

Andy's Personal Development

PRESENTS: 3 Steps To Self Fulfillment & Happiness



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STEP 1

Approve of yourself so much that
nobody's Non-Approval of You Matters

**I can
&
I will**

Waking up in the morning sometimes can be hard and challenging, especially if we are accustomed to living a life that's more pleasing to the masses than ourselves. We face uncertainty and doubt even in the tiniest challenges, because we are negatively allowing ourselves to be influenced and affected by people, who are hell bent on making our lives miserable, because of their level of criticism aimed at even our most embarrassing efforts. Ever found yourself being unable to get someone's approval no matter how hard you try? Time after time, occasion upon occasion, you have gone out of your way to try and appease their apparent insatiable appetites for voicing vociferously; and showing repeatedly, a total lack of appreciation even for your presence. It can be nauseating and indeed toxic, but despite how weighty it appears, there is still hope.



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Challenges
are what make
life interesting and
overcoming
them is what
makes life meaningful.

JOSHUA J. MARINE

This hope is deep and profound, but it only comes with an acute and innate sense of awareness on your behalf, that you are the only version of you that lives on this planet, and that makes you **Special**. Your only challenge then is you, you have the ability to decide mentally, that the noise outside of you, no matter when it comes or who it comes from does not define you; it is just someone else's opinion but it is not truth. The minute you begin to accept this fact and apply it daily to your thought process, then the recognition for transformation has begun. It is imperative to write down and record if need be, a list of positive **affirmations** about yourself and who you really are; but this you must sincerely believe. You must invest in yourself, and change the perceptions of your expectations, because now it is no longer going to be based on that which is external, but rather on that which is internal; this is what you have control over. Do not give that control of power over to any one being or thing, value your existence as if the World depends on it, and you cannot be replaced.

STEP 2

Approve of the people who Disapprove of you The Most

Now I know that my subheading may seem like an oxymoron; why should I approve of someone who does not approve of me? Well there are several reasons why, but the most telling one, is the fact that when you approve of them despite themselves, you are laying the groundwork for an attitudinal change that may pose a challenge for them. Let me give you an example; if in the process of their disapproval you voice your approval of them by letting them know that you accept them just the way they are, or you simply agree with them on their approval of you. What you are doing is diminishing the significance of their taunts. (ROLE PLAY) THEY: "You are never going to be successful, I can't see you making progress, do you even know how I see you?" YOU: "No I don't, but I see you have made great progress, I admire that, how do you do it?" Or, you can simply reply by saying; "no I don't, but I fully agree with your assessment of me." Now imagine every time their disapproval rear its ugly head, you consistently respond in this calm and self assured manner, exuding sincerity; pretty soon they will realize that the sharpness of their tongue, is being eroded. **YOU CANNOT FIGHT FIRE WITH FIRE, AND IT'S HONEY THAT CATCHES THE FLIES, NOT VINEGAR.**

STEP 3

When people disapprove of you they
often either fear or don't
understand you.

*just
breathe*

It is unimaginable at times to think that, we sometimes can blame ourselves for someone else's shortcomings or uncontrolled outbursts, especially if it is aimed at us. We can become very self-conscious and guarded, believing that we must have done or said something wrong or offensive, when in truth and in fact we didn't. If however, we distance ourselves from the entire scenario, we would realize that there is something more to it than that. Here are two salient facts: 1. Hurting people hurt other people; for two reasons; that is all they know, and it is easier to dish it out than to deal with it. 2. Miserable and unhappy people cannot produce anything but discomfort and unhappiness. Some times it goes deeper, when people see within you the character, demeanor, and quality or traits that they lack or desire to have but don't, it sometimes just ticks them off. They look at you and see a version of someone who is comfortable in their skin; most times they are not, and then in trying to come to terms with how you manage it they lash out as a means of trying to understand or punish you for who you are and they are not. This is not on you, it's on

PART3 Continued

them and them alone, do not share in their guilt it is not your burden to bare. You have the right and the capacity to mentally and emotionally distance yourself from what they are struggling with within, and embrace for yourself the things that bring you joy. Happiness is an inside job, and it is conveyed by your mental status; your thoughts are responsible for the emotions you feel. Enhance your thoughts and you will enhance the way you feel, fill your mind with happiness with daily doses, and pretty soon your feelings will follow. Accept the fact that people are people wherever you go, and the only differences are our borders and our territories, other than that you can be happy anywhere you go. The decision is yours, and its finality is in your mind; it starts with you and it ends with you, you get to decide.

***NOW GO LIVE YOUR HAPPY LIFE AND BE FULFILLED
YOU DESERVE IT***