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Unlock The Power Within: Powerful lessons in unlocking the power within

Mr Shiraz Mirza (BSc)

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OK so the format for this EBook is as follows. It's a 5 step guide to discovering your true self and then unlocking your true potential by freeing up your mind from the years of conditioning it has undergone. We all have different attitude, beliefs and values based on our upbringings and our educational levels, parents, social, financial, political, religious, economical positions in life. This is what I mean when I say we are all programmed certain ways. Step 1 will raise your awareness on your current mindset, attitude, beliefs, comfort zone, what failure actually is and an understanding to NLP and how it is used by almost every successful person in life. The purpose of starting with this is to understand your current programming so that we can start to un-program you to a better version of you. Step 2 is a self awareness exercise on the type of person/leader you are in both your personal and business life. And it is also a look into your creative mind. Again before we work on making a change we need to understand what we need to change in the first place and why. Step 3 comprises of fun and easy tests you can use on yourself, and the people in your life, to find out your personal conditioning/programming, your actual communication style, life style, personal preference style and motivation style. This is the self awareness about you that you probably have never really analysed. By understanding how you can analyse yourself you can start to analyse others in your personal and work life. Step 4 is all about opening your mind up to how we all really communicate by understanding the three languages we all use unconsciously and then consciously selecting the one required to gain better rapport and influence with others to reach the outcome you desire. Step 5 is all about how to have more control and awareness over your thoughts and feeling so you can finally achieve your goals, desires and dreams. We all operate our processes mainly in our unconscious states of mind and without giving it much thought, and hence move through life like a piece of driftwood on the ocean being tossed from here and there which can eventually be on the rocks. BUT when you consciously are aware of how your thoughts, feeling, attitudes and beliefs can guide you in life you are like a sophisticated ocean going linear moving with a real purpose to your predetermined destination.

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