

# How to create Extraordinary Life for yourself

The quality of **your Life** is based on the **Decision you make**, the decision are those which change your life.



The decision you make are dependent on the STATE which you are in. if you are in high (+ve) energy state then the decision will be different from when you are in low energy state.

So key lies in to build the **Habit to keep the High Energy State** everytime -

**Where Does Energy Comes from ?**

- **Not from food. In Fact if you eat lot of food then you become lousy**
- **Not from sleep. In Fact if you sleep more you become lethargic.**
- **Energy comes from Mindset**

**Why are some people Happy and some are not ?**

Its not luck. It is hunger to do more. All successful people have in common is HUNGER. How Oprah Winfrey could change her life was **changing her belief from that we need help to we need to give help.**

Your destiny is based on the Decision you make, the decision are those which change your life.

Resources is never a problem, our Lack of resourcefulness (emotion --->

Creativity, Passion, Caring, Determination, Love & etc) is the Real Problem!!!.

Anything you want for our life, if you are resourcefulness enough, you can always find a way to get it and make you success.

- People Live their life between what they Desire Most and what they Fear Most

**What you get will not make you Happy, but what you become will make you very Happy or Sad.**

Motivation without Strategy is just like Chicken running around with it's

head being cut-off



Anything you want in your life, if you are emotional resourceful enough then you can attain it.

You donot need to have resources but you need to have resourcefulness to get what you desire.

### **The Triad :**

The Source of all emotion is a constellation of 3 Forces:

(1) **A Pattern of Physiology** → How you use your physical body, your posture, movement & even breathing (Actions says more than words), emotion are created by motion, the way you move will change how you feel.



Physiology can be changed just by standing tall, jumping, exercising will elevate and keep your state high

We at reva industries limited, follow a daily routine as shown here under

## You Tube



HOW TO CREATE  
EXTRAORDINARY LIFE FOR

**View Video Url : <https://www.youtube.com/watch?v=wd1N8k3O7x0>**

(2) **A pattern of Focus** → Whatever you Focus on, you'll Feel, the energy flows wherever your focus goes.

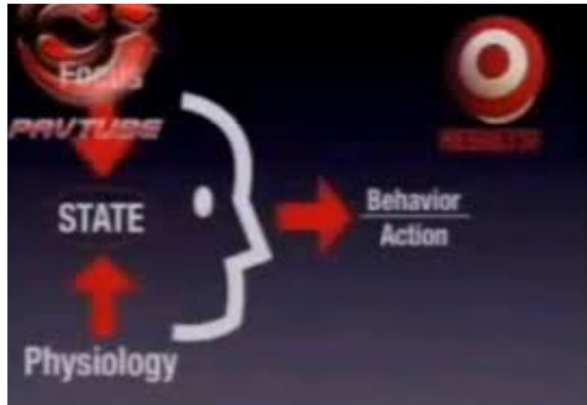
If you focus on what you could not get, your energy flows there and you became depressed thinking about the circumstances and the failures.

If you focus on the taking next step and learning from the past, the focus shifts and the energy flows in the direction of getting and achieving the next step.

(3) **A Pattern of Language/Meaning** → The words we use will changes the meaning we experience.

Language plays an important role in changing the state of mind, it could be internal communication within yourself or the external. If you are saying to yourself that you are pissed off, then the obviously low state will set in. If you in a similar situation say i can handle it, its just a part of learning etc then the state will be entirely different.

## TAKE MASSIVE ACTION



Once you achieve high state, commit yourself to take action towards your goal. And take Massive Action towards what you want from your life.

"The path to success is to take massive, determined action" - tony robbins

Success is simply the result of many actions stacked on top of each other. Success demands massive action with purpose.

It requires consistent action until you get the results you want. It requires determined action when things aren't going your way. It requires persistent action when you feel defeated by the many obstacles and challenges.

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