to all to embrace the prospect of change with an open mind and a positive attitude.

Alter Things

Some of the issues one may have to deal with when attempting or before considering the change is fear of the unknown, doubt in one's self, isolation, and agonization over decisions, forgetting to consider other options, focusing too much on the external picture and limiting the resources. All these issues can hold an individual in the grip of fear to make the change.

Fear of the unknown can be paralyzing indeed. The human mind is more that capable of conjuring up images of every possible negative scenario that could materialize if the change is attempted, thus effectively sabotaging any positive steps taken to make the change.

However if the human mind is capable of doing this it would make sense to correctly assume that the human mind is also capable of conjuring equally positive images to bring about the zest and confidence to step up and make the change desired.

Another fear to overcome would doubt one's self and capabilities. Most people tend to sell themselves short simply because they are unwilling to step out of their comfort zones and try something totally new.

The correct attitude should be open mindedness and by having this, the fear of failing becomes less of the focal point. Rather the person is able to accept that at the very worst they did try something new, although it failed, and there are no "what if" nagging thoughts.

Chapter 10:

The Downside Of Not Being Where You Should Be

Synopsis

Many people never reach their true potential because of their fear of failure. They would rather stay in their comfort zone and just dream of things that could be rather than actually taking steps to make it happen.

For some this is a situation they can accept and live with comfortably while for others this discontent can cause serious mental and physical health issues.

Things To Know

One of the downsides of not being where one should be is that there is a constant feeling of discontentment in the individual's life. This discontentment can and will lead to problems in other areas of the individual life, from health to wealth.

When it comes to the work environment the discontent here can result in losing interest in the task at hand or not putting in the best efforts to ensure a good job is done. When this happens the negative repercussions can cause the individual to lose the already tenuous standing in the work environment and further dampening any chances of moving upwards, career wise.

One's full potential cannot be reached if the current position in life does not match the perceived capabilities of the individual. This is also another consequence of not being where one should be. Calculated risk are never taken, thus potentials are never explored nor reached. This scenario also does not allow the individual to remember that other options maybe available as a result of taking the extra step.

“Tying” one's self down because of the current perks enjoyed, contributes to the failure to reach one's potential in life. This is usually the case when the fear of the unknown is prevalent in stopping the individual from taking the risk to step out of the comfort zone. Fear of losing whatever is already available against whatever could be gained is the down side of not being where one should and can be.

Wrapping Up

It amazes me how many individuals I know have ambitions for where they would like to go in the future, yet have no real plan on how they would like to arrive there.

Rather plainly, you're never going to reach your full potential if you carry on with the precise same lifestyle that you are living nowadays. I'm sorry, but someplace along the line things will have to switch, and you might need to compromise.

CONGRATULATIONS!

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