

STRESS JUDO



REMINDERS OF SUCCESS

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How to Become Strong Leader

A leader is not born.

A leader is created and the whole process starts inside the most dangerous place you'll ever encounter - your own mind.

How can you become a strong leader who inspires others, drives people toward excellence, holds people accountable, and instills a sense of trust? Learning what makes a great leader is your first step.

Here are some things you can do to become the leader you've always wanted to be:

1. **Control yourself.** Every great leader in history has had to become a master of self-discipline and willpower in order to stay focused on the big picture. If you don't have a goal or the drive to achieve it, you can't lead others to attain theirs.
 - ***Follow through in everything you do.*** As challenging as it may be, you need to be disciplined enough to be where you need to be, when you need to be there, whether you want to or not. By being strong in your resolve and resisting temptation to give up, you are setting an example for others to live up to.
 - ***Choose your emotional response to a situation carefully.*** Sometimes you'll need to practice the art of silencing your inner thoughts when they're not appropriate in order to set a positive example.
2. **Project your goals.** If the people you're leading don't completely understand the deeper meaning in their work, they won't share your vision or work ethic. Every step of the way, communicate with your team to make sure they're on the same wavelength and know what you expect of them.
 - ***Get your team involved in the planning process*** and the implementation of your ideas. This gives everyone a greater sense of ownership toward the end result.
3. **Praise highly and criticize constructively.** The way you praise and criticize others can make all the difference in being able to lead effectively.
 - Make sure you *publicly* praise the people who do excellent work for you. You'll give the person a sense of accomplishment and the drive to do even better.
 - When someone does something wrong, ***offer constructive criticism and do it privately.*** Suggest solutions on how they can improve and take the time to answer any questions. They'll accept your input more willingly if they know it's done to help and not to harm.

4. **Know your people.** You can't truly lead a group of people unless you *truly* understand their hopes, dreams, struggles, pains, and goals. All the good intentions in the world mean nothing unless you have a true sense of the people you're working with.
 - ***Talk to your team and get to know them.*** Getting to know each other on a personal level will strengthen the bond between you. They'll want to do better for you because you're more than just a "boss."
 - ***Be their leader, first, and their friend second.*** You're their leader and that means that you have to make difficult decisions from time to time. These decisions cannot be affected by personal relationships.
5. **Make the hard call.** There are times when you have to bite the bullet and make some unpleasant decisions. Firing, demoting, and holding people accountable for their actions can be very hard at times. ***As a leader, it's your responsibility to handle these matters.***

Regardless of where your leadership role takes you, believe that ***you can be a strong leader.*** Remember that in order to lead others, you must be disciplined yourself. After all, your actions will speak louder than anything you can say.

In order to gain the respect of others, strive to lead by example in every area of your life.

When you follow these simple guidelines, you'll be well on your way to becoming a true leader!

Using Positive Self-Talk to Conquer Any Goal

Do you feel like you are always talking yourself out of success? As soon as you start to set goals for yourself, do you suddenly have nagging thoughts about how you aren't up to the task or how you simply aren't qualified to carry it through?

If you have ever experienced either situation, you need to change the way you respond to your inner dialogue. Instead of obeying your negative commands, you can use positive self-talk to counter the negativity and overcome nearly all anxious thoughts.

Setting Goals and Sticking to Them with Positive Self-Talk

Are you initially filled with excitement when you first set goals for yourself? Are these thoughts then followed by self-doubt and self-defeating thoughts that stop you in your tracks before you even get started?

It can be difficult to make the most of your life when you are constantly talking yourself *out* of being a success. It can be frustrating and discouraging to have these thoughts constantly plaguing you. Many of us, in fact, don't even realize we have them! All we know is that we don't have the confidence to stick to our plans and reach our goals.

But there's another way!

Positive self-talk is an effective way to set goals and ensure that you stick to them, even if you have never been able to do this before. The way this works is that you decide what goal is important to you, and then you plan the logistics of how you are going to attain this goal. When self-doubt starts kicking in, you will respond with affirmations that prove your success without surrendering to the negative pressure. Since you're reading this article, it's clear that you're no quitter and you're certainly not a failure, so start believing in yourself!

Re-Programming Your Mind

Affirmations are essentially positive statements that re-program your mind for the positive. The moment you have a self-defeating thought you'd be able to counter the negative with a motivating statement. An example of a positive affirmation is: "I am worthy of great success," or "I see myself in the winner's circle." What this does is replace negativity with thoughts that will help you move *toward* your goals instead of further away from them.

Positive self-talk is easier to implement than you might think. You may not be aware of the severity of the negative dialogue currently within your mind. However, once you begin with positive self-talk, you will suddenly realize that you are self-sabotaging the goals you set for yourself from the minute that you make them. This process can open your eyes to exactly how much this inner conversation has been interfering with your life. ***You'll feel hopeful that you can now set goals and surpass them.***

Through positive self-talk you will be able easily set long and short-term goals for yourself. And

when you use affirmations, you'll have accessible tools to help you push yourself further than ever before. Learning to quiet negativity with positive thoughts is a great move toward setting and attaining future goals with ease.

Top 10 Food and Nutrition Affirmations

When you have "convenience" food bombarding you from every direction, it can be difficult to choose options that give your body the nourishment it needs.

However, if you have daily reminders and effective tools at your disposal, you just may find that eating the right foods and feeding your body the best fuels becomes a lot easier.

Of course, there will always be temptation, but when you equip yourself with *anti-temptation tools*, you will be able to quickly re-focus your mind on your greater goal of getting healthy!

Using Affirmations to Make the Healthy Food and Nutrition Choices

When everyone around you at the office is indulging in burgers, fries, and sugary drinks, it's awfully tempting to join in, isn't it?

But what if you could stop that temptation in its tracks and actually *choose* to make a healthy choice? You don't need me to tell you that fatty and sugary choices are *not* the kinds of food that your body needs - you need to tell yourself!

It can be hard in moments of temptation to make the right choice, but ***with the help of positive affirmations, you can re-train your brain to replace the desire for junk food with healthy choices.***

Affirmations can help you stick to your diet, say no to temptation, and eat nourishing and satisfying foods. How? By replacing the negative spiral of thoughts in your mind with powerful, positive ones.

But first you have to believe that it *is* possible to gain control over your thirsts, desires, and cravings. The first step in making a lasting change in your life is to make the commitment to success. Are you *committed*? Do you *believe* that you can overcome your cravings?

Once you've set your commitment in stone, you're ready to learn the top 10 affirmations to get you through moments of weakness.

Top 10 Food and Nutrition Affirmations

Before reading the list below, you should know that affirmations are *most* successful when you internalize the saying and repeat it frequently. Whether you're having a good or bad day, you need to be constantly repeating these positive statements in your mind. Temptation will strike when you least expect it, so it's better to be prepared!

1. I can neutralize bad habits with good food, exercise, and healthy living.
2. I am proud to reach out to my support network instead of leaning on food for comfort.

3. I am losing weight for *me* because I love me.
4. I set aside time just for me.
5. My good health and productivity are the rewards for the nourishing foods I eat.
6. Weight gain happens over time, so my weight loss equally requires time, patience, and lifestyle changes.
7. I use self-care, not self-control.
8. The more I take care of myself, the better I feel.
9. I am firmly committed to staying active and healthy.
10. I deserve a healthy body and mind.

When you look at these food and nutrition affirmations, they may seem like ideals - behaviors and thoughts that you only wish you could have - but each time you reaffirm them by saying them aloud, you're slowly changing your mindset. Over time, these ideals will become a reality through your thoughts and actions.

But remember, you must first believe you can change. Once you make the commitment to your success, you *will* change your attitudes about food and you'll be thankful you did!

I am passionate about my goals.

My passion drives me forward to live the life of my dreams. ***I know what I want in life and I set goals to get me there.*** I know that each goal I achieve brings me in union with what I desire. I feel truly invigorated with each success!

Meeting a goal, no matter how big or small, strengthens my confidence and self-esteem. I enjoy these feelings and strive to receive them as often as possible.

Setting and achieving goals is a never-ending circle of positivity that fuels my passion even more. My passion encourages me to persevere over obstacles and it is replenished and increased with every goal I complete.

My passion enables my success. I use tools to ignite and refuel my passion on a daily basis, even when I face challenges that try to smother it.

My tools include affirmations to transform negative thoughts into positive ones, ***meditation*** to relax and rejuvenate my energy, and ***notes and pictures*** to inspire and remind me of my goals.

Today, I choose to feel inspired by my passions and let the excitement propel me forward to achieve my goals, regardless of any challenges that may arise.

Self-Reflection Questions:

1. Am I passionate about my goals?
2. Where can I find additional inspiration?
3. What task can I achieve today to fuel my passion and get me back on track toward my goals?

I am the body in motion that stays in motion.

This universal law of physics applies to both my body and mind. Once I start an activity, it's easy to maintain momentum. Knowing this, I can soar past obstacles in my path and remain focused on my tasks and goals.

I create my action plans so they begin with undemanding tasks. This allows me to start any project with ease. Then I can quickly complete that task and move effortlessly onto the next, gaining momentum as I move forward.

The energy of my forward momentum helps push challenges aside. My active and focused mind is able to figure out a way to work with or overcome difficulties. Sometimes I may have to alter my plans, but I always maintain momentum.

It is similar to a game of pool. Once the cue hits the ball with enough energy to give it a strong push, it continues its momentum regardless of anything in its path. When it hits another ball or the wall, it simply changes its path and keeps going.

Like the ball, each and every day I have a chance to take my turn and do with it what I will! I choose to maintain my forward momentum with my eyes on my prize, even if I must change my plan from time to time.

Just as the ball comes to a stop at the end of its turn, ***I wind down at the end of the day and rest.*** The next morning I feel rejuvenated and I have the energy to take another exciting turn in this wonderful game of life!

Today, I strive to be the body in motion that stays in motion. With my forward momentum, I can handle anything that steers me away from my tasks. I may change my route to overcome challenges that arise, but I am still on course to attain my goals.

Self-Reflection Questions:

1. Do I include easy tasks at the start of my action plans?
2. What challenges in my life do I allow to stop my momentum?
3. Can I alter my path to get past my challenges so I can keep moving forward?

STRESS JUDO is the most comprehensive stress management system available. Its purpose is to train you to attack stressful situations, to eliminate stress and turn stress into opportunities, and to live a life free from the fear of stress.

STRESS JUDO was developed by Rick Carter, a 15+ year veteran of trial courts and a 25+ year martial arts student. By seeing how he handled the stress of the combat in the courtroom and in the dojo, and how each situation involved the same fundamentally stress management techniques, Rick Carter tested and perfected STRESS JUDO.

For a FREE report, detailing the 12 components and 6 belts of STRESS JUDO:
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