



Power inside you

Luck is Subjective

There are days that everything seems to be going really smoothly, while some others are awfully unlucky. Luck tends to come in tides, sometimes you are lucky and the others... well, let's just forget the others.

But you surely have verified some people have all the luck while other people seem to constantly have bad luck. What if I told you that it is all about how you see it?

What if I told you that if you keep telling yourself you haven't got any luck, then it will become true and you'll always be unlucky?

The difference between a lucky person and an unlucky person is often the way they look at life. Some cultures call it Karma, I believe in karma, I truly do, having said that, I also believe we create our own reality. What you focus on, is what you get, to the exclusion of everything else.

Well, I don't want you to go around smiling when all heavens fall down on you – everybody feels hopeless from time to time, but your mind is a powerful thing, and positive thinking will unlock **the power inside you!**

Stress: Your Nemesis!

There's something that makes you absorb bad energies like a sea sponge absorbs water – and that is stress.

Stress can cause your mind to create a lot of negative energies and this is something that is becoming increasingly visible in today's society and the way it stresses you out!

Mankind wasn't made to sit at an office all day long, you know? One way you can counter this is by exercising, as it rejuvenates your body and mind and gets it active.

Make no mistake though, fighting your nemesis and keeping your mind pumping out positive energies isn't always an easy task, and almost every single decision you make throughout your life can contribute to it becoming not so easy or very easy, so you must be careful about some of the biggest life choices, like "work vs. family" for instance.

This is just a small intro and it is also only the tip of the iceberg, because there are a lot of things that influence the way you tame the **power inside**.

Most of what your life is about can be transformed by you and you alone, and throughout this small book I hope to help you achieve just what you want to achieve, by taming or, perhaps its unleashing... the power inside you!

Exercise and Work Relation

The Benefits of Exercising:

Have you wondered why companies invested in in-house gyms? Probably not, but the truth is that humans are hunter-gatherers by nature, and they need physical activity to perform conveniently.

Exercise is one of the sure shot ways to get you rid of stress, or at least reduces it to manageable levels. Cortisol and norepinephrine are chemicals that stress you, and exercise gets you rid of them, getting them back to normal levels.

People that don't exercise and focus their energies on work are often labeled as being "married to their work" and suffer from poor relationships at home just because they carry their work stresses home.

"A well regulated body leads to a well regulated spirit".

When you exercise, you release the endorphins that are responsible to make you feel elated and satisfied and it also helps you to keep stress at bay. If stress is the villain, then Exercise is the name of your sidekick – and it will help you to avoid becoming an anxious, pessimist and negative person.

Exercise with confidence and become confident yourself.

People swallow a lot of their pride when on their work place, and most of this happens because they aren't self-confident. Getting fit and exercising regularly can put you on the road to becoming self-confident and self-confident people are always "luckier".

People that have low self-esteem are usually the ones that get stomped on, and getting stomped on only lowers their self-esteem further. When they accomplish something, nobody cares, because nobody values that individual as a great co-worker anymore. Some of these people start eating to compensate, gaining extra weight, which in turn plummets their self-esteem even more. Tricky cycle eh?

Worst thing is, there are a lot of people out there that know you have no self-esteem and that befriend you to get you to talk to them and share your ideas... and they will use your ideas, even stealing them, to get the spotlight.

When surrounded by this hostile environment, created by yourself simply because you aren't getting empower by the **power inside**, you become your harshest critic and you start lowering your arms.

STOP!

Life is short, and you owe it to yourself to enjoy it!

Exercise! It will be a daunting task the first few days but if you keep on doing it, you'll start seeing results and you'll notice you will need to keep doing it!

So, when starting to exercise don't have unreal expectations about your body – like "I'm going to get toned up after 1 month!" – But keep it steady. Don't fall for the trap of starting to think exercise brings no results though.

Exercising is a great panacea. It will benefit you in a lot of ways and you'll feel alert, active and productive – and you'll feel and look better too. It is also one of the most enjoyable and addicting activities once you start seeing results, so be patient on those first weeks.

Think about those that push you down like negative agents. They are to be ignored and they are Stress's sidekick – keep on working out but don't tell them you're doing it, or they will try hard to make you quit.

How Does Exercising Improve My Work Performance

It's not about the muscles!

If you think exercising isn't for you because you're slim anyways, then you are going to have a bad time. It isn't about getting fit – if you don't exercise, then you'll hate your job nobody how great it is. This happens because dopamine and serotonin aren't getting to your bloodstream, so you won't be happy no matter what.

Fortunately for you, these endorphins are easy to get – just exercise regularly.

Smart companies now organize sport events with their employees so that they can exercise as a team and connect those endorphin boosts with bonding to each other – this strengthens their teamwork and how they interact socially, which increases their work performance.

If your mind and body aren't relaxed, then you'll commit mistakes. People that are active are energized, and people that aren't exercising just feel tired – from dusk till dawn. They get sore and they get some sleep disorders, which gets them even more tired.

Exercising will cut some strings:

Couples that don't exercise usually have their work and home affairs glued to each other – and they carry their work stress home, which hinders their relationship.

If you exercise, however, you'll notice that you'll start cutting the strings that are connecting your work and home affairs, and those times that notice you're being rude and unpleasant due to work stress will become scarcer and scarcer.

Without exercise you'll be bitter around people and you'll be involved in a negative aura that will make every activity others are performing “lame”. You won't be interested in socializing and you will be impatient around your kids. Do you feel like this applies to you? Well then, better start exercising!

Nobody likes to go to work at a place in which you feel bad only to return home for a spouse or husband that isn't really glad to see you back, and so pressures start to gather and sink you down. You'll become dull, tired, blaming everything around you – this is the **power inside** slowly fading... you'll become “unlucky”.

Exercise is better done in the morning, as it will make the rest of the day run smoothly as you'll be relaxed and active. But if you have some inopportune mornings, you should definitely do it in the evening. Whatever free time you have for exercising – make the best of it.

Relations between Exercising and your Relationship

Love, never overrated:

Love makes the world go round and drives people to do stuff – and we all need it to feel complete.

No matter how people act about it, everyone needs to belong somewhere and everyone needs to have somebody to come home to at the end of the day.

Every poor relationship we develop throughout our lives traumatizes us and conditions us to have some negative perspectives towards future relationships, but truth be told: You can never feel complete if you don't have a good love life or if you're single.

We need it!

So, forget about your previous marriage or relationship and how it went sour – it is not a sign that you should be single for the rest of your life! Everyone deserves to be happy!

But here's something that people don't tell you: You will never get a relationship in which you will like everything about your companion – relationships are built over compromise.

People usually think that “good catches” are only meant for confident and beautiful, successful and smart people – and this isn't true. It all comes down to if you are a great catch for that person or not?

Now, confidence is a vital attribute that really drives human ingenuity, but not everyone is born with this quality or can successfully adapt to it without much influence.

You are your own harshest critic and most of the times you don't look attractive by your own fault – it's not because of your body, but because of the way you choose to look at it!

Here's the drill:

I want you to start exercising in a disciplined and regular manner. Sure you'll lose a few pounds, but that's just a bonus – what I really aim to accomplish here is to raise your self-confidence and to get you to be active and energetic.

Your body weight can alter a whole lot throughout your life, according to difference variables that come in and out of play as years go by, so exercise shouldn't be based on having a great body, as it will get boring and you'll quit it. Also, it can be quite an obsession working out to achieve your “perfect” physique.

Exercise is a change on your lifestyle, and it can actually be considered a lifestyle itself – it shouldn't be seasonal or a periodic trend.

If you keep yourself disciplined, you'll notice exercise's benefits are general. You if get some health benefits, some emotional benefits, some psychological benefits and so on...

You'll unlock your full potential and keep an high self-esteem which will enable you to get the healthy relationship you so deserve. Truth is that if you don't love yourself... nobody will!

Exercise jump starts the “essence of you”, but don't expect it to do so after a week. As you shape and tone up your body, your self-esteem and mind state are revived and revamped and the level of negativity crashes more than the stock market did two years ago. This is the biggest ally you can have to secure a healthy relationship.

Some people get a sexy, gorgeous body in a short period of time, others have to put some extra effort into it because of their genetics – but the all-round benefits to everyone that exercises are secured for the first and second case alike.

People like optimistic mates, but people that are alone for quite some time now can be quite bitter and appear pessimistic about most of the things. Exercise helps you to purge this aura, renewing yourself and getting your optimistic “mojo” back on.

Endorphins released while exercising will get you happy, calm and just prepared to attract that “nice catch”.

Exercise gets you an aura of – “I believe in myself, I don’t need to get in confrontations or stressing situations just to defend my point of view... I’m great!”

How Exercise helps one to have Excellence and Personal Growth

People from all backgrounds tend to feel hopeless at some point of life, everyone will experience regardless of the type of person they are. We all experience pressures from very different angles and we may need some help, and I'm not just talking about therapy.

For us to really be able to surpass these moments, we need to make use of the power inside, the willpower we have that can push us to strive in all aspects of life.

Sure, there are people that may need some external help, but the greatest power lies inside those afflicted, and that is why if someone doesn't want to be helped – there's no helping that person regardless of what you do. People need to want help in order to be helped.

As humans, we need to exercise – and sorry for stressing this so often, but it is true – or else we are prone to developing:

- Negative thoughts
- Hopelessness
- Extraneous exhaustion
- Self-pity
- Bitterness
- Incorporation at work and social-life
- Incomplete work and home projects
- Dead-end jobs and Relationships
- Exposure to diseases like depression, High blood pressure because of too much negative thoughts
- Excessive weight gain (weight gain mostly reflects emotional baggage)
- Disproportionate blame-games instead of accepting your faults and resolving the matters
- Regular change of friends, partners, careers and switching jobs

And other vices that can really hinder your expectations of what your life was to be.

There's always a way to exercise and to keep on improving yourself. Even those that have stressful office lives, living most of their day by sitting down to a desk, can live a healthy life by taking 1 hour per day to exercise – and recent studies pointed out that 10 minutes of vigorous exercise may be enough to keep your stamina and fitness level average and 30 minutes per day to keep it increasing! That's not a lot of time, and the benefits are massive.

If the body isn't active, it will get "rusty", it will become idle and you'll lose stamina and cardiovascular resistance as days go by and you don't move. People used to say "An Idle Mind is the Devil's Workshop" for a reason...

Without regular exercise, personal growth and unlocking great achievements will be ten times harder, because when you're jogging you're not only jogging with your body, you're jogging with you mind because of all those endorphins and chemicals you release that will make your mind healthier, less stressed out and active!

People that are idle get moody, anxious and irritable – it's like their own mind is overweight with sorrow and bad attitude – and it got to be overweight by the lack of exercise.

Nobody can be successful and achieve great things with an overweight mind and your professional and social life will suffer – meaning that you won't have any substantial growth going on in your life.

Get this into your mind:

Exercise is a basic need for humans and it genuinely prolongs life!

How Can Exercise Help One Achieve Respect

Respect is earned:

I know you probably heard this expression over and over again. Well, the popularity of this sentence is that reputation is, indeed, earned – and there aren't shortcuts to achieve it.

We all have that need to be respected and recognized, but we do tend to look for approval too soon, most of the times because of the lack of confidence that motivates us to feel even worst if we notice we are criticized on how we dress, on our weight, the way we talk and etc...

What nobody tells you though, is that people treat you according to how you treat yourself and your peers. If you can't take care of you and of your body, you won't be perceived as someone who can care for others, as our body is the most important possession we have – after all, it is the only thing we got that will accompany us throughout life and die with us.

Excuse me for the last paragraphs' dark conclusion, but this was just to show you that if your car is important enough that you take care of it, and your house is worthy of getting cleaning and tidied up... then why not take good care of your body? After all, it's even more important than your house or car, and without proper service it will break down just as easily.

People now fall for the easy ways that are popping up to lose weight without exercise – they fail to see that exercise isn't about getting in shape, but getting fitter, faster, stronger, resistant and mentally healthy and optimized.

We work out our minds, bodies, souls!

Now, on our comparison of our body with a car, we got to talk about fuel – that's food. We can't eat all sorts of junk and expect to be running as smooth as silk... "We are what we eat".

Exercise and Diet:

People that exercise often, and compliment this with a healthy and varied diet, have a clear perception about themselves and about others, they are result-oriented and they have their self-motivation and self-control qualities flowing. They have found their center and they won't lose control or get overwhelmed as easily as one who doesn't take care of himself.

People that use drugs, drink, over-eat and people that are healthy and fit are regarded in a whole different level – the healthy individuals are perceived as trustworthy and reliable, and they are prone to succeed. This isn't discrimination about your body shape or size, it is just that healthy people win the race – simple!

Another great thing is that once you start to exercise, your body starts asking for a healthy lifestyle – for instance, smokers start to cough it out and start hating the act of smoking. Drinking and eating habits tend to get much closer to ideal than what they were too.

As far as eating habits are concerned, you'll notice your body asking for more water and fruits and less fried foods for instance, you'll be less lazy and drinking alcohol will hinder your training so you will start reducing the amount of alcohol you drink – as you can see, you reversed the cycle, and this is part of what shows you how great the “power in you” is.

You get to a point where you are so self-confident and calm that confrontations start occurring less and less often and your projects will start to go through as you'll be motivated to work on them – you're active now. Finally, your vices are developed into virtues. You're evolving!

Congratulations, you are now perceived as reliable – and reliable individuals attract people, as they will see your actions are consistent and will want to get associated with you (that's how things work).

We have talked about the negative cycle of stress and low self-esteem, now you are a victim of the positive cycle of exercise and confidence.

So, you see how exercise can help you overall and still get you to achieve respect? Do you see know how this is a powerful tool to lift your lifestyle and unlock some wondrous perks? So start seeing exercise by what it is, not just a means to get in that dress or to get hot for the summer!

How you can Gain Power-Authority-Freedom from Exercising

Inverting the cycle, changing it to be a positive one, you'll perform at your best and will slowly acquire the authority to make decisions, delegate, plan and employ the best solution. Good health is an advantage on your professional career too, because you'll have an active body working alongside an active mind, and this will place you ahead of most of the other people.

You'll also have a different aura, a positive aura that will attract your family, friends and...err... possible mates. 😊

You'll be able to express yourself better, because you unlocked the power in you – you'll become energized and productive and you'll start an epic quest to unlock all of the things you deserve and desire.

People are usually hindered by stress, anger, disorganization, bad tempers, low self-esteem – and exercise is the key to get rid of all of these flaws, sometimes even making those flaws to turn to qualities... this has the potential to change your whole life!

When people fail or notice they faulted, they usually blame others, but this always, and I mean always, backfires! Don't blame your job or your limited time, don't blame your children and other variables for not having the time to work-out – you can also create time to do something you love.

Start it slowly if you find it works better for you, but get adjusted to it and you'll enjoy it after a while.

Think about the achievements you are yearning to unlock now... to achieve them you must believe in yourself, but pessimism overflows most of today's minds – it's not strange, it's just the way society works nowadays and it is the fruit of an inactive lifestyle.

Flash Fact: People that don't engage in exercise are more prone to developing depression.

What you want isn't impossible to achieve. The power you need to achieve them is the power inside... the power inside you!

Your energy is probably just sleeping inside and your disappointments and discouragements have taken over your mind.

Exercising might reverse the game and put those ill factors to sleep while awakening your qualities.

Exercise brings us freedom... freedom to wear everything you want, freedom to eat whatever you want, date anyone you'd like (not because you're fit but because you are now self-confident enough) and free from many things – I'll leave you to discover everything yourself, so get started.

My Mission

I want to get people back on track and to help them to fight for their right to be happy! Everyone deserves to feel better and fulfilled.

I'm here to make you understand that nothing is impossible and that you owe it to yourself to unlock your full potential.

I'm 57 years young and I reached a point in life where I want to contribute to the lives of others through my life coaching profession and as a personal trainer. I practiced, studied, worked in many areas but I always had one goal in life – to unlock the secrets of the human well being.

Life should be all-rounded, so practice fitness and strive to attain functional relationships and businesses – overall you should make sure you experience as many different situations as you could.

Now, don't get my words of encouragement wrong – nothing good comes easily and nothing is perfect. You always have to make an effort to attain everything that is worthwhile.

It is not as hard as it sounds though, but if you prioritize everything effectively, you're going to accomplish what you want.

Fitness is crucial; it will help you achieve all your aspirations.

Your passion for exercise will slowly become an obsession, as you see the results and as you gain confidence. You'll get the spouse of your dreams because you'll be striking, energetic, accomplished and successful.

Now you know all about this hidden power.

The power inside you!