



7 STEPS TO REGAIN CONTROL OVER YOUR LIFE!

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INTRODUCTION

Do you feel as if life is slipping away from your hands? You don't seem to have the strength to make it and face even one more day? Well, it's time to regain control and reclaim the lost ground. How do we do this? It's simple. Actually, life is as simple, as you really want it to be and can get as complicated, as you permit it to become. It is in your hands to choose, what you want to make out of this gift called- life, that you have been endowed with.

Let's do a quick rewind & replay. A sperm and an egg fertilize and an embryo is formed, which 9 months later becomes YOU! A miracle and nothing less! And, today, where you stand, you may think you were a big mistake. Life is tough and not meant for you. You may feel it's not worth continuing like this - RIGHT? So, right now and right here let me take you through a few real and practical steps you could take, in order to make that U-Turn, from this seeming dead end! "The 7 R's", to regain control over your life is what I have to offer you. So, let's get started...



1. REWIRE YOUR BRAIN

Listen to music, hear a podcast, watch some real-life stories of hope, read books e.g. those on people who had faced setbacks and how they worked at turning it around. Let me give you some examples- KBC and Mr. Bachchan's story pre that phase and post it, Nick Vujicic- the man with no limbs, real life storied of people at concentration camps and several hundred others, who had every reason to give up on life, due to a setback. Go and research stories on, 'The Better Human' and other related sites. Read those posts and messages of hope of ordinary people, their struggles and challenges. It's not just plain motivation, it is the struggles and failures of others- real people and how they overcame with a mind-set, that resolved, they will give it, whatever it takes. Remember, the battle is first won or lost in the mind before the actual battle is fought on-ground. You become what your thoughts are.

An overcomer's mindset is essential to get through the challenges life throws, along with the pleasures it also dishes out. So, how does one do that? Well, to start with, focus on the positives, the assets, your strengths & your past victories, people who care for you and count on you. Every day, speak positive affirmations aloud, looking at yourself right in the mirror: 'I am a winner', 'I will make it!', 'I have a beautiful future!'. Words have power and manifest in reality. What you tell yourself matters. What are you feeding your mind and telling yourself or allowing others, to feed into it? You need to rewire your brain from a negative self-pity mode, to one of a positive outlook of faith and hope. And praying, believing and doing all of the above, will be a sure boost to enable you to do so. When you rewire your brain with positive speech and thoughts you release a happy hormone called, 'dopamine' and that helps boosts your confidence, belief and redirects your actions for success.



2. REVISIT YOUR FAILURES

How bad are they? It definitely helps to list down your failures or what are the things that are weighing you down. What is bothering you and pushing you down the route, of giving up on yourself? Is it a relationship issue, a financial debt, illness, low self-esteem, addiction, people or yourself ? Is it really worth giving up on life and giving in to the feeling that you have lost control? Can you get help? What steps can be taken to have a turn-around? Estimate the resources you have at hand. Find solutions to the issues - FIND THE ANSWERS THAT LIE WITHIN. Challenge yourself , dig deep and it will surprise you, that for every issue, you will find not just one but more than one solution. Keep the limitations in mind but don't just blindly limit yourself unnecessarily and say , "It's never going to happen", "This is not going to work out!" Get some real help and support. Surround yourself by people, who believe in you. Don't be ashamed to ask for help. When people see and sense the sincerity, honesty and effort, they will reciprocate.

Very often, it is the element of shame that stops us from reaching out. We feel ashamed to face others and avail of the opportunity to start afresh because we are afraid that people will judge us and mock us. The fear of failing again, holds us back and we tend to give up. Think about it, most of those people don't even care. What does help is taking some deep breaths, calming your nerves, thinking practically and at such times. It also helps to spend one day in the life of someone or reach out to someone, who is worse off than you. You will have a realization of how much you have to be grateful for. It will change your mind and give you some great insight that you are better off than many others. The perspective or the myopic vision that we are doomed can then be revisited and thought through with a more positive outlook.



Here is a practical step you can take- List down your failures and classify them and assign weightage to each one of them. Does this entire list, really hold weightage & should it really lead you to believe that you have lost control over life? Now take a good look at this list and assess, what is within your control and what resources do you have to turn it around.

***For e.g.,** If it is a relationship failure, then cutting off from a toxic one is the right step to take. Yes, there are things within your control and it is in your ability to deal with it. Not everything is an external issue dependent on the economy or your boss or the world. Some demons lie within us and it is for us to kill them and some that are external we need to deal with a practical approach, perhaps even cut ourselves off from them.*

3. RESET YOUR GOALS

Remember, nothing stops you from resetting your life's goals and starting afresh. This time, you will not be starting from ground zero but from experience. Life is not over yet, it is never over till you give up. Set **SMART** (Specific, Measurable, Attainable, Relevant, Time bound) goals and since you are at a vulnerable stage, a practical tip is to re-start small. Set simple achievable ones in order to rebuild your confidence. Also, set at least two goals on different fronts, such as: Career, Personal (e.g. relationship/hobby), Health, Financial, Spiritual. One grave error we make in life is, to ignore a wholesome development of ourselves. Often, we tend to put all our energy and focus and attention, into one thing; either a relationship or work or our duties at home and when that fails for whatever reason, we feel as if life is over. So, set goals in every dimension of your life and you will see progress and be able to celebrate even the small wins!



4. RENEW YOUR COMPANY

Get to know yourself better and have a relook, at the quantum & the quality of time, you spend with yourself and others too. Get to know what are your strengths and weaknesses? What are your trigger points? Do you react rather than respond? What are the habits that you need to change immediately, as they are detrimental to your well-being and progress. *For e.g. it may be that you are too trusting and people end up cheating you or taking you for a ride.* You are too sensitive and take things too seriously or let your emotions get affected easily. That affects your health, your concentration on work or studies or your performance overall. Stop being ashamed of yourself and being too hard on yourself. Believe in your worth and potential to be able to come around. Sit down and do this crucial check, of who are the people you are surrounding yourself with.

They say a person is an average of the 5 to 6 people that he or she spends time with. Who is part of your inner circle? What kind of people, are you giving access into your life to and allowing, to influence your life? It is important to do a check on this and be with, positive-minded, growth-oriented, well-meaning bunch of people who are filled with faith, hope and love. People who build you and believe in you and want your good. People who will tell you, where you are wrong and advise you for your good, applaud and cheer you on, at every step. Your company is very important. Get rid of people who love drama, unhealthy arguments and are toxic in nature. It is important to distance yourself and learn to say **'NO'**, to persons, who drain you and don't really build you or empower you, even if they are family. Love them, care for them and be there for them the best you can, but not at the cost of your own peace and productivity.



Our lives, are a product of our network of connections, to a huge extent. If you relook this list of your inner circle and people who have access to your life, there will be a lot of impact it will have on you. This is because whether we like it or not they have an undeniable influence, on the way we think, feel and act. So, begin to thoughtfully guard this space and arena of your life.

5. REDIRECT YOUR DOUBTS & FEARS

Learn to consciously redirect your mind and diffuse those, **'What-if'**, thought bombs that bombard you, throughout the day. The negative messages of, 'What if you fail, this is not possible, you can't do this, poor-me, nobody loves me...'- need to be thrown out of the window of your mind and got rid of immediately and constantly. First, you start to love yourself - that is more than enough and watch as a result of that, how others will start to love & respect you. These negative thoughts, fears, doubts and anxieties are going to be your constant nagging uninvited companions and unwanted guests if you don't learn to show them the door. You are going to face them time and again, so why not be ready and not be caught unguarded & unaware by this enemy called fear? Yes reality checks, warnings and treading carefully, is needed but not the constant fears and doubts. Stop entertaining and feeding and fattening them even at a subconscious level. The famous story of the frog who made it out of the deep well because it was deaf, is a classic one. No wonder it made it, out of the well because being deaf, it didn't hear all the negative voices of friends and others saying it would not make it out at all, so their advise was why try and tire yourself at all. You've got to ignore, negate, redirect and replace your fears and doubts with belief and faith in yourself and in life itself.



I absolutely love the approach and attitude of Thomas Edison. The inventor failed 1,000 times while inventing the light bulb! He even gave the now famous quote - "I have not failed 10,000 times. I have not failed once. I have succeeded in proving that those 10,000 ways will not work. When I have eliminated the ways that will not work, I will find the way that will work."

Would it have cost him time, energy, resources and also endless people, making fun of him? Of course, it must have. But he went on without giving up or feeling like a loser though he had so much at stake. Now, that's how one should approach failure! And, not by entertaining self-doubt and fears of failure constantly.

6. REWRITE YOUR LIFE SCRIPT

Start to rebuild your life, refusing to give in to the message you are allowing and entertaining, that it's all over and you have lost control. You have it in you, to regain control. Trust me, even the most successful human being, leader or celebrity goes through this phase on a regular basis. It's time to put up a fight and get back into the ring - The ring of life! You are not a loser - you have just done somethings incorrect or perhaps become a victim of some unfortunate circumstances, made some bad decisions, given in too much or perhaps controlled too much, trusted too much, got over-adventurous, not worked sincerely enough, not learnt the skill needed to do that particular thing- whatever. So what? Look around you, we assume people have it all. Looking at pretty pictures on social media can be misleading. Behind the smiles and great reviews, there maybe a person who is depressed, not able to sleep at nights, bankrupt, on the verge of a divorce or living a mundane life caught in the rat race or having gone through multiple surgeries to look the way they look, to the extent that it has cost them their health too. If life is tough for you, it is for others too, maybe not in the same way but some other way.



Go ahead and take back control! Start by taking it one day, one step at a time. Break down the issue into bite-size chewable pieces instead of the whole chunk, else it will get overwhelming and you will feel discouraged. This feeling of getting consumed by the problem, is primarily responsible for making it seem impossible to come back to the surface. Your mind is too cluttered by the hopelessness to see the light of the day. So declutter it, using the steps mentioned above. Take it one day, one step at a time that's the key! Make simple plans, action them and review them. Get a hold of your life and go on, you have every right to & every business to re-write your life script. It's your life and you are worth every bit of it don't let anyone tell you otherwise!

7. REVIEW YOUR GOALS & ACTION PLANS PERIODICALLY

Keep a close tab on the progress being made. Check if the strategy planned is working or not. In fact, quicker and shorter periodic reviews, are a must initially. Monitor to see whether there are any alarm bells that need to ring and warning signs you need to heed to. Very often, we go on thinking our way is the best and it's working well. There are blind spots we need to be careful of. One thing that has always helped me, is taking advice from well-meaning people, who have gone that way before. For instance, if it is a financial matter, then go to people who may have made the same mistakes or who are experts in that field. They need not be very senior persons who may be busy or out of reach but even a family member or a friend's contact. People love to help and give advice but it's important to go to the right person and be open to listening and receiving it. Even approaching a life coach, relationship, financial or career coach and so on, may be a good option as they can view things objectively for you. Take one or two opinions (not too many else it will get confusing) and then validate it all objectively. Weigh the pros and cons at your own end too.



IN CONCLUSION








Take feedback, be accountable, think objectively by stepping out as an outsider & viewing your life. Be alert and tread carefully, as you may have a lot at stake at this point. Overall in life, these 7 steps will help to monitor your goals & your progress in different roles, even as a spouse or family member, student or working professional. And, then as a result of all this-START TO REBUILD YOUR LIFE! Sounds easier than it is? Well, you know what - it just maybe. We all find life tough, have our own challenges, make mistakes, fail at our attempts, blow it up- AND, we all deserve not just one more chance but many chances and those are very much available to us. Open your eyes and your mind and recognize the new opportunities that await and rebuild the courage to go for them and seize them.

Remember my friend, it's never over till you say and believe that it's over. So, use the step by step process mentioned above, as a guideline to get started. What stops you? You will never know by just sitting assuming, believing and accepting that it's over! If it is people and the voices around you, even your own mind, then overpower it all, with the belief and resolve that you will come out of this- stronger and wiser. Get on top of things because it's time to regain control of your life!

Remember, this time you will not be starting from scratch but from experience! Don't give up on yourself & don't give up on life! Feel free to reach out on the contact details furnished below.



SUMMARY

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ABOUT SALMA BERNARD



An Internationally Certified- Soft Skills Trainer, Transformation Coach and Image Enhancer, with a 'Passion for People and Zest for Life', Salma Bernard has an MBA in Marketing, & over 15 years of experience in the Corporate World, in Companies such as, Star T.V.(India) & American Express (Singapore), and also as a Media Consultant for Companies.

She is also an Author & Motivational Speaker and has spoken to & trained over 3,000 people, across Organisations, Companies, Educational Institutions, NGOs through Workshops, Trainings & Seminars. She does Group Trainings as well as One to One Coaching.

Catch her Podcasts, Blogs, YouTube Videos as well as other Strategic & Inspirational Content, across all her Social Media platforms, to build you, for Success in life. You can also reach out to her for a free 15 minute consultation.

As a passionate Transformation Coach, she believes in, 'Empowering YOU to, Live Life Victoriously!'

FOR GROUP TRAINING & 1-1 COACHING ON:

- Time & Stress Management
- Emotional Intelligence (EI)
- Confidence Building
- Public Speaking
- Effective Communication Skills
- Goal Setting For Success
- Personality Development
- Interpersonal Skills
- Transactional Analysis (TA)
- Resume & Interviews - Job Ready
- First Impressions & Body Language

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