EIGHT BASIC GUIDELINES FOR SELF MASTERY

1. Discipline

Once you master discipline, everything else comes easily. Discipline is NOT punishment—it's actually fun when you understand it. Discipline is about recognizing the importance of tasks or routines to be better prepared and at ease with whatever comes your way.

2. Focus

Learn to focus. Don't let surrounding noise distract you from what you need to accomplish. Understand the difference between what you need and what you want. Focus on your needs, but include things you truly want to keep your focus healthy.

3. Complaining

Complain less—that's the first rule. But if you must complain, let it out until your bucket is empty. Accept the issue and work on solving it. Don't stay stuck on what you can't change. When the time is right, you'll earn what you deserve. Healthy complaining releases pressure.

4. Correct yourself

Correcting yourself doesn't mean punishing yourself—it means recognizing you could have done something better. When self-correction becomes routine, you become your own teacher and student. This practice elevates your consciousness beyond that of most people.

5. Accept

Accept yourself. Accept the world around you. Accept situations as they are. Acceptance doesn't mean you shouldn't strive for improvement—it means meeting situations where they are. By accepting reality, you position yourself to accomplish greatness.

6. Acknowledgment

Acknowledgment is the best healer. Acknowledge your pain. Acknowledge your joy. Acknowledge the task at hand, and you'll build a stronger foundation to grow from.

7. Believe

Believe. Belief is the beginning of the power to heal and grow. Believe in something—it doesn't matter whether it's God, the Universe, or energy. Know you were created for a reason, and your purpose is to live and thrive.

8. Respect

Respect yourself and those around you. Everyone has a purpose and the right to live. By respecting others, you'll earn their respect in return.

