

## 1: Take Control of Your Life or Personal Leadership

*Taking control of your life requires working through multiple challenges, including your own perceptions, building self-confidence as well as taking an action. Determine what you want more control over, and that will help focus your energy.*

For many people, watching TV fills a similar role. Rather than defaulting to doing these things because they are easy ways to pass the time, I try to actively consider what is on my todo list, and actively choose what I want to do with each moment. If you do need a default activity â€” make it productive. For example, some of my new default activities are working out, texting my friends to see if they want to get together, and practicing guitar. There is a bonus course, The Energy Solution, where I lay out my daily rituals as well. Time As Toothpaste Are you actively owning your time â€” or is it just passing you by? Very often the imagery of time we see is sand falling through an hourglass, or a stream running. In each of these cases, each moment only comes once and passes us by. If I think of time as a tube of toothpaste however, it changes my perspective to a more active role. Unlike a stream running or sand falling in an hourglass, toothpaste does not simply come out of a tube on its own â€” we force it out and use it up. When I view my life this way, it forces me to take responsibility for each moment. One Small Step Every Day Many of the major goals in our lives physical health, financial security, etc are items that cannot be completed in a single day. As long as I am making steady progress towards them, I know that I am actively taking control of my life â€” rather than letting the days pass me by. Take Back Your Attention Do you feel as if you have too much to do? Always racing against the clock, rushing through one thing to get to the next thing, or being pulled in different directions. Rather than trying to do everything, instead focus on doing just a few things well. When I am driven by outside commitments, I no longer have control of my own time. Choose To Begin Each Day Similar to viewing time as a tube of toothpaste, giving the day permission to begin is a trick I use to change my perspective towards time and my day. I tell myself that today is my day, time moves when I say it moves â€” and as I pushing the button to turn off my alarm, I am now letting the world go forward, and allowing time to move on to 6: Pay Yourself First I advocate paying yourself first with your time. Your time is valuable, and so is your life. What you do with your life, and what you do with your time matters. Take control, and make it count.

### 2: Taking Back Control of Your Life | MentalHealthRecovery

*6 Ways to Take Control If you don't take charge of your own life, someone else is bound to try. Posted Jun 30,*

**Taking Back Control of Your Life** Taking Back Control of Your Life In my studies I have found that many people who experience psychiatric symptoms or have had traumatic things happen to them feel that they have no power or control over their own lives. Control of your life may have been taken over when your symptoms were severe and you were in a very vulnerable position. Even when you are doing much better, others may continue making decisions in your behalf. Often, the decisions that are made for you and the resulting action are not those you would have chosen. Taking back control of your life by making your own decisions and your own choices is essential to recovery. It will help you to feel better about yourself and may even help you to relieve some of the symptoms that have been troubling you. There are several things you can do to begin this process. You can do these things in whatever way feels right to you. You may want use a journal to list or write your thoughts and ideas as a way to stay focused on what it is you want, to motivate yourself and to record your progress. Think about what you really want your life to be like. Do you want to: You can probably think of many more ideas. Write them all down. You may want to keep them in a journal. List those things that have kept you from doing the things you wanted to do in the past. Perhaps it has been lack of money or education. Maybe your symptoms have been too severe. Maybe someone in your life insists on making your decisions for you. Then write down ways you could work on resolving each of the problems that keep you from doing the things you want to do and being the kind of person you want to be. As you do this, remind yourself that you are a intelligent person. Experiencing psychiatric symptoms does not meant that your intelligence is limited in any way. You have the ability to find ways to resolve problems and to work on resolving them. You can resolve these problems slowly or quickly. You can take small steps or big steps “ whatever feels right and is possible for you. But you must do it if you want to take back control of your life. In the process of taking control of your own life, you may need to change the nature of your relationship with some of the people in your life. For instance, instead of your doctor telling you what to do, you and your doctor would talk about your options and you would choose the ones that felt best to you. You may need to tell a parent or spouse that you will make your own decisions about where you will live, what you will do and who you will associate with. You may have to tell a sibling who has been overprotective that you can take care of yourself now. Know your rights and insist that others respect these rights. If your rights are not respected, contact your state agency of protection and advocacy every state has one “ you can find it under the state listings in your phone book or by calling the office of the governor. Your rights include the following: I have the right to ask for what I want. I have the right to change my mind. I have the right to make mistakes and not have to be perfect. I have the right to follow my own values and standards. I have the right to express all of my feelings, both positive or negative. I have the right to say no to anything when I feel I am not ready, it is unsafe, or it violates my values. I have the right to determine my own priorities. I have the right to expect honesty from others. I have the right to be angry. I have the right to be uniquely myself. I have the right to make decisions based on my feelings. I have the right to my own needs for personal space and time. I have the right to be playful and frivolous. I have the right to be healthy. I have the right to be in a non-abusive environment. I have the right to make friends and be comfortable around people. I have the right to change and grow. I have the right to have my needs and wants respected by others. I have the right to be treated with dignity and respect. I have the right to be happy. New Harbinger Publications, Educate yourself so that you have all the information you need to make good decisions and to take back control of your life. Check out the internet. Ask people whom you trust. Plan your strategies for making your life the way you want it to be. Figure out the best way for you to get what it is that you want or to be the way you want to be. Then start working at it. Keep at it with courage and persistence until you have reached your goal and made a dream come true. A Possible First Step One timely way you could choose to begin the process of taking back control of your life is to get involved in the upcoming election. You could begin by thinking about and listing the political issues that are most important to you. They may include things like mental and physical health care,

## WHEN YOU TAKE CONTROL OF YOUR OWN LIFE pdf

the cost of medications, disability benefits, housing, human services, social justice, the environment, education and employment. Jot down some notes about action you would like to see your community, state or the federal government take in regard to these issues. Then study the candidates. Find out which candidates most closely support your view on these issues and will best be able to create favorable change. In addition, if you feel ready, you could become further involved if you choose to by: Whether your candidates win or lose, you will know you did the best you could and that through your efforts more people are now informed about the issues. You may even decide that you want to run for office. Printed by permission of:

### 3: Take Control of Your Life, Change With Confidence

*"Take control of your [www.enganchecubano.com](http://www.enganchecubano.com) control of your life." Anonymous. "You can influence, direct and control your own environment. You can make your life what you want it to be."*

Taking Charge of Your Life: The 5 Key Principles on May 14, in Self-Improvement For a long time I had no idea what I wanted to do with my life and I just sort of went along wherever life was taking me but pretty soon this approach had me discontent and frustrated with my situation. Looking for answers I consumed tons of personal development material over a period of years and after a while a pattern started to emerge. What I found were 5 key principles that kept coming up in different forms in the best material. These are the principals that have had the greatest impact on me and put me in charge of my own life: If you want anything to change in your life, you need to stop with the excuses and make it happen. Most of us are stuck in the role of the victim, blaming everything and everyone but ourselves for what is and what is not happening for us. By doing that we get a comfortable way out of taking responsibility for our own situation. But the truth is that our life is the result of the person that we have become. And that is extremely liberating. At times, I was lucky and got a higher grade than I should have had and I thought I got it made. Little did I know I was nurturing the mindset of an underachiever, practicing my mind to always go for the least resistance possible and in the process destroying my chances of productivity, effectiveness and growth down the road. Always put in performances that you can be proud of. If you can do this in one area of your life, soon it will spill over to others. Consider yourself a person who always do your best and start acting like it. Let happy things make you happy and sad things make you sad. The more things you try, the better. Instead of getting through the day, learn to take from the day. Be dedicated in finding out what you want to do with your life and how to fill your days with the good stuff that gets you excited. Minimize the boring stuff or cleverly turn them into enjoyable experiences. Get creative with this stuff. If doing the dishes is boring to you, make a ritual of it where you practice mindfulness or listen to an awesome audiobook or podcast while at it. Get curious about the world. If you find something your interested in, shamelessly immerse yourself in it. It might just be your passion uncovering or something that will lead you to it. Get a library card and start the habit of reading one book a week. Prioritize learning new stuff. Whenever something is asking for your attention ask yourself: What will I learn from this? Choose the books, courses, new connections and deep conversations ahead of short-term entertainment such as TV, videogames and social media. How did you get to that point?

### 4: Gaining Control of Your Life

*Sometimes taking back control of your life starts with rediscovering what makes you tick, learning to take care of yourself, or making time for the people and things that you love.*

By Mark Lukens 2 minute Read Your life is your story. Here are a few tips: The Power Of Assertion Asserting yourself and your views is central to making your story your own. But it does mean stepping beyond passivity, a way of behaving in which you allow the interests of others to over-ride your own at every turn. It means finding a middle path between the two, in which you calmly and confidently express your views. Remember, this is your life. You have a right to be heard, to shape the dialogue around you and the actions coming from it, even if more senior people are expressing different views. Assert yourself clearly and politely and they will listen—you may even change their views. They will shape your moods, your views, your ability to get things done, and of course how much you enjoy life. Instead, make the people in your life the ones you want in your life story. You are under no obligation to spend any more time than you must with the rest. Pay attention to what they do, what they achieve, and the pace at which they work. Trust them to set your pace and to provide your inspiration. Seeing them do it will help you to work towards what you want, rather than working to the goals that were left lying around for you to stumble across. There are always people writing and talking about what this group represents or how that one behaves. Maybe next year it will be the elderly employed or mothers or entrepreneurs. The problem with these views, as with so much of the individual feedback we receive, is that though well intentioned they can be restrictive. Instead listen to what others say about you and try to separate the wheat from the chaff. Work out what rings true and why, take on those part and leave the rest behind. You only get one life, so make the most of it. Be true to yourself, follow a path that you find inspiring, and express yourself in a way that you find satisfying. Because nobody else can do that for you, and whatever else society might have taught you, only you can tell your story.

### 5: How To Actively Take Control of Your Time and Your Life

*But you must do it if you want to take back control of your life. In the process of taking control of your own life, you may need to change the nature of your relationship with some of the people in your life.*

What are they waiting for? They continue to go round and around in the same circle, day in, day out. Just waiting for something. Never really getting anywhere. There is so much more to life than this and you deserve so much more. And you can make it all happen just by making the decision to take control of your life. Decide that right this second things are going to change. Fear of having dreams, fear of following their dreams, fear of achieving their dreams. Fear stops them dead in their tracks. They would rather stay safely within their comfort zones rather than risk the possibility of failing. They may not even fully realize that they have this fear. They have managed to work through the fear and you are still stuck behind the starting line. Remember buying your first car? Pretty scary but you probably accepted the challenge and just went ahead and did it anyway. You need to take control of your life and decide what you want. What is your deepest, darkest, secret desire? That one thing that you really want to do with your life? Now, start to break it down into pieces or little steps. What can you do to start moving towards your desire. For example, do you want a house? Then start saving money for that down payment. Go through hundreds of Open Houses and figure out what would make the perfect house for you, find out about mortgages, find out about the taxes in different areas of your city. Do something towards your goal every day and keep moving forwards until that glorious day when the universe will deliver to you your absolute dream house. What would it look like, what would it have in it, how big would the yard be? What does it absolutely have to have? You also have to truly believe in it. You have to truly believe you are going to be getting your own house. You may not know exactly when it is going to happen but it is definitely going to happen. Where do you start? What do you want to accomplish? What do you want to have? Write down a list. Put everything down on the list. What would you like to have? A car, kids, marriage, a dog? Even by just considering the smaller things in life will start to get you in the mindset of considering what you want out of life. Keep it Positive Start thinking about those things and focus on those positive thoughts. Say you want a dog. Ignore these people and their thoughts. Focus on the goal. The dog is important and as long as you have enough love and the willingness to do whatever is needed to take care of your puppy, you can do it. Once you have made the decision to step up to the plate and accept this challenge then you will just naturally do whatever needs to be done. You can achieve your goals simply by focusing on the big picture and only on the positive aspects of your journey towards it. One thing to pay attention to is the reason why you want to achieve the goal. Find the dream that makes you excited just for the idea of it. Not for what you think you will gain from achieving that dream. Do you want to get married? Until I meet that special person I will just continue doing the activities that I enjoy and make the best of what life has to offer. Instead get that thought in your head. Believe in it, want it. You may also find that all the negative, waiting people in your life suddenly start to disappear. New, positive energy people will appear to replace them. New opportunities that you never imagined will suddenly be appearing at your door. So, what are you waiting for? Start working towards your new positive life.

### 6: 30 Inspirational Quotes On Taking Control Of Your Life | AwakenTheGreatnessWithin

*To take control of your life try an experiment by envisioning yourself as the CEO of your personal company - your own life. The concept alone will make you feel more in control. Then start making the types of plans, choices and decisions you would expect a successful CEO makes.*

They think their destiny is not in their hands. Are you one of them? If so, then have you tried to find out the reason for this? Try asking yourself, why are you not living the life of your dreams? Did you find some excuse? One and half years before I was not living the life I wanted to live and I kept blaming other things for my situation. But, once I learned that we can become whatever we want to, things changed. Many things helped me to bring out of this thinking and I should say that quotes are a great source of motivation. Anytime I was going off-track, reading a simple quote had set me on track. So, here are 21 simple but powerful quotes which can inspire you to take control of your life: It is not in the stars to hold our destiny but in ourselves. So you have to trust that the dots will somehow connect in your future. You have to trust in something – your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life. You do not blame them on your mother, the ecology, or the president. You realize that you control your own destiny. It is a matter of choice. It is not a thing to be waited for, it is a thing to be achieved. So choose to keep your focus on that which is truly magnificent, beautiful, uplifting and joyful. Your life is always moving toward something. And man can be as big as he wants. No problem of human destiny is beyond human beings. Kennedy If you create an act, you create a habit and if you create a habit, you create a character. If you create a character, you create a destiny. You are the architect and builder of your own life, fortune, and destiny. Montapert Sow an act and you reap a habit, sow a habit and you reap a character. Sow a character and you reap a destiny. So are you ready to create your own destiny? Let me repeat once again: You are the creator of your own destiny. Erin shows overscheduled, overwhelmed women how to do less so that they can achieve more. Traditional productivity books – written by men – barely touch the tangle of cultural pressures that women feel when facing down a to-do list.

### 7: 40 Quotes That Will Empower You To Take Back Control Of Your Life | Thought Catalog

*And you can make it all happen just by making the decision to take control of your life. Do it today. Decide that right this second things are going to change.*

In one and the same fire, clay grows hard and wax melts. Francis Bacon You are as amazing as you let yourself be. Let me repeat that. You are as amazing as you let yourself be. Elizabeth Alraune The only person you are destined to become is the person you decide to be. Ralph Waldo Emerson Opportunity does not knock, it presents itself when you beat down the door. Kyle Chandler When we argue for our limitations, we get to keep them. Evelyn Waugh Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same. You must set yourself on fire. Chris Brogan Adventure is not outside man; it is within. George Eliot We are all in the gutter but some of us are looking at the stars. Oscar Wilde It is our choices that show what we truly are, far more than our abilities. Rowling If you want light to come into your life, you need to stand where it is shining. Jonathan Winters You get older and you learn there is one sentence, just four words long, and if you can say it to yourself it offers more comfort than almost any other. It goes like this: At least I tried. Vincent Van Gogh Never despair. But if you do, work on in despair. You have to believe in them. Then do the work, take the risks. Some people make that decision at 15 and some people make it at 50 and most never make it at all. Steve Maraboli Stop fighting yourself and start fighting for yourself. The Revolutionary Impact Every time you are tempted to react in the same old way, ask yourself if you want to be a prisoner of the past or a pioneer of the future. Emory Austin To plow new ground, or let the weeds grow. Virginia Department of Agriculture brochure, Stand up and walk out of your history. Woodhull If you ever find yourself in the wrong story, leave. Mo Williems Being single means getting over the illusion that there is somebody out there who will complete you and finally taking charge of your own life. Omkar Phatake Stop being a prisoner of your past. Become the architect of your future. Robin Sharma When life knocks you down, try to land on your back because if you can look up, you can get up. Eric Thomas We are who we choose to be. Nobody is going to come and save you. Cheryl Strayed Respect yourself enough to walk away from anything that no longer serves you, grows you, or makes you happy. Robert Tew In the midst of winter, I found there was, within me, an invincible summer. Albert Camus I survived because the fire inside me burned brighter than the fire around me. Joshua Graham The best thing you can possibly do with your life is to tackle the motherfucking shit out of it. Your personality is not set in stone. Thirty days without it, and you would be fine. You think you have a soul mate, but in fact you could have had any number of spouses. You would have evolved differently, but been just as happy. You can change what you want about yourself at any time. Your personality is something else, something deeper than just preferences, and these details on the surface, you can change anytime you like. If it is useful to do so, you must abandon your identity and start again. Set fire to your old self. This old self will die and be forgotten by all but family, and replaced by someone who makes a difference. Your new self is not like that. Julien Smith It is never too late to be who you might have been.

### 8: Taking Charge of Your Life: The 5 Key Principles - Selfication

*Your sense of personal power is a mental state, encompassing your attitudes and beliefs about the extent to which you can control your own life, success, and happiness.*

We all make them. We make them for everything all the time without even realizing it, pointing the finger at someone or something else, anything or anyone but ourselves. You name it, I had an excuse. Nothing was my fault or my responsibility. This was hard to see and even harder to finally admit. It became painfully clear that I really had no idea who I was. I was forced to figure myself out. For the first time ever I was being honest with myself. Brutally honest—honest about everything! Before this happened I had never once stopped to think about my choices and how they had affected my life and the people around me. I used to think that life happened and I had no control over it. Things happened to me. Life was hard and unfair. It was the fault of those around me. For years I put that responsibility in his hands. I never took responsibility for my actions or myself. By putting the responsibility of my happiness in his hands I was setting us both up for failure. Figuring this out was just the tip of the iceberg. It made me realize just how often I made excuses and passed blame in all areas of my life. You may not think you make excuses or pass blame. You even may find yourself getting irritated when you notice other people doing these things—so how could you be doing them yourself? I challenge you to start taking a look at yourself. Pay attention to your choices, your decisions, and your reasons for doing or not doing certain things. You might be surprised to find just how many excuses you make on a day-to-day basis. Just notice what comes up. When we continue to make excuses and blame others, we are actually giving our power away. We are telling ourselves that we have no control over our behaviors, our decisions, our lives, and our feelings. That is just not true! Excuses hold us back from being the best we can be, from being honest with ourselves and living authentic lives. I practiced owning my thoughts, actions, decisions, and feelings. I practiced being honest with myself. I still practice these things, every day. The key word here is practice. My boyfriend and I ended up getting back together, but things are different now. We are in a much better place than we were before. In our time apart I learned so much about myself. Most importantly, I learned that the only person responsible for my happiness is me! We have to be compassionate with ourselves. Love and accept these parts of you. I really believe that we are always doing the best we can. From there, we can start taking full responsibility for our lives instead of making excuses and blaming other people. This can be hard to do, especially if there seems to be a valid reason to blame someone. For example, say your boyfriend or girlfriend leaves you. Your world is shattered as a result of their actions. Yes, they did something to hurt you. You can be sad, brokenhearted, and mad. You have the option to let their decision define you, or you can accept what happened, feel all of your feelings, take responsibility for yourself, pick up the pieces, and move forward. If you let your life fall apart because of something someone else did, you are choosing to do that. When I started practicing being honest with myself about my choices and my life, I realized that I am in control of my own happiness. This realization changed me. I actually started to really enjoy my life. Taking responsibility for my life forced me to actually start living it. That is a beautiful thing. Just the choice to take our power back and start living and loving our lives. She hopes that by sharing lessons from her own journey, she can inspire even just one person to look inside, follow their heart, and discover their true-self.

### 9: How To Take Control Of Your Own Life Story

*You don't know anyone at the party, so you don't want to go. You don't like cottage cheese, so you haven't eaten it in years. This is your choice, of course, but don't kid yourself: it's also the flinch.*

*Lost and found nicole williams lism University of oklahoma application An invitation to operator theory Musica elettronica e sound design 2 Ecology of early deafness Fria venganza craig johnson The Fork ran away with the spoon Small group teaching Egypt and the land of Punt McGraw-Hills Homework Manager PLUS Access Code to accompany Introduction to Managerial Accounting 3e Structural volatility in Argentina National insecurity : the complete and utter failure to understand why bigger is no longer better Independence movement in Quebec, 1945-1980 Vhdl and verilog golden reference guides Kv rao java notes Sample curriculum vitae for job application 1 Introductory guide. Postmodernism and Big Science A conversation with Michael B. Oren. The Great Movie Musical Songbook Margaret Thatchers history of the world Expansion, decline, and geographies of inequality Teaching and parenting gifted adolescents 3. The focus of the universe AP Psychology, 2008-2009 Phantom of the opera overture piano sheet music The last airbender the promise part 2 Angolan civil war causes His day began at 5:30 each morning Rehabilitation of Wood-Frame Houses Black Elks legacy Classic garden style Quantum theory and atomic structure Solitary Fibrous Tumor Shelter In His Arms Mahlers fifth and sixth symphonies : idyllic fantasies, the sublime, formal mastery, and processes of mou Ideas Cassettes (2) What Gandhi meant by God Railway right-of-way surveying Among the Wild Chimpanzees Classic*