

11 Secrets To Leading A Successful Life

Brought To You By – **Pooja Shennde**

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Note for Readers:

Namaste

We all have dreams, goals and ambitions. We all have things we want to accomplish and we all have somewhere we want to be in life.

Sadly, we don't all have a way to get there!

Often, we get caught up in our day to day lives and we forget how to dream. More importantly, we lose touch with how to go after our dreams and allow good into our lives.

This leads us to living lives of mediocrity, where we shuffle around barely content enough to get through the day, pay our taxes or take dreaming too seriously.

There is danger in dreaming. There are risks that come from stepping out of your comfort zone and to most people, the risks are too great!

The funny thing is, though, that the risks aren't nearly as bad as people think they are.

If you utilize the right tools, your chances of success shoot up greatly and you can achieve things you never even considered to be possible!

One of the greatest tools among these is the **Law of Attraction**.

Maybe you've heard of it. If not, I want to tell you that it is one of the single most effective processes that influence your life, whether you want it to be or not!

The Law of Attraction is always at work, behind the scenes. It influences how our lives unfold, in either a positive or negative fashion. Most of what comes your way is in some way or another way a byproduct of this law at work.

It's like what you think, you attract most... so, always think positive.



Every day is a new day. The past is over and has no control now. The future is yet to come. The thoughts of now create our future. Be in the present, feel the present, breathe the present... Be present today!

Any change we make in our life might sound tough and hard in the beginning, messy in the middle and always gorgeous at the end.

Are you ready to start living the way you've always wanted? Are you ready to become a successful person? So, let's look at the **11 Secrets to Leading a Successful Life...** and make our dreams come true... **Great! Let's get started.**

1. Believe in Yourself

First and foremost, always **believe in yourself** that you are a capable and successful person. Believe that you are the best person you ever know. Believe that you are a confident person. Believe that you are making your dreams come true. Believe you are unstoppable. Remember, the Law of Attraction. The more self-doubt you have, the more self-doubt and fear you attract. Instead, believe that you will accomplish your goals and your dreams will come true.

Let's Affirm:

"I am successful. Success of every kind is drawn to me. I am safe"

2. Be Positive

Always **be positive about yourself and every situation**. Whenever in doubt or fear or depression, always think of the Law of Attraction. What is it that you want to attract... the **positive** or **negative**. Ofcourse, POSITIVE! Don't underestimate the power of your thoughts. The power is within you. Attract what you want, and not what you don't want. You are the creator of your life and you are the destroyer of your life... The choice is yours!

Let's Affirm:

"Everyone loves, values, respects and supports me. I love, value, respect and support everyone. I love, value and respect myself. I am safe"

3. Accept Change

Accepting change is the easiest thing you can do to **keep the forward movement on** in your life.

Change is not bad, change is not hard... it's just your mind that thinks so. It's our mindset that is blocking our thought process. When we accept change, it's like half battle won and then you can focus on the solution rather than the problem.



The faster you accept change, the journey of life gets much easier.

Let's Affirm:

"All the changes that are happening in my life are for my good. Only good, lies before me. I am safe"

4. Set up Goals

Goal setting plays an important role. What is it that you want to achieve in life? How do you plan to achieve that? Have you ever thought about it or planned for it? What's stopping you... **plan for it now!**

- Make a list of all the things that you want to achieve. Write whatever comes to your mind.
- Now, prioritize what is it that you want to achieve first – basically identify what is more important than the other.
- Now, put a date against each goal – by when you want to accomplish it. It's like a project. Every project must have a begin and end date.
- Now against each goal, write small steps or action items that you will take to achieve the Big Goal. This way it becomes simpler and easier to achieve your goal. Say for example; you want to reduce 20 kgs weight. If you look at 20 kgs, it is a big number and it's not a good idea to do it in a month's time. How about reducing 2 kgs per month? This is achievable and feasible to do so.

Dream big and take small steps to achieve your goals. I am sure you will love the tick mark on the goal once you have achieved it. You just have to experience this. It is amazing!

Revisit your goals often, frequently during the day, week and months and make appropriate changes to stick to them and achieve them. Revisiting them helps you to be focused on them.

Let's Affirm:

"All the changes that are happening in my life are for my good. Only good, lies before me. I am safe"

5. Meditate

A calm mind thinks better and **allows you to perform better** and **eventually gives better results**. Learn to meditate. On a daily basis, in the morning or evening you can decide a time and a time frame for meditation.

This will help you to calm down and rejuvenate daily. You can have a list of affirmations that you can include to your meditation practice. This will help in keeping you positive, focused and achieve your goals.

But you can also meditate or relax yourself anytime, anywhere. Whenever you are disturbed, tired or at regular intervals, just sit calm. Close your eyes. Take 3 deep breaths and focus on your breathing. Inhale positivity and exhale negativity. Don't fight with your thoughts. Just keep breathing. You can pick up an affirmation (one or as many affirmations) from your list and repeat them while breathing in and out to help you gain back focus, control and reinstall faith in yourself.

Let's Affirm:

"I love, value and respect myself. I feel more and more relaxed as I breathe in and out. I am safe"

6. Appreciate Yourself

Give a pat on your shoulder for facing all the difficult times that you have faced in your life and for all the good work you have done. Who does not need appreciation... everyone does... right? **Then, why not appreciate yourself.**

When you could face the difficult times in the past, you can face it now also. Before going to bed, make it a practice to thank God and Yourself for all the good that you have achieved in life. You deserve the best and you are getting the best of life. This will keep you motivated. Always don't look for someone to motivate you. Keep motivating yourself and appreciating yourself.

Let's Affirm:

"I am a capable person. I deserve the best. I attract all good in my life. I am worthy of abundance in my life. The power is within me. I am safe"

7. Be Grateful

Yes, be grateful. **Express Gratitude for everything in life.** Express gratitude to all the people who have helped you and have been with you in this wonderful journey called life. Express gratitude to all the people who challenged you, for making it tough for you. They have helped you become more stronger and confident.

Express gratitude to all the people who serve you food and make food for you. Express gratitude to God for giving you such a wonderful life. Express gratitude for everything in life. When you express gratitude, the universe also responds to you accordingly.

Let's Affirm:

"I am grateful for this wonderful life"

You can also say, "I am grateful for..... " add whatever you want to express gratitude for.

8. Smile



Yes, Smile and laugh often. **Don't allow anyone to snatch that beautiful smile of yours.**

What happens when you smile at someone... in return you will get a smile. Similarly, the moment you put a smile on your face in your difficult times... the universe also smiles and responds to it positively.

Smile, it definitely increases your face value. When we are not happy and smiling, how can we make others happy? How can we expect others to approach us?

Let's Affirm:

"I am beautiful"

9. Dress Up

Yes, Dress up.. I mean it. **Whether you are working, or at home or on a day you don't plan to step out... even then dress up well.** No matter what you are going through in life. Whether, you are bored, tired or feel the rain or the snow is making you sick. Still, dress up. This will brighten your day.

You are the only one who can make or spoil the day.... And yes, don't forget to put that beautiful smile on your face. If you can dress up and smile even when the camera is not on.... just imagine, how beautiful, graceful, smart and confident you will be when the camera is on...

Let's Affirm:

"I am beautiful and graceful. I always carry myself well."

10. Be Generous

Yes, be generous. **Always try to give back to the society whatever and whenever you can.** Make a conscious effort or rather a practice a culture to help people, environment or social causes (whatever you believe in). This earth is our home. For so many years the environment has taken care of us... now it is our turn to take care of the environment.

See, if you can go to the old age home and service the people or help them in some way and put a smile on their face. Spend time with orphans. Spend time with your friends or people around you... who might need help in something that they are going through in life... It's always not necessary to help others financially. Giving your time to someone is the most important thing to do. They will definitely bless you... but the amount of satisfaction you will get from this is beyond comparison.

You just have to experience this... 😊

Let's Affirm:

"I find joy in making people happy. Everyone in this universe loves, values, respects and supports me. I love, value, respect and support everyone."

11. Forgiveness

Wondering, Why forgiveness? Forgiveness, plays an important role in life like gratitude. **Forgive anyone and everyone who has wronged you in the past.** There is no point crying over spilt milk. It's like excess baggage.

There is no point dragging a negative feeling... you don't want to focus on the negative. Your aim is to hold on to the positive and amazing experiences of life. When you drag negativity along with you, you are inviting more negativity in your life.

Sit silently. Take deep breathe and forgive the past. Forgive the person and situation that is troubling you. Forgive yourself... that's perfectly alright. This will help you feel lighter and stronger. Nobody is perfect.

At the end, it's between you and him (God)

Let's Affirm:

"Miracles happen to me all the time."



Motivation and Inspiration

Here are some of my quotes to motivate and inspire you. For more inspiration connect with us on our Facebook Community – [“The Lotus Soul 9 Community”](#)

1.1 Inspiration and motivations are like fuel... using it to ignite the soul will help you achieve things beyond your imagination...!

Inspiration and motivation are like fuel... using it to ignite the soul will help you achieve things beyond your imagination...!

~ Pooja Shennde
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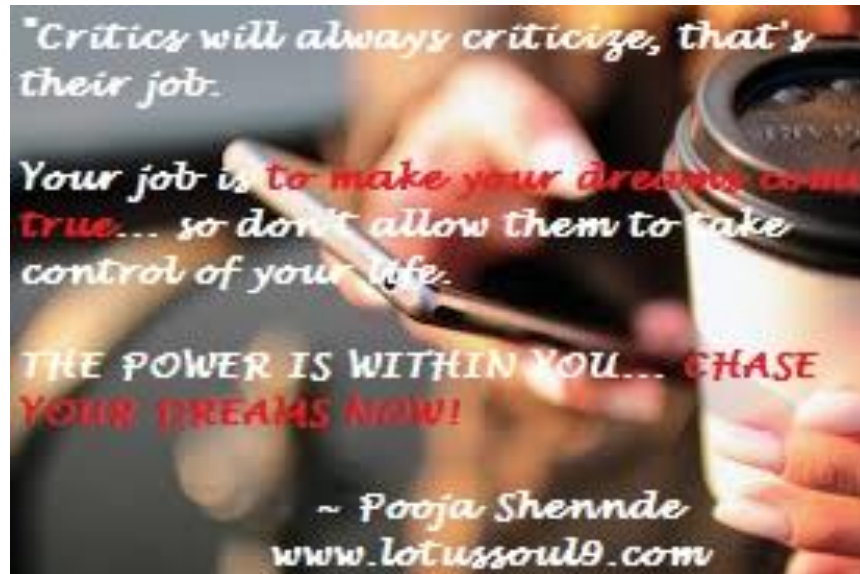
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- 1.4 Don't just read other peoples success story... START WRITING your success story now...!



1.5 You can fail at what you are asked to do... but you can never fail at doing what you love to do...!

*You can fail at what you are asked to do... **but you can never fail at doing what you love to do...!***

~ Pooja Shenndé
www.lotussoul9.com



1.6 Flying high is not bad but it depends on where are you flying... above or below the clouds...!

*Flying high is not bad but it depends on where are you flying... **above or below the clouds...!***

~ Pooja Shenndé
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1.7 (-) the negatives (+) the positives Life is a beautiful and colourful journey...!

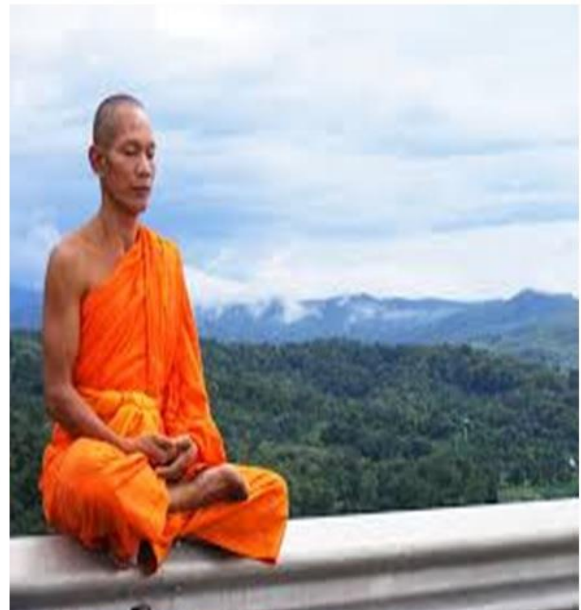


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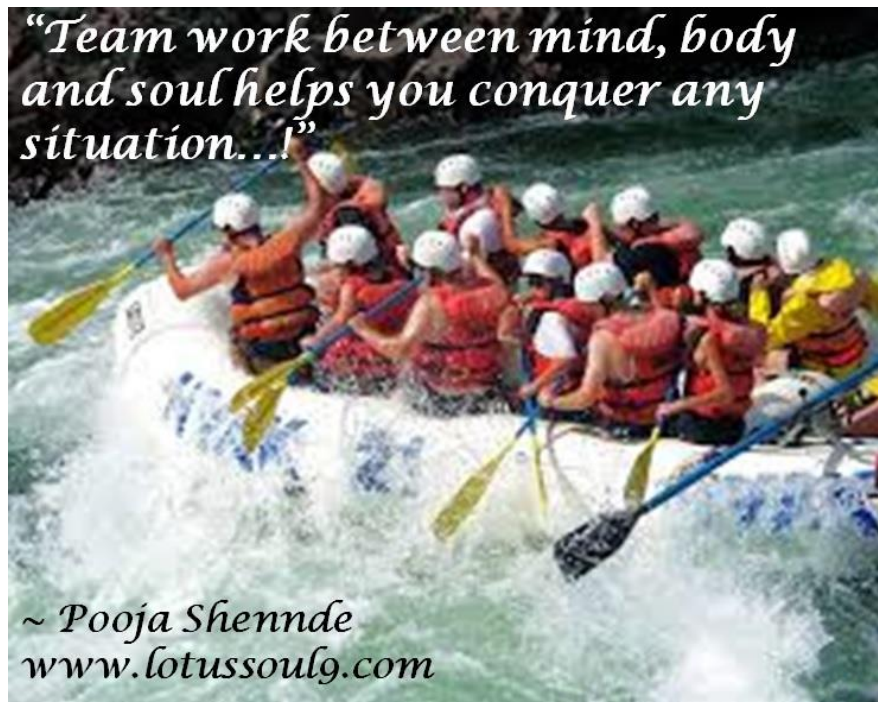
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*Lead by
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*~ Pooja Shennde
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1.9 Team work between mind, body and soul helps you conquer any situation...!



1.10 Be the Rainbow in someone else’s life as well as yours...!



You are blessed with a beautiful life. Focus on your goals and work towards making your dreams come true. Keep the forward movement. Remember, the less negativity in your life, the better the Law of Attraction can take hold!

Thank you so much for reading my Ebook!

To your ultimate success and abundance

Pooja Shennde
Lotus Soul 9

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