

The best life

Tata Nanje



Live -Learn-Love-Grow

TABLE OF CONTENTS

- 1. Introduction**
- 2. 25 guidelines to live the best life that you can live**
- 3. 5 guidelines to accepting and embracing change**
- 4. 10 ways to stop worrying**
- 5. 10 ways to increase the love in your marriage**

ESSAYS

- 1. How to build confidence in yourself and others**
- 2. Stop blaming: There is no one to blame**

Introduction

Life is whatever you make of it. Life is as good as you make it. Everyone knows this but many do not apply it in their lives. They prefer to blame others for what happens to them. They prefer to say it is bad luck. They prefer to say it's Satan. They prefer to say he, she, this that; stop it. It is time you take full control of your life. It is time to bring out the greatness that lies within you. You are in control of your life all the time because no one can really make you do anything you don't want to do. The best control and perhaps only control we have is self control. When you control yourself, you control everything else. That is what this book is all about. It is about you taking your life back and being the best that you can be by living according to the principles outlined here.

I am glad you have downloaded this book. Together we will make a difference; we will make a change in your life and everyone's life you enter. I believe that what happens to one of us happens to all of us. So as you improve your life, so do you improve the life of those you come in contact with. I have outlined principles in this book that will help you reach get to where you want to go. Each principle is explained in my daily blog posts, so read through this book then log on to my blog at <http://www.tatesjourney.com> and read what I have to say about each of them. I would appreciate it if you too can contribute and tell me what you think each of these mean to you by your comments. I recommend you subscribe so that you can get free email updates when I write on these principles.

REMEMBER

You are deciding everything in your life. If you are happy it's because you choose to be and if you are not happy it's because you choose not to be. No one can decide these feelings for you; only you can. You choose how you feel at all times about everything. You are always in control of your feelings and your feelings are the gateway to who you are. And who you are, well, that's for you to show the world through your actions by your shining example. It doesn't matter what the world is doing if you are in control of your feelings. So what is stopping you from living the best life that you can? Who is stopping you from having joy in your life? There is only one answer: you are stopping yourself.

So, let me give you back to yourself. Let what is written here help you see how great and magnificent you are. I hope that by the end of reading all of this and participating in the active discussion at <http://www.tatesjourney.com> you will get something out of this experience, you will accept everything about yourself, embrace everything in life; the good and the bad. You have to learn to see the beauty in the things you think are bad as you do in the things you see as good because without both of them, you cannot know each.

25 guidelines to live the best life that you can live

- 1. We are one**
2. You are a light to the world by your example
3. Love your neighbor as you love yourself, the world is your neighbor not just the person living next to you
4. Live by love always now and forever
5. Always tell the truth
6. Speak softly so that your love can show in your voice
7. Accept everything in your life and others lives and deny nothing
8. Be the peace in every problem
9. Give everything and want nothing in return
10. See the world with your heart not your eyes
11. Do not boast about yourself
12. Give the best of yourself to everyone and in everything
13. Always come from a place of love
14. Recognize the best in others
15. Avoid being ordinary; be great because you are great
16. Bring peace in every situation and in everyone's life that you are a part of.
17. Own every situation, especially the faults
18. Forgive everyone for any wrong doing. Forgive yourself too and thus free your mind of all burdens; those of others and those of your own.
19. Honor every person's experience
20. Love every one's God because God is everything and is nothing and thus their God is your God and your God is their God.
21. Provide and promote everyone's wants
22. Hide nothing and speak openly
23. Do to others what you would have them do to you
24. Everyone in your life brings you something or needs something from you, see it and give it to them
25. Live consciously

NOTES PAGE

5 guidelines to accepting and embracing change

1. Start with yourself

Can you control when the sun comes up or goes down? Can tell the rains to fall or not to fall? So, what makes you think you can control anything outside of yourself? Even if you can, it is not real control. Any change you want to happen has to start from within. You cannot get anyone to do anything they don't want to do. The sooner you understand this, the better your level of understanding and less frustrations in your life. The only way to get people to change is to change your attitude towards them. If you have a child or friend or lover you want to do something better or change a certain thing that irritates you, recognize when they do not do it or when they do the thing you want and commend them for it. With time, your recognizing of the good behavior will make them want to repeat it. They will do the thing that makes you happy and thus change according to how you want them. You can only change others by changing yourself.

2. The only thing constant is change

Are you the same person from when you were born? Are you even the same person you were yesterday? No; of course not. Since yesterday I am sure you have learned something new that makes you different from today. Get it? The only thing constant is change. The world is changing, you are changing, and everything and everyone is changing. The sooner you accept this fact, the sooner your life will improve because one of the things people struggle with the most is change.

3. Embrace all circumstances and see them as a chance for improvement.

Nothing that shouldn't happen ever happens in life. There is a reason why everything happens. When something happens, your job is not to judge it whether it's good or bad. We too often place meaning on things that happen and we end up troubling over them. Nothing is inherently good or bad, your thinking it's what makes it good or bad. So look at circumstances simply as experiences and do and give your best in each experience so that you can grow as a person.

4. Love change

Love every part of your life. There is always change and there is never really change, only a new beginning. When something happens that changes the way you think something is suppose to be, simply change your thoughts to adjust to the circumstance. Simply say, "ah what do you make of this?" and go along with what it is that has changed. Everything begins with your thoughts about it. Your thoughts create your feelings and your feelings create your reality.

5. Control yourself and don't try to control others

You can never really control someone because true power lies in the mind. Have you ever heard that freedom is not a physical thing but a mental thing? Well, it's true. So don't bother trying to control others. Control yourself instead and others will see and change with you. That is true leadership and true strength.

10 ways to stop worrying

1. See problems as opportunities for growth
2. Do your best and don't think about it because you have done all you can
3. Keep busy
4. Don't worry about things you cannot control
5. Live by surprise
6. Don't daydream
7. Sympathize
8. Get up when you wake up
9. Make a schedule
10. Break small goals into smaller ones

10 ways to increase the love in your relationships

1. Be there for each other
2. Make time for your children(if any) and help them do their homework
3. Don't watch too much television; instead, talk to each other
4. Spend time with your children; learn something new together, go for a long walk etc
5. Plan a husband and wife vacation, then when you can afford it, plan a family vacation.
6. Don't yell at each other; especially not the kids
7. Don't compare with other relationships. Be content with yours and if you are not happy or satisfied with it, move on.
8. Complement each other (THIS IS VERY IMPORTANT)
9. Don't get too drunk and NEVER get drunk around your children
10. LISTEN

ESSAYS

1. How to build confidence in yourself and others

Let's face it, we all care about how people see us, how and what people think about us whether we show it or not. If we didn't care about what people thought of us then our society would be very different from what it is today. Confidence is something that everyone struggles with regardless of age or sex. Some have said the key to confidence is achieving. This is because when you accomplish things, you are sure about yourself and your abilities. Some have said it is being yourself at all times regardless of what others might say or think about you. Is it that simple? No. If you base your confidence on your achievements, then what happens when you fail? If you don't care about what people think of you at all times then you won't have any friends. So, how do you strike the right balance?

Although a lot of books and articles have touched on this, they leave a very important part out. They forget to give the reader what they can do to be confident? They forget to tell the reader how to be confident and being so without being thought of as arrogant or an asshole. Whatever the reason maybe, people are confident in certain situations but not in others. Why is that? It is because their source of confidence is not coming from the right place, the self; it is based on something other than the self, experience, knowledge of an event, or something else.

Confidence is defined by many dictionaries and worthy sources as a "state of being certain." This begs the question, being certain about what? It is easy to be certain about a lot of things; I was certain about what I was going to have for breakfast this morning and I was certain that I was going to exercise before going to the beach today. These are certainties that I have total control over. A more accurate definition of confidence is being certain in yourself; meaning, if you say you are going to do something or be a certain way then you do it. But often time this is confused with arrogance as in the case of Kanye West (the hip hop star).

How can you really be confident in every situation? It is very simple. It starts with the self. Let me explain further.

Start with yourself

The first step in building your confidence is to accept you for who you are. Accept yourself for the good and the things you imagine to be bad about yourself. I say imagine because we tend to criticize ourselves more than others do. Have you heard the phrase, "you are your own worst critic"? This is exactly what it means. Stop beating yourself up and start accepting yourself as you are. Forgive yourself for everything you think you have done wrong or bad. Then forgive those who you think have wronged you and let go of that anger. This will free your mind then you can focus on yourself. A trouble free mind is more productive than one that is not. Good and bad are relative terms; meaning, what you think you have done that is bad and unforgivable is that way because you think of it that way. What is bad in your eyes is not necessary bad in another person's view and the same goes for what you think is good. When you think of the world in this light, you start to understand the world around you and yourself better. You start to love yourself, all of yourself.

Be who you are

Don't let anyone change you unless you think is for the better. But, make sure you let them know that you are not changing because they desire the change. Change because you want to not because someone wants you to. Always be yourself, if you feel like laughing, then laugh. If something is beautiful to you and it touches you to the point you feel like crying, then cry. Accept your humanity. Admit your mistakes openly and don't make the same mistakes. After you have admitted the mistake, look for a solution and fix it if you can and if you can't, move on. Do not dwell on past events that you think are bad. But accept the mistake as your own, own it then disown it.

Be the wonderful person that you are. Don't follow the mantra that "men don't cry, women do." Control your emotions and your feelings; don't let them or society control you. You are in control of how you feel at all times. Confidence comes from how you feel about yourself. Always remember this, **is not what someone says about you that makes you who you are, is your reaction to what they say that defines you.** Be yourself, be the best of yourself that you can be.

Be Joyful

When you accept yourself for who you are and you control how you feel in every situation, you will be joyful. More often than not, these go hand in hand. Confident people are joyful people, they are fun to be around and they bring out the best in others. They empower others and motivate others. They enjoy life and take delight in simple things. So, learn to take pleasure in the simple things in life. Stop and admire the sunset ones in a while. Stop and feel the wind ones in a while. Call your mother and tell her that you miss her just because you want to; send your best friend a text message just saying thank you for being a good friend. When you do for others no matter how small a thing maybe, they do the same to or for you. So, be joyful and share your joy with others. Children are a great example of this. My little brother always runs to me and says, "Tata, Tata," he always says my name twice for some reason but I enjoy it, "I want to show you this new move I learn to do on my playstation game." I will go into his room and he will show me. Although at times it is something I really don't care to see, I recognize the joy it gives him for me to just see it. What I get from that experience is a happy little brother who is not afraid to be himself and when he is himself, he is hilarious and makes me laugh. When you make others happy, you are happy.

Help others

Do something nice for somebody one day and then stop to savor how good it feels to help someone. When you help someone your reward is usually not apparent because your reward is generally the feeling you get after helping someone. Confident people look to receive this reward often; they don't focus on the act of helping someone itself. Give your best to others but don't let others take your best from you. By accepting yourself for who you are and being yourself, you create in your mind the person that you want to be and at the same time recognize that you have always been this person, is just that your surroundings have conditioned you to think otherwise of yourself. By helping others, you become a positive force in the world; this also helps your confidence.

Insults

This is a killer of confidence if a person has not learned that they can never satisfy everyone. There will always be someone out there who does not like themselves and the only way to get attention is to insult others. This is how to deal with insults; look in the mirror and call yourself a cucumber. Look at yourself in the mirror a little longer; now ask yourself, am I a cucumber? Point being, just because someone says something about you does not make it true. Remember, is not what someone says about you, is how you feel about yourself that matters. No one is perfect so no one has the right insult anyone. This is cliché but it holds a lot of truth; everyone is beautiful in their own way.

Your thoughts

Start each day with a positive thought because your first thought is what creates your reality. If you think a negative thought, your outcome will be negative and vice versa. Have principles that you abide by. Always do what you think is best; that is a simple enough principle. When you do this in every situation, your outcome will be joyful because you will have no regrets. Always think the best about others. If you are around someone who is saying something bad about someone else, don't be a part of it because negative thoughts from or of others can affect you.

I Recommend

- Take care of yourself physically and mentally. Exercise regularly and eat healthy. You don't have to do strenuous exercises, swim; it is fun and is one of the best exercises.
- Smile often
- Take risk, how do you know if you never try?
- When you feel stressed, think of the purpose you are doing what you are doing. If you are working 10hours a day, it can be stressful on the mind and body, but if you think of why you are doing it such as feeding your kids or to buy a nice house by the beach, think about that house or your children not the work.
- Don't complain or blame others, do your best at everything
- Do not envy others, turn feelings of envy into ambition to get your own
- Read often
- Push yourself
- Live everyday like it was your last

2. Stop blaming: There is no one to blame

What if no one ever did anything intentionally or unintentionally bad to you? Assuming this to be true, how would your life be different? If something happened to you directly or indirectly and instead of blaming, you just concentrated on finding a solution, how would that affect your life? Blame is a game that is not worth playing.

I once heard that “when you point a finger at someone, three fingers will be pointed back at you.” I also heard that when you point a finger, “it is the finger that you are pointing that is bad not what caused the finger to be pointed.” Your reaction to any situation is what makes you who you are not what is done to you. **Redefine yourself by your reaction to unpleasant situations.** Shakespeare once said that, “nothing is really bad but your thinking is what makes it bad.” So when something that you disagree with happens to you next time, surprise people by not blaming anyone. Wouldn't it be more pertinent to ask yourself, how do I get out of this one? Or how do I fix this situation? Instead of who did this to me? Why not stop feeling sorry for yourself and find a solution? Retain that finger that is quick to point and remember that whatever may happen to you is not always a fault for it happening although sometimes there is a fault somewhere. Get in the habit of assessing the situation and finding a solution. **Great people find solutions not faults. Be great, you are great.** And remember that if we see things from other people's point of view, you cannot really blame them because everyone is always right.

Yes, I said everyone is always right. This might be shocking to some people but it's absolutely true. Do you know why? Because if you step into another person's shoes and live their experience, know their story and wholly become who they are, they cannot be wrong because they choose and act how they do as a result of their experiences. Their view of the world is different from yours and yours is different from theirs too. You cannot be wrong and they cannot be wrong. This is the secret of Buddha; he came to understand that in accepting everything and denying nothing and improving oneself, you find and become peace. And what you become, you share and **by sharing, you become a light unto the world.** So, stop the blaming because there is no one to blame since everyone is right if we see the world through their eyes. Blaming others is a waste of time and it certainly does not win you friends.

I once heard a girl after breaking up with her boyfriend say, “I shouldn't have been with him that long, he ruined my self-esteem.” She was blaming her ex-boyfriend for how she felt about herself. The key word in self-esteem is “self.” How come **she came to blame him** for how she felt about herself? Well, **because we don't like to blame ourselves for anything.** So, what makes you think that by pointing a finger, you can avoid not having fingers point back at you? If you don't like to blame yourself, what makes you think another person is going to take the blame? But why blame yourself or anyone else; wouldn't it be easier to look for a solution? By blaming you waste a lot of time arguing. Remember, you get what you give to others. You live what you think of yourself because your thoughts bear fruits to your actions. So why not give your best to everyone? Every situation is priceless and every moment is golden. Don't waste your time blaming.

The End

Thank you for reading my e-book. This book will frequently be updated build upon. Help me do so by subscribing online: www.tatesjourney.com



Tata Nanje
Live-learn-love-grow