



CHANGE YOUR LIFE

AND START LIVING
YOUR **BEST LIFE**

A BOOK WRITTEN BY
VIRTUAL ACHIEVEMENTS ACADEMY

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Introduction

Have you ever felt like you wanted more out of life than what you are getting? Have you ever thought about how great it would feel to become an entrepreneur, open that new business, acquire new skills, achieve greatness by surpassing the norms and breaking the jinx of mediocrity? Improve the way you view yourself and the world?

Many people have these very same aspirations; however, they lack the necessary motivation to obtain these desires but depend on people to inspire and motivate them to take concrete actions toward attaining of their goals. Most of these people leave under the law of accident rather than the law of cause and effect.

Most of the people in this category look but can't see and visualize opportunities, because, they have eyes, but not inner eyes, they have sight, but not the foresight to behold what is in the future for them.

In this book, we will discuss ways to help you get motivated and inspired to take concrete action and redirect your life to achieving incredible success.

The Holding Back Factor- What Is Holding You Back?

By default, life is not created to be without different catalogs of challenges. It was not developed to be a bed of roses. Challenges are part of life. Life is indeed not one-sided. It is the combination of pain and pleasure, success and failure, birth and death, love and hate, tears and laughter, good and bad, beautiful and ugly. So when one of these happens to you, you should see it as part of life. When you go through pain, do you react or respond? What do you learn from that situation you are going through? Do you allow situations, challenges and fear to hold you back?

You see, because of life's situations and challenges, some people are held back by these challenges and surrender to fate.



Below are the things that hold people back from achieving their dreams:

The Change Phobia



Change, they say, is the only constant thing. It is the only way growth and development are guaranteed. But it is unfortunate to note that most people are married to their old-fashioned methods, knowledge, principles, and ways of doing things. They can attempt anything so long as it is within what they have known before or how they have been doing it. They have positioned their faculties so much to the old and normal ways, discarding new initiatives or methods of achieving an excellent result. They hate the discomfort or stress attached to adjusting to change. They are in love with their comfort zone, and complacency is their hallmark.

Please understand that no one ever succeeds in detesting change. Change is a key factor in achieving greatness.

Fear of the unknown.

No one knows tomorrow, but that doesn't mean we should not plan. As it is often said, he who fails to plan plans to fail. Most people who are destined to make an exceptional impact through achieving their goals and God-given vision are being held back by the fear of the unknown; hence, they fail to plan, because they are afraid that it might not work out. They keep wondering what the future holds. They prefer to remain in their comfort zone (known) rather than launching out (unknown). This fear of the unknown is responsible for keeping the talented backward, and the gifted stagnant.

Comfort Zone Syndrome.

Achieving greatness is not child's play. It involves stress, hard work, inconveniences, and at times, criticisms. This syndrome has succeeded in keeping people back from launching out. They prefer to remain where they are because they feel comfortable. People that are found in this comfort zone lack vision, lack dreams, love pleasure, they detest inconveniences that come along with moving out of the comfort zone. But the question is how do you make an impact staying where you are? How will people know you've got that incredible talent if you don't move out of your comfort zone to show what God has deposited in you? Leave that comfort zone and jettison that complacent nature.

Fear of Failure.

Nobody wants to fail. Everybody wants to succeed; even the indolent ones still want to succeed without making any effort in achieving greatness or pursuing their dreams because they are afraid of failure. They have loads of ideas, innovations, but they fear their ideas are not good enough and might fail woefully. Some of these people compare themselves with others and see others as better than they are, hence the fear of failure and inadequacy sets in. They fail before they begin.

Please understand that the fear of failure can be so strong that avoiding failure engulfs the motivation to succeed and do excellently. As individuals, we need to understand that fear is part of nature. It is normal to have fear when you are about to venture into something you haven't ventured into. However, you need to work your way around this fear by effectively fortifying yourself through intense training on your area of interest, become too knowledgeable to be afraid and also practicing positive self-talk whenever you feel afraid.



Inferiority complex.

Inferiority complex is an intense personal feeling of inadequacy, often resulting in the belief that one is in some way deficient, or inferior, to others. This inferiority complex often begins during the upbringing of a child when a child is being consistently compared unfavorably to a sibling. It can also be a result of bullying or having been reminded constantly of limitations. However, a mixture of physical abuse, mental abuse and even emotional abuse can result in this inferiority complex. It is a feeling that grounds that reasoning, initiatives, goals and dreams. This complex causes physical, emotional and mental or intellectual limitations; hence, success becomes a mirage because they now depend on people who they see as superior to them for approval.

Dear reader, shake off that inferiority by thinking positively, avoid people who make you feel less of yourself, and associate more with positive people that will help you boost your confidence in achieving greatness.

Lack of Perseverance

Patience and perseverance go hand in hand. When setbacks or delays occur, some will just sit, throw in the towel and give in to fate. Other indolent ones will sit idle, angry, blaming others for their predicament and waiting for things to happen automatically, instead of going back to the drawing board to analyze the whole situation and launch out big, disregarding the temporal setback. When failure knocks, do not simply concede defeat and give up. Keep moving, learn from your mistakes and keep pressing forward. Do you remember the great inventor—Thomas Edison who continued attempting to get the first commercial light bulb to work, until he eventually succeeded?

Lack of Resourcefulness. A resourceful person can quickly adapt to different situations and circumstances, and be able to find solutions, by thinking creatively, developing innovations, and sometimes effectively utilizing what is available. However, when you lack that creative mind even when you encounter challenges or difficulties, you might be holding yourself back from achieving your predestined greatness.

Lack of Knowledge

People perish because of a lack of requisite knowledge of what they want to venture into. You can't expect to be excellent in a particular field if you are ignorant and not solidly footed. Until you fortify yourself with knowledge, you might succeed in pulling yourself back into mediocrity

Knowledge is not power, but applied knowledge is power. Until you use what you know to your advantage, you remain an ignorant man!



CHAPTER TWO

Potential Discovery- Find Out The Gift
Deposited Within That Will Make you
Happy, And Embrace Those Desires

Potentials are inherent in you that make you achieve your purpose. God, who created all things, created seeds of greatness in everything he created, especially man. Just like a seed that has the potential to become a forest after being planted, it's the same way humans have the potential to exploit growth. Consider an orange; a fruit is characterized by not just a seed, but multiple seeds. Realistically, if all things are to be equal, then each of the seeds would potentially be trees. For instance, if an orange contains 20 seeds, it holds that the seeds have the potential to produce 20 trees which will, in turn, produce fruits with seeds. However, this trend goes on and on. It simply means that one orange has great potential for generations of seeds and trees, consequently, becoming a forest. In the same vein, you are endowed with lots of raw materials that can make you live an exceptional life and become fruitful.

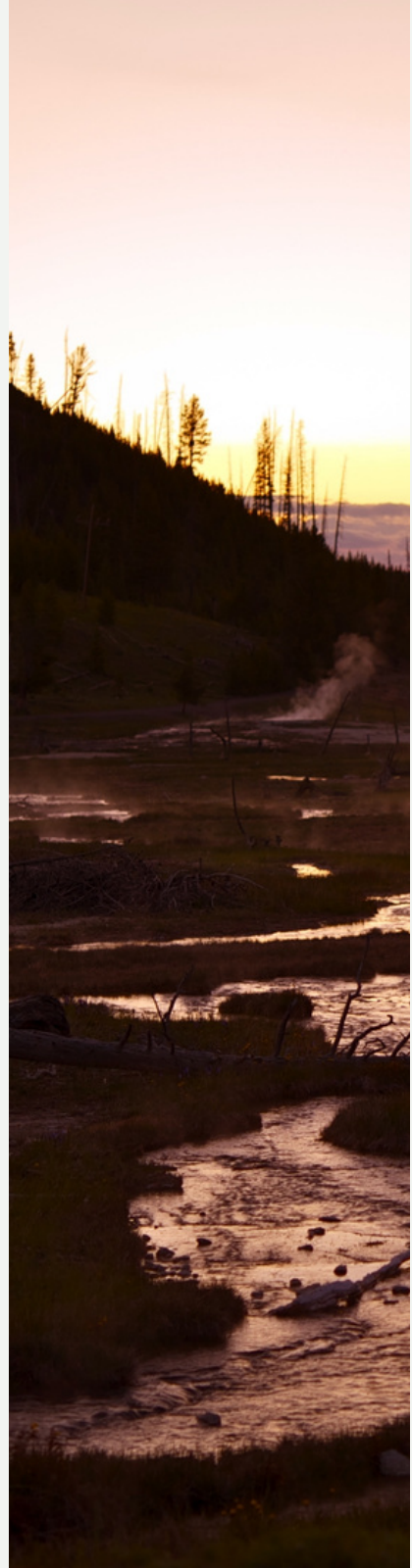


Your **potential** is closely related to your passion (what you really love to do) and purpose. Your potential is what is inherent in you and you do it effortlessly without stress. It is the thing you do passionately and joyfully even when you are not being paid.



Purpose is the reason why a thing is created; it is the original intent on why a thing is in existence. For you to achieve your purpose of existence, you need to discover your potential. Potentials are indeed a rider to your purpose. A sick individual could never recover if the doctor hadn't discovered his own potential and gained the ability to diagnose in order to discover what was responsible for the sick individuals' illness. Discovery is highly important for you to be branded and not stranded.

Geoscientists spend a great fortune to acquire sophisticated equipment to discover hidden deposits beneath the earth's surface. You can never recover from mediocrity, poverty and a life without direction if you don't discover your potential.



The only thing that will make your life influential and essential is when you discover what to live and die for. Brian Tracy, a motivational speaker and author, said “ The potential of the average person is like a huge ocean unsailed, a new continent unexplored, a world of possibility waiting to be released and channeled towards some great good”. Everyone is equipped with something unique and different that can help the person achieve purpose.

Your potential might be singing, teaching, writing etc. Have you heard that the graveyard is the wealthiest place on earth? That's because the graveyard is filled with books that were never written, songs that were never sung, and inventions that never came to fruition. They were those who failed to discover their potentials and their purpose of existence.

Please note that your potential is just like a raw material that needs to be refined and polished. Gold can't be gold, a cherished and expensive commodity if it didn't pass through fire. Crude oil will never roll in great fortune to countries if it remained crude and didn't undergo further processing.

It is also imperative to note that those superstars in all works of life took the pain to look inwards to understand what they are wired to do. They not only discovered their distinct potential but they also worked on them. This is why they flood the pages of the newspapers and our television screens.

Indeed, the world has gone beyond credentials, potentials pave the way.

How do you discover your potential?

- What is that thing you do effortlessly and better than others?
- What is that thing you do exceptionally that people praise you for?
- What is that thing that you cannot do without for one day?
- What is that thing that you enjoy doing even when you don't get a dime?
- With what do you influence people without much pressure?

For your potential to gain sincere relevance, it must make your life better, and also TOUCH LIVES!



CHAPTER THREE

Reading Is Essential



Reading is to the mind what exercise is to the body. In this age of technology, the reading culture has become a long gotten culture. Folks now take pleasure in chatting, browsing social media sites, and doing a whole lot of stuff online as opposed to spending quality time reading and developing mental muscles to stand tall among contemporaries. Some folks have a perception that reading is a boring activity and not fun to engage in. However, you need to know that reading is far better than having fun if you are truly serious about achieving excellence in every facet of your life. Reading exposes you to facts and knowledge that broadens your mental horizons and makes you better placed to achieve the extraordinary against all odds in a world where mediocrity is celebrated.

However, because of the challenges we face on a daily basis and the discouragement faced most times in trying to achieve our goals; motivations is a key factor that keeps us moving towards the attainment of our goals without giving up.

Motivation is the fuel that helps you to achieve your goals. Motivational books or speeches create a positive and optimistic impact on your life. They boost your confidence and help in developing a positive outlook towards life. Books make you realize how powerful and endowed you are and can be in your life. There are loads of motivational reading courses available and best-selling authors whose books are sufficient in motivating, inspiring, and capable of steering a radical change in an individual's life. Such readings have proven to be very valuable and life-changing for people who are in dire need of motivation.



Why read motivational books?

- It helps you regain your faith in achieving your goals. If you have been working hard without the needed results, then these readings may be able to give you a sigh of relief that something good will surely happen.
- It reveals the fact that you're not alone in whatever situation you are passing through.
- To learn lessons from other people's life experiences.
- It helps you know failure is a stepping stone to success and has an expiration date.
- It broadens your mental horizon about life and helps you develop a positive outlook about life.

CHAPTER FOUR

Plan And Set Goals

Planning and goal setting go hand in hand. A plan is a method of achieving an end; it is a goal or an aim. However, goal setting is the process of identifying something that you want to accomplish and establishing measurable [expectations] and timeframes.

The most important thing about setting a goal, is actually achieving it. There should be a concrete plan of action to get to that desired destination. This invariably means that you need to know what you want, and also consider the time and effort you will have to invest in that goal.


Always take note that having the right set of goals is important to be successful in life, because, if you don't have a goal, a plan, or perhaps a destination of where you intend to get to, then every road will lead there. This might however turn out to be a disastrous outing. Goal setting gives a clear life direction of what you intend to achieve in life!

Men of steel, superstars, captains of industries, who have made their mark in the sands of time, have always been goal setters. They truly understand the value of setting goals and cultivating the discipline to follow through to achieve those goals.

So, what are the benefits of setting goals?

- Goals help you prioritize. In these days of busy schedules, where every task is begging for attention, goals will help you prioritize your tasks and activities. It will also help you to separate the most important from the less important tasks, or activities. Time is of essence.
- Goals enhance your ability to focus your attention on things that matter.
- Goals help you to make better decisions that are healthy for the achievement of your dreams.
- With goals, you are sure to optimize your limited resources.
- Goals will help you make judicious use of your time.
- Goals help you accomplish more than you thought possible.
- Most importantly, goals help you become a better you!



A silhouette of a person's head and right arm with a raised fist, set against a bright, glowing sun. The scene is backlit, creating a strong lens flare and a warm, golden light. The person's head is on the left, and their arm is raised towards the top right, where the sun is positioned. The overall mood is one of determination and achievement.

Be free to set realistic goals, discipline yourself to achieve these important goals, and be magnanimous enough to reward yourself for your hard work and diligence.

Be smart. Plan, set Goals, and Achieve them, and be sure to get to that level of relevance!

Enroll in Courses

In this period of intense competition and survival of the fittest, the need to study more to be in an advantaged position to surpass other professionals who seem to be at the same level is so much needed to achieve excellence, especially at this time.

However, in this busy society where not many people can take time off from work to commit to a full-time graduate program of their choice, or have time to travel long distances in order to acquire a certificate, then hence, alternatively, an online course might just suffice. These courses can allow you to gain knowledge, help you discover your passions and inspire and motivate you to live out your full potential. For those who still need to juggle working and going back to school, the flexibility of an online program provides individuals with the opportunity to learn while still working and growing professionally.

Online courses have come to stay. It's about the best thing that has happened to professionals who are hungry for knowledge. It also allows them to choose from a wide range of great courses.

- Flexibility and Self-Paced Learning.
- Discovery of your hidden strengths.
- It gives the learner a broader and global perspective.
- The power to feel motivated to achieve greatness.
- Online learning facilitates the ability to think critically and differently.
- It helps improve virtual communication and collaboration.
- It helps improve the technical skills of the learners.
- Certifications obtained from online learning gives you opportunities for advancement.
- It can give you the knowledge you need to change your career and life.
- It boosts the knowledge and broadens the mental horizon of the learners.

The benefits of online courses

FINAL REMARKS

After all has been said, you need to put all you have read into action, because success begins with an Action. Don't sit, and watch things happen, but rather, take a step, to make things happen. You owe it to yourself to become everything you've ever dreamed of. Take your life back now. If you are motivated and ready to move forward with living your best life you can start by taking advantage of our selection of courses here (add hyperlink). Maybe you want to become a life coach to help inspire and motivate others, maybe you want to gain skills to know how to finally open that business you've always dreamed of, or maybe you simply want to improve your personal growth? Discover all of this and more here (add hyperlink). How much longer will you sit idle on the sidelines watching your friends and family achieve your very same desires? How much longer will you be dissatisfied with where you are in life? How much longer will you let time pass you by? You know it's time to make a change, so do it now! You are only one click away from gaining the wisdom you need to change your life for the better (add hyperlink).