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Introduction

➤ **Self Mastery**

Self Mastery is when one is being true to oneself and one's desires.

It is a process of training the conscious mind to instruct the body to carry out daily tasks in order to fulfill one's purpose in life, in a manner that remains balanced and objective.

Once you master yourself; you will find it difficult- if not *outright impossible*- to live a life that could compromise, jeopardize or become destructive to your Ultimate Goal.

➤ **Excellence**

"Success means being the best. Excellence means being *your* best."

This quote by Brian L. Harbour in his book *Rising above the Crowd* differentiates between success and excellence; two terms often intermingled and confused with one another.

Excellence is truly a *personal* pursuit.

Success may also be defined as reaching a personal goal, however success is most often seen in the eyes of others, not by oneself.

➤ **Focus**

Focus is a scary word to most people. What can it do for us? How can it help us? Can we program ourselves to focus? Focus, confidence and self-discipline all work hand in hand with each other.

Learning to focus can help us in many ways. It can help us realize what we really want in life, it can help us make good and informed decisions.

It can also help us to accept ourselves just the way we are, without feeling the need to condemn ourselves or put ourselves down in any way, shape or form.

Focus can help us gain confidence, power and happiness. Focus can also help us remain grounded and stay on track. Focus can change confusion into absolute knowledge and self-criticism into love for oneself.

Several Branches of Self Mastery

Self Mastery consists of several branches, with each branch symbiotically feeding off the other.

Greater than the sum total of all parts -synergy- is that which determines your proficiency "level" of Self Mastery.

The branches are *focus, determination, desire, self discipline and perseverance.*

➤ **Focus**

Without focus, you will never master yourself. You need to focus on what you want and who you want to be. Constantly. Vibrantly. Without fail.

It is this extreme focus that will transform your mind and make manifest into that what you need to do to achieve your objectives, so that the thoughts begin to attract naturally to you.

Always be aware that you **Are** able to focus on what you want, and to focus your thoughts on anything at all. Try it now by thinking about the dishes, now change your focus and think about your car.

Switch focus again and think about a dog. It really is that easy to focus on whatever you want to focus on.

We all need to learn to set aside time to be used on the one thing we want or need to focus on.

It's not a matter of "taking the time" to focus, but more a matter of "making the time".

➤ **Determination**

Determination is the driving force behind getting all you want in life.

Determination is the **fire** in your belly, it is what drives you to work, find, create or build the path that will lead to your happiness; especially against seemingly impossible odds.

Tony Robbins once said...

"Determination is the wake-up call to the human will".

He couldn't be more right. When you -in heart, mind and strength; to the marrow

of your soul- are determined to achieve something, little will stand in the way of you attracting and achieving "it".

That which does stand in the way serves as a test. Anything that doesn't kill you makes you stronger.

➤ **Desire**

You have to know what you want, and you have to really want it! If your desire for something is extremely strong, it is only a matter of time before you acquire it.

That time curve is sped up in direct proportion to how intensely your desire [wants] become crystalline needs to achieve fulfillment.

You should spend a few minutes thinking about exactly what you REALLY want in your life, and the dues that must be paid to achieve it...

Be it a person, a house, money or spiritual enlightenment.

Then write it down and read it every day.

Consistently educate yourself on your core desires, with dedication and due diligence. Visualize yourself experiencing the total accomplishment and joy that which you seek. Savor the moment, whole-heartedly.

This will ingrain in your mind and subconscious exactly what your goals are; there by stimulating the Universe into manifestation.

The path and method will manifest itself if your desire is *unwavering*. Your wants and desires must effectually become needs.

➤ **Self Discipline**

Self discipline is a process of making yourself accomplish something regardless of whether you feel like it or not. Excuses are the greatest obstacle to Self Mastery, and certainly one of the most virile of mental disorders- Excuseosis.

You can make excuses about everything until the cows come home, but at the end of the day you will achieve nothing.

Self discipline is not built overnight.

It is a *mind-think*, not a one-by-one task.

Once you have *effectively* trained yourself in the art of *delayed gratification/self*

discipline; you are well on the way to Self Mastery....riches, fame, extreme wealth, radiant health, etc...

Self discipline- also referred to as delayed gratification- is quite honestly the single most important, and difficult, step in the quest of Self Mastery.

➤ **Perseverance**

You can not fail if you have perseverance.

If you never give up on something, how can you fail? You can only learn, and continue to do, recalibrating from that which was a perceived "failure".

You will naturally persevere with a task if you completely and wholly feel it is worthwhile to your ultimate goal.

There is little point giving up, as your entire life plan will be destroyed. The side-effects are both long term, and often catastrophic...destructive, to say the least.

With sufficient DESIRE, DETERMINATION, FOCUS and SELF DISCIPLINE, perseverance will take care of itself.

Self Mastery comes down to one person – **YOU**.

With the adherence and awareness of the five points of Excellence, via Self Mastery-

- ✓ Focus;
- ✓ Determination;
- ✓ Desire;
- ✓ Self discipline;
- ✓ Perseverance;

You are *well on your way* to reaching [and exceeding] your goals and your Pursuit of Excellence.

Pursuit of Excellence

The pursuit of excellence is a life long process. A person may feel they have never reached a state of excellence in themselves; if only due to unreasonably high expectations...or perhaps one too many let-downs.

“But how does one know if they truly are excellent???”

Is it judged by completing a Masters Degree in their chosen field? Triumphant on the sports field? Obtaining vast wealth, fame or glory?

All of the above are what I would term "successes", but not excellence.

They are goals which have been achieved, and which can be replaced by new goals. This is an interchangeable, life-long process through which one will endeavour to constantly achieve new objectives and life purposes.

Excellence however comes from within. You can be excellent whilst never winning anything, never being awarded a certificate and never getting rich.

While success may mean being better than everyone else, excellence simply requires you to be a better person tomorrow than you were today. The tasks undertaken on the road to excellence are insignificant.

Regard “failure” as earned experience, and learn by it.

You may go completely unnoticed by others, yet still be making the world of difference and therefore, displaying excellence.

“Excellent people *do not* crave the attention of others, nor do they feel the need to be validated by other's praise.”

- Warrior Longroad

Remember: Being a slave to life is not living.

You will *truly* start living once you realise and begin to actualise your true desires in life. You will naturally be comfortable in your own skin, and consistently seek to add value greater than any you would ask.

Achieving Excellence

To achieve excellence in life, one must weave a web of excellent deeds and accomplishments. It is the greater than the sum of all achievements -synergy-

that will determine whether one is truly excellent.

Some people may consider the achievement of excellence as a job promotion or a pay rise. This is true, you can certainly be considered excellent if you are a master in your chosen field.

This is professional excellence.

Personal excellence must be groomed for a lot longer, and in a much more spiritual way.

Only you yourself, by asking yourself if you are truly happy, can know if you have achieved excellence. For some this may take a lifetime, for others it will be determined in just a few years.

Excellence must be *maintained* and honed consistently, though. As with all things, it will not last forever, if not groomed and constantly fed.

The Excellence Mind Set

The mind of excellent people can be *nothing but* positive. You will never achieve *true excellence* with a negative attitude.

Excellence requires a person to:

- ✓ Focus on their goals and what will make them truly happy;
- ✓ Determination to do what it takes; the commitment to achieve contentment.

Selflessness

Quite often, to achieve excellence, one will put the needs of others before oneself.

Aside from girding and strengthening Character, this process of helping others has a wonderful way of making us feel good as we are wanted and needed.

Let not negative thoughts or feelings take over. Negative thoughts are a disease, [read *dis ease*]and if left untreated can wreak havoc on a person's Endeavour of Excellence.

- ✓ An excellent person will inspire others to follow a path to excellence themselves.
- ✓ Excellence will radiate from a persons very being.

If a person can inspire excellence in another human being, this chain reaction can create a positive domino effect long in to the future.

A good plan acts like a road map on your Self Mastery Sojourn of Excellence-

Whenever you are lost on the way to your goal, you can return to your plan and *refocus your efforts*.

A plan can help to keep you motivated when you reach an obstacle, whether it is a personal problem, another project or a distraction.

If something enters your life and blows you off course, you can review your plan and get right back on track again.

In Closing

Short, Sweet and to the Point Success Plan

- Start at the end: Set a goal

Once you have set your goal, you are ready to begin planning. Without a goal there can be no success.

Ensure that the goal you have set is one you want to achieve because it is likely that you will be required to put in hard work in order to succeed.

There will inevitably be distractions, however, a deep desire to achieve your goal will help keep you focused.

- The middle: Small steps

Now that you have set your goal, you need to work out what steps you will need to take in order to achieve it. Some people find it easiest to work backwards, while others start from the beginning.

Write down each step you need to take, you will be able to refer back to your plan in order to monitor your progress.

- The beginning: Follow your plan

Once your plan works on paper, it is time to put it into action. With a Strategic Plan you will be able to monitor your progress.

Getting closer to the end goal will inspire you to keep going. Without a plan it would be impossible to monitor your progress, therefore you will not be able to see where your efforts have led you.

- Editing: Revise your plan if it is not working

The best route is not always from A to B, a slight detour via C could make life easier. If you were driving through an unfamiliar town from point A to point B and there was a fallen tree in the road, you would use a map to find another route.

The same works with the Strategic Plan.

How does this relate to this short, albeit powerful Self Mastery Manifesto?

If you have no Strategic Plan, you may start off enthusiastic and full of energy, but in time you will find that your efforts are not paying off...

Ultimately you will lose heart and may even stop trying.

With a Strategic Plan, you will have a map which leads you directly to your goal- You will be able to dynamically craft it and follow it until your abundance is achieved.

May your Self Mastery Sojourn be a richly rewarding one!

Highly Recommended Resources

KellyIfrah.com – Kelly provides a truly comprehensive and highly desirable cost-free collection of marketing resources all compiled under on roof. What more can I say...

She's the Internet Marketers One Stop Shop!

AnnaMarketing.com – Anna provides her visitors with a warm and welcome reprieve from the cold and harsh IM Arena. I most highly recommend discovering the treasures Anna-Marie has for you!

RentaGhostWriter.com - Whether you're looking for a writer for resume writing, creative writing, essay writing, book writing or technical writing...

Summer's highly-talented group of Ghost Writers are just the ones for your project... She offers extremely competitive rates with *careful attention* to detail and customer care.

PrivateLabelRevolution.com– Brought to you by Yours Truly...

A dedicated Blog featuring the best in *cut-through-the-crap*, highest quality [both *cost-free and paid*] Private Label tools, resources and content you need to build your online home publishing business.