

A woman with long dark hair, wearing a light-colored blazer, is holding a black camera. She is looking down at the camera with a thoughtful expression. The background is a soft, out-of-focus landscape with a warm, golden light, suggesting a sunset or sunrise. The overall mood is contemplative and artistic.

*You are the designer  
of your own life and  
the creator of your  
own happiness*

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# Create Your Own Life

**Advent AM Monyatsiwa**



## **Create Your Own Life:**

*Heart & Mind of a Leader - Creating Your Own Path in Life Through Continuous Learning, Self-Discovery, and Genuine Leadership* Alex E Kheyson, 2019-02-28 This book is compilation of over 150 my best blog articles have written with one goal in mind to deconstruct the art of personal and professional growth development and of course leadership In this book I am sharing my passion and many years of trial and error success and failure based on my personal and professional experience knowledge and training If you have ever experienced a fear of failure low self esteem confidence overpowered by fear lack of motivation feeling of being stuck with no opportunity to grow strong desire to change your present and create a better future for yourself and those around you but not sure how strong desire to improve but unclear of steps to take then this book is for you Begin re discovering new you confident determined and ready to overcome any obstacle and fear on your path while pursuing your goals and lifetime dreams today

Create Your Own Time Alok Jain, 2008-05-06 Create Your Own Time How To Work 48 Hours In a Day Is a book about Personal Time Management Using time effectively and efficiently in personal life to achieve more The book illustrates through simple real life examples how you can increase your efficiency by more than 200 % This book is for anyone who wants to take advantage of the opportunities provided by life by controlling the time and thus creating ample time for oneself This book explains the strategies and techniques you can use to save time in order to make an optimum use of time The book also explains the importance of organizing and planning in personal time management It illustrates the correlation between your self control and time saving The book depicts how you can control time by controlling your behavior It also introduces you to basic concepts of time management and provides you with insight into how people waste time The book contains hundreds of tips on how you can save time in daily chores and around the house It deals with the time savings using computers internet and technology Some of the older books published a decade ago will fail to give you insight of how to use the technology to your advantage Later chapters of this book give you some tips organized by the role of a person Some roles discussed are moms homemaker working women couples teenagers and students It also familiarizes you with some interesting ways in which you can utilize your time when you are waiting or traveling Included in appendix are some sample check lists and other templates like To DO lists travel checklist party checklist and goals template

CREATE YOUR OWN SUNSHINE SHIKHAR SINGH (THE ZENITH), 2025-01-07 Create Your Own Sunshine is an uplifting and inspiring self help book that guides readers on a journey to discover and nurture their inner sources of happiness and positivity Through a combination of personal anecdotes practical exercises and expert insights the book provides a roadmap for transforming one's outlook on life even in the face of adversity With a focus on resilience gratitude and the power of perspective readers will learn how to find their own rays of sunshine even on the cloudiest of days This book is a beacon of hope for anyone seeking to infuse their life with more joy meaning and optimism Create Your Own Sunshine is a reminder that regardless of the external circumstances we have the ability to radiate our own light and warmth

into the world Create Your Own Sunshine is an inspiring and motivational self help book that radiates positivity and empowers readers to take control of their lives and find happiness within themselves Drawing from a rich tapestry of personal anecdotes scientific research and timeless wisdom this book explores the art of cultivating a sunny disposition in the face of life s challenges With practical exercises and actionable advice it guides readers on a journey of self discovery helping them unlock their inner potential overcome obstacles and create their own path to joy and fulfillment Whether you re facing a difficult time or simply seeking a brighter outlook on life

*Creating Your Giant Self* Robert Rose, 2001-06-05 A critical reason this is well maybe not THE best a useful book is that YOU do the work The more you apply what you learn and understand the greater your growth This is not a quick fix book but one to assist you in a lifelong journey of self discovery It is difficult to understand what another person really thinks or feels because it is dangerous to your career your relationships and even your existence You can learn to know who you really are As you travel you will find things about yourself you dislike and like The more honest you are the more you will like yourself and amazingly enough like and be liked more easily by others By using the metaphors of Giant and diminished self you have a means to constantly evaluate what you are experiencing As you do this you are getting more in tune with what you re thinking and feeling Most people are not congruent that is what they think and what they feel are not in synch In psychology when this happens it is called inappropriate affect The face you show does not reflect what you feel or think Yet in many situations you cannot because the repercussions are too great express or even show what you re thinking and feeling so what you say does not reflect your internal experience As the years pass you move further away from congruency and often can no longer even recognize what you are feeling and thinking You believe that what you re supposed to feel or think in that setting is what you re actually feeling and thinking I will try to help you discover who you are or could have become or still could become In metaphor it is creating your GIANT SELF which is the realization of your inherent potentials plus hard work This self is a marked contrast to your diminished self This self is the brainwashed depressed frightened rigid self that those with greater power have made you believe is who you are Without even knowing you I can say that you can become a person who can look yourself in the mirror and honestly like who you see It means opening up to ideas and concepts that may be confusing unnerving and may mean that your world as you know it now will never be the same Many of the ideas seem to be so simple and logical that you will say I knew that You may know it but have you had the courage to apply it I think one reason Dr Wilson believes in this book is that I send an honest searchlight into my mind body and soul Some of the things I discovered I did not like still do not like However I found that by challenging EVERYTHING I believed I was able to free myself from many of the errors of my past Besides my dark sides I found a rather decent intelligent person who was worthy of being loved and appreciated One thing I had to admit and face was the number and constancy of errors I made on a regular basis Humans are error making machines There are so many things that cause us to make mistakes that each of us could talk for hours about the stupid

things we've done How many times have you pulled instead of pushed even though the sign on the door was very clear I know I have I shake my head and laugh most of the time Other times my inattention or stupidity creates errors of judgement that could have caused a serious accident I misjudge how far away a car is before I shoot out into the intersection Or I'm in a rush and I take a chance knowing full well that I'm acting like a fool Take our senses Each information bit that stimulates one of our sensory nerves is affected by our attention toward it its magnitude its intensity its uniqueness and the number and sensitivity of the nerve endings that receive it It then travels through that sensory system with countless chances for the message to be garbled or misinterpreted

**Create Your Disneyland** ALISHA P.B,2021-02-09 Create Your Disneyland Live life the Way You Want Childhood is a difficult and challenging time for everyone It's full of excitement and new adventures but there are also uncertainties doubts and worries It is not easy to deal with academic pressure while also navigating complex relationships with friends and family There is a common misconception that children can't be stressed This is a self help book for children Children lead eventful lives and it's no wonder they are often confused about the many changes they have to continuously face They often react to internal and external pressure by throwing tantrums refusing to study or misbehaving at home and school Mindfulness visualization meditation and yoga can help children deal with stress before it becomes overbearing and wearisome This self help book for children sets out practical ways in which children can learn to deal with their emotions constructively and productively It offers easy exercises along with captivating stories that will help you attain your goals while being content and relaxed Being happy and healthy is not a matter of luck but habit and practice

**5 Easy Steps to Create Your Own Authentic Home** Kathy Banak,2024-06-25 Drawing on her extensive experience spanning two decades Kathy has distilled her expertise into a simple actionable guide for individuals seeking to transform their living spaces into authentic reflections of themselves Her interior design paint color and spiritual insights are the framework in which she inspires you to live authentically and be aware of your personal and physical surroundings Discovering the soul of your house and decluttering stuff are the initial steps in clearing the way for a new way of living Kathy then delves into the importance of establishing a strong foundation of color which serves as a launchpad for understanding transformative elements such as interior furnishings window coverings lighting and the house's exterior In 5 Easy Steps to Create Your Own Authentic Home Kathy intuitively guides you through the process and graciously shares designer trade secrets that shed new light on tired ways of decorating your house while transforming it into your Authentic Home Creating an Authentic Home is about more than just aesthetics it's about creating a space that truly resonates with who you are Kathy Banak The craziness of the world we live in nowadays can easily overwhelm us and now more than ever we need to have a home that nestles us in comfort and peace and is a soothing place to restore our souls

**Create Your Own Rewarding Retirement** Joseph (Jay) Totter,2021-03-10 Congratulations on your retirement What type of retirement did you select Retirement with no work Phased in retirement with phased out work Retirement with part time work Or did you select no retirement with continued

work Regardless of which type of retirement you selected it is the right retirement for you You are now entering a new phase in your life journey that will last 20 years on average In many instances it will last a lot longer with many of you living a retirement that equals or even exceeds that of your work life Regardless of the type of retirement you have chosen or how long it lasts it will be more rewarding if you take charge and create short and long term retirement goals as a guide for your daily life The time will fly by just like it did when you were working In order to help you with the next phase of your life journey Create Your Own Rewarding Retirement has been designed as a companion text to Discover the Right Retirement for You in which you discovered the type of retirement that was best for you This book goes beyond that to help you create and complete your goals after you retire The reader has several choices as to how to use this book You can use it as a workbook by completing all of the chapter worksheets and creating your retirement goals or you can use it as a history book to chronical your journey as you create and complete each goal or you can use it as a storybook about the retirement expectations and experiences of people just like you Each of choices will be of value to you Ideally this book is intended to be used in all three ways and it is recommended that you do so to achieve the maximum value from it Remember that you and you alone have the ability to make an ordinary retirement into an extraordinary one *HOW TO CREATE YOUR OWN WORLD - BOOK 1* Kamal Mahalingam, Ray DeCormier, 2022-08-22 Since you re reading this I will assume that you are looking for a way to achieve success peace and happiness in your life Well I believe you have come to the right place Most definitions of success focus on attaining wealth While I will not discount the importance of that my definition of success also includes being in harmony with your nature being happy with your relationships and being satisfied with your vocation Some people instinctively know how to achieve success Consequently they have figured out how to create their own world Maybe you ve met some of these people What they all seem to have in common is a fulfillment within themselves their mates and especially with their calling Unfortunately most people do not share that feeling of success especially as it relates to their job or career If this is a concern for you then maybe it s time to consider changing the way you ve managed your work life Let me be frank The intent of this book is to help you find success by teaching you how to Create Your Own World Although you can apply the concepts for Creating Your Own World to many facets of life however since a satisfying work life is so essential for happiness much of what I will focus on is how to discover a rewarding work life often referred to as your Calling To achieve success I believe you need to become enlightened in three distinct areas First you need to understand applied psychology attitudes and how your conscious and sub conscious minds work Next you need to know how to harmonize with your true nature In other words finding your calling By finding your calling I mean discovering the career you should have experiencing the peace you should embrace and doing those activities that you conclude are enjoyable Finally to help you discover and actualize your calling you need a successful process Give me your undivided attention and I will show you exactly what you need to do to discover and achieve an exciting career and a wonderful life **The Life List** Kate Christie, 2023-03-21 How to start living

your best life a life by design The Life List Master Every Moment and Live an Audacious Life is your guide to designing the next magnificent part of your life starting today An energising honest at times hilarious and at times devastating call to action this is a transformational life is for living handbook And it belongs in the hands of every woman who yearns to do something more spectacular After turning 50 losing her former life partner to cancer and seeing her kids move on as young adults Kate Christie was faced with the fact that life is too short And it was time to do something about it So Kate created the concept of a life list A list of everything she wanted to do and be while she was still young enough to enjoy it A list of abundant joyful new discoveries and opportunities Using her unique framework to inspire not only big goals but also real action Kate shows you exactly how to design and implement your own life list Why Because it s your turn You are energetic confident comfortable in your skin successful and ready for more This is not a crisis it s a catalyst With The Life List you ll learn how to Find a new perspective identify what matters most and celebrate with gratitude Set and smash incredible life changing goals Embrace life s endless possibilities while you re still young Master every moment with simple steps for living in the now and planning your future Create and manifest momentous experiences in your everyday life It s time to join the movement and do whatever the hell it is you want with the rest of your life This is your life by design So live it big Be audacious The award winner for best General book at the Australian Business Book Awards      **Healing Magick** Lady Levanah Shell Bdolak,2007-09-06 Levanah shell Bdolak is both a Dianic High Priestess and the Director of the Clearlight Clairvoyant Center based in Santa Monica CA She has taught Clairvoyancy and Energetic medicine since 1979 Currently she teaches for Clearlight Japan in Tokyo for twelve days every month where she is now teaching their twenty second Clairvoyant and Energetic Medicine Programs Levanah has been teaching Clairvoyancy and Healing in Japan for 14 years Author teacher writer counselor clairvoyant psychic and healer Levanah seeks to share her knowledge clairvoyantly gleaned wisdoms and insights with all who cross her path This is her first book for Wiccans Witches and Pagans about the magickal healing arts Magick is the art of shifting changing bending or turning nature It is the sacred but fun act of moving energy Anyone can do magick One of the most powerful aspects of magick is that of healing When you do good magick it is as if you never did anything at all since the universe just gives to you what you asked for When you heal you are shifting and changing a person on the most basic down to earth way you can on this planet You are changing a person on the most basic down to earth way you can on this planet You are changing the persons physical nature of something This skills shown in this book will show you how to powerfully heal yourself and others using pure energy      *Creating Your Dreams & Making Them Real!* Robert Ruotolo,2002-04-09 Creating Your Dreams and Making them Real what an exciting title Yes it is and too many of us fall short on both Using your imagination to create the person you want to be developing all your God given talents and creating an environment that is healthy for you and your loved ones isn t this a worthwhile pursuit These powers are latent in each and every one of us This program has been designed to encourage and enable you to develop your abilities and to use

your mental powers to create a better present and future for you and those around you It is a call to Action A call to self discipline And a call to positive habit formation We all have habits Many are useful and desirable some need to be modified some have to be done away with all together This program has been written to guide foster and bring about improved personal performance My earlier work INSPIRATION AT WORK set in motion a means to successfully improve one's personal performance With this program Creating Your Dreams and Making Them Real I present a series of inspiring daily reflections exercises and action plans that will help you reflect positively on your own life experiences and evaluate your current performance level You can change your performance level in every area of your life by applying the mental exercises in this program on a regular and selective basis and by implementing your own action planning Move forward Do it now Commit to make this part of your personal toolkit to be used to improve your life and the lives of those around you Ruotolo Robert A INSPIRATION AT WORK Igniting A New Entrepreneurial Spirit in the Individual and the Corporation Dona Nobis Pacem Press 1997

**Acting Is Everything** Judy Kerr, 2017-09-07 In this actor's guidebook renowned acting coach Judy Kerr shares her lifetime of techniques and tricks of the trade She opens the doors of Hollywood to acting hopefuls and professionals with a straightforward road map for building their dreams and careers The previous 11 editions have contributed to the success of thousands of readers In this new Ebook Judy shares brand new content including Acting Tools private diary entries from those who have successfully applied Acting Is Everything to their careers and more A wonderful intro to the world of show biz Jerry Seinfeld This is good Judy this is good Julia Louis Dreyfus First rate primer excellent refresher course Jason Alexander Informative and to the point Michael Richards

**Arising By ONESELF** Advent AM Monyatsiwa, 2013-12 Are you also asking yourself these questions Why is it that I always find myself doing the very same thing that I try so hard not to do Why does my life keep taking the very turn I always try to veer it away from What exactly is it that causes me to think feel and act the way I do How can I practically manage myself and my life effectively If you are then look no further this is a book for you In it you will discover how to arise by yourself through 1 the art of self management 2 the art of success 3 the art of life 4 the art of financial freedom and 5 the mathematics of life

**You Can Attract It Using the Law of Attraction to Get What You Want** Frank Mangano, Steve G. Jones, 2010 If any area of your life is somewhat unfulfilled the Law of Attraction can change this for you Because the Law of Attraction is always in action the key is knowing how to utilize it to transform your life forever In You Can Attract It Authors Steve G Jones and Frank Mangano provide a lifestyle program that contains multiple tools for the proper application of the Law of Attraction From simple lifestyle changes to hypnosis exercises to six step by step instructions for bringing people and events into your life You Can Attract It's combination of methods are scientifically proven to work And if scientific proof is not enough see how both authors have changed their lives with this program by learning living and mastering it Delve into the pages and prepare to attract health wealth love or anything else you desire Experience the life you truly deserve

*Diet Hell and Back* Isabella



Alexandria Morgan,2007 Skip the diet hell you may be experiencing within your body and enter a heavenly experience no diet can ever deliver Within these pages you are taught tools that work to gain wellness and peace of mind the end result a thin and healthy body     **The New Generation** Nilsa Rodriguez,2015-01-13 These Sacred Literatures are written for all humanity to understand the true teachings of all the Great Leaders I am now giving you the wisdom of GOD I am now giving you the wisdom of THE BLESSED MOTHER JESUS THE CHRIST BHAVAGON KRSNA THE GREAT BABAJI and all the Great Leaders I have been taught through GOD Consciousness the true teachings of all the Great Masters I am ready to deliver this message to all who are ready to seek the truth With this information you will understand the life you were meant to live The life you have been waiting for The truth you have been waiting for If you are ready to witness a new life and remove what no longer serves you then you are ready to read this book of KNOWLEDGE and GODS WISDOM Let your life BEGIN     Food for Thought Ray Morgan,2011-03-24 One of the greatest secrets you can ever learn is that you have the power to heal yourself Perhaps you have thought of this statement yourself If you have then you were right on target Maybe you have come to the conclusion that this special gift belongs only to certain persons the most spiritually advanced or the most brilliant in the practice of medicine or psychotherapy Perhaps you believe that there is something mysterious even mystical about healing Throughout the ages the word healing has been associated with superstition and even strange practices Today we hear a lot about spiritual healing as a result of prayer the laying on of hands and healing services at church or revival meetings With all of this awareness most people still think their health is dependent upon some source other than themselves We must come to the understanding that many illnesses come not only from a lack of life giving food but from our ill thoughts and feelings about ourself others our Creator and the world in which we live These ill thoughts constrict the life force within us causing dis ease or lack of ease It is very interesting to note that the word ill derives from the words evil wrong or incorrect It is literally our evil disagreeable out of balance incorrect thoughts and feelings These feelings are located in your body and plays havoc with your health     *Create Your Opportunity Now* Agunloye Oyerinde,2017-06-07 In times like this it is quite important to understand the power that uncovers the hidden treasure in an individual Unfortunately majority go through life struggling to achieve their dreams and purposes whereas all they need to realize their goals is opportunity creation The aim of this book is to Help identify the attributes you need to create opportunity Define and explain the critical attributes you need to be successful Teach you how to unmask the hidden treasures where you are Challenge the belief that your background determines what you become Help you discover and maintain lifes opportunities     **Create Your Reality: The Secret To Quantum Shifting** Trey Colley, In *Create Your Reality The Secret To Quantum Shifting* by Trey Colley unlock the power of your mind to shape your world Dive into quantum physics the Law of Attraction and harness your thoughts and intentions to manifest your dreams With practical exercises and real life success stories this book is your guide to personal transformation relationships health career and spirituality Take control of your destiny overcome challenges and

create a life filled with abundance and purpose Start your journey to a reality beyond your wildest dreams today

**Retelling the Stories of Our Lives: Everyday Narrative Therapy to Draw Inspiration and Transform Experience**

David Denborough, 2014-01-06 Our lives and their pathways are not fixed in stone instead they are shaped by story If we tell stories that emphasize only desolation then we become weaker If we tell stories in ways that make us stronger we can soothe our losses and erase sorrows Learning how to re envision the stories we tell about ourselves can make an enormous difference in the ways we live our lives Drawing on wisdom from the field of narrative therapy this book will help people rewrite and retell the stories of their lives reclaiming and celebrating experiences in the face of specific challenges such as trauma abuse personal failure grief and aging Readers are introduced to key ideas of narrative practice like externalizing problems the person is not the problem the problem is the problem and the concept of re membering one s life Easy to understand examples and exercises help readers make these techniques their own leading them on a path to reclaim their past and re envision their future Publisher s description

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