

**SELF HELP**

**TIPS**

**PART 1**

**(SHORT PREVIEW)**

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## 1) **Ways to Stop Shopping Addiction:**

Shopping addiction is a grave problem and preventive measures should be taken to stop it.

Do you feel that shopping lifts you out of stress and gives you a kick? Do your local stores know you by face and give you a credit within a second? Do you prefer shopping over a spa treatment? Is sale a festival for you? If most of the answers are yes, then probably you are one of the many victims of shopping addiction. You know that you shouldn't be spending money, but when you are in the market, you feel that you owe a visit to the stores. Even if your house is filled with things, you keep on adding to them. Shopping addiction is a grave problem and should be taken seriously any time.

Here are some steps for you to follow to get out of this bad addiction and say goodbye to being in debt, for good.

### **Ways to Stop Over Spending Money:**

- **Count Things you Bought But Didn't Use:**

Have a look at all the things you bought in past, but were never able to use. It will remind you of the money that you spent on unnecessary things, when you could have saved the money for future.

- **Be Honest About Your Overspending:**

Until you admit that you have a problem, no one can help you. So, confess to yourself or to anyone close about your addiction. This will help you see your problem from a different perspective and force you to find the causes for it. The next time you shop, your mind will urge you to but less.

- **Plan Your Monthly Budget:**

Plan your monthly budget and stick to it. You don't have to be a miser about it. Allow a general allowance, but not so much that it disrupts your whole month's saving. Open different saving accounts and keep a part of your earnings in them, helping you save money for the future.

- **Make It A Habit Not To Get In Debt:**

The policy is not to ask money from anyone. Debt is bad in any cause, but it becomes worse when you ask it for shopping. When you go in debt, you have to return it too and

it disrupts your whole budget. Also, if you're not able to return the money on time, you would lose faith in front of the lender.

- **Plan your Purchases:**

Plan your purchases, even the small ones, in advance. This will give you an idea of how much are going to spend and in that case, you're more likely not to cross your limit.

- **Stop Carrying more money:**

Slash the problem from the root. When you are carrying more money, you will spend more. So, carry a limited amount with you, in accordance with your daily necessities.

- **Keep Yourself Busy:**

When you're free, you would crave shopping more. It is like any other kind of addiction. Therefore, you need to keep yourself busy and avoid the temptation to shop altogether.

- **Don't Frequently visit markets or malls:**

If you want to stop drinking, you have to keep out of the brewery. The same formula works in case of shopping as well. Don't frequent markets without any apparent reason.

- **Always Stick To Your Limit:**

If your limit is to spend a certain amount of money on shopping, try not to spend a penny over that. Remember that you will regret spending more, when your shopping spree gets over.

## 2) **Habits for a Healthy Mind:**

**These mind habits will help you improve your mood, health, and finances. The time invested in changing your mind habits is the most beneficial time you will ever spend.**

Your reality largely depends on what mind habits you develop. The more good habits of the mind you create, the more you will be able to enjoy your life.

There are some of the habits that are very useful to learn because they will guarantee you a happier, wealthier and healthier future.

- **Visualization:**

- This mind habit will change your reality if you learn to visualize things not as they are, but what you like them to be.

- So instead of seeing in your mind's eye what is happening, or recalling something that went wrong, you can choose to see the things you want to have or events that are turning out to be how you want them to be.
  - Visualization plays a trick on your mind because your mind thinks that what you visualize is actually happening.
  - If you visualize that you live in your dream house, your mind thinks that this is your reality.
  - The more you visualize things you want to have, the quicker you will improve your life.
- **Selective Focus:**
    - Most people react to all the external things they focus upon.
    - This works to their advantage if only good things are in their environment, but if there are some unpleasant aspects of their reality, then by focusing on them they attract more of the same things.
    - When you train your mind to focus only on the things that make you happy, you will learn to only recognize those things and ignore the rest.
    - Therefore, you will not react to everything you see, but only to things that are of positive nature.
    - This way you will only attract into your life things that please you.
- **Absence of Thoughts:**
    - One of the most beneficial mind habits you can develop is to learn not to think at all.
    - Meditation is a perfect start to develop this mind habit.
    - When you do not think about anything at all, you become more in the flow of life and you start making decisions based on your intuition rather than mind.
    - That is always good because your intuition is always accurate.
    - Also when you suffer from information-overload or when you cannot stop thinking about something, it is better to block all the thoughts for a while.
    - After such stillness of your mind you will notice that you can see more ways to solve problems, it becomes much clearer which path to take or the problems will naturally be solved.
- **Become present:**
    - The most unconscious people are all in their minds and therefore they are completely ruled by their egos.
    - Such people are always suffering from the dramas of their egos, fearing small things, always worrying about what will happen to them in future, constantly thinking in a negative way.

- When you become present in most actions you take, you understand that what your ego tells you are nothing more than just fear-based beliefs, limited in all ways possible and therefore always inaccurate.
- When you place your awareness in the new and leave your mind to rest, you understand that the natural state of everything is that of well-being, abundance and positivity.
- The more in the new you are, the more you will get into the flow of life, the more positive, relaxed and abundant you will become.

### 3) **Gaining control on emotions:**

Here are tips and tricks to gain better control of your emotions:

Ways to Gain Control of your emotions:

- **Deep Breathing or Meditation:**
  - As clichéd as it may sound, deep breathing helps.
  - Breathing out slowly and deeply is helpful in delaying and toning down the intensity of the instantaneous anger, jealousy or tears, that threaten to overwhelm us at times.
  - This is a quick solution and if breathing a couple of times doesn't help, then breathe a couple of times more, till you feel that you are in control of the emotion and not likely to get overpowered by it.
  - In the long run, meditation will help in calming you down if you are short tempered and give you more stability if you are an emotional see-saw.
- **Think, before Speaking:**
  - Realize that words once hurled at someone can never be taken back and no amount of sorry's or I didn't mean it, it was just said in anger are going to take away the hurt that you've caused the other person.
  - In fact, if this is a regular occurrence, then you are lucky indeed if the person is still around.
  - What will be more effective is, if you gain control of your emotions.
  - So force yourself to stop, the moment you feel the words travelling up from your gut to shoot right out of your mouth. Just clamp down.
  - Swallow all those words right back, or say them in your head over and over again, till the desire to spit it out at the other person reduces and finally the fight or anger just drains out of you.
  - Then think do you want to say it just to hurt the other person, just because you want to vent, or does it really need to be said?
- **Provide an outlet**

- When you keep bottling your emotions you are slow poisoning yourself.
- Bad emotions are toxic for you and good ones will make you float in the clouds, and neither is good if it is not in moderation.
- You can keep on accumulating the bad emotions till the point you are full and once that happens even the slightest trigger can bring forth a torrent of emotions that will engulf you with its sheer power and intensity.
- It's a very helpless feeling, and if at any point during your outburst, you realize that you are going much more than is merited by the reason, you are unable to stop yourself, it's the body's natural mechanism to empty all the garbage, so that there is place for better feelings.

➤ **Analyze the consequences**

- If you are at a social event and get really agitated over something trivial and feel like blowing your lid, think about the consequences of giving in to the urge.
- Be it your family or work, you have to maintain healthy and respectful relationships to be happy and content.
- Letting out unnecessarily may put these relationships in jeopardy, causing you unnecessary stress.

**4) Good Habits for Success (What Successful people do in the first hour of their Workday)**

**Everyone has their unique method of prioritizing, but all successful people stay focused when they start their day. This is how they spend the first hour of their work day.**

**Here are things successful people do in the first hour of their Workday:**

➤ **They step back and reflect:**

- Take a moment to look at the big picture.
- It's easy to jump in and 'just do it' when you get to work, but successful people look at their larger goals in order to better prioritize.

➤ **They Strategize:**

- Successful people take a few minutes at the start of their workday to think about where their career or business should be going.

- Few people spend much time on these questions to begin with, let alone when their brains are fresh.
  - But pursuing strategic clarity is a worthy objective. It's hard to get somewhere if you don't know where you're going.
- **They check their to-do lists and calendars:**
- You don't want to overwhelm yourself first thing in the morning, but it's important that you take a quick look at your to-do list and calendar to know what's ahead.
  - Missing any early meetings or deadlines would likely cause stress and could ruin your entire day.
- **They acknowledge and plan for the tough projects:**
- There are always difficult projects.
  - Address how you're going to attack them first thing so they don't hang over your head all day.
- **They don't address people conflict:**
- Successful people know that timing is everything. If you need to resolve conflict with your peers or boss, don't engage first thing.
  - Your colleagues are likely overwhelmed when they arrive to work, so you'll want to wait a few hours until everyone is more relaxed, which is usually after lunch.
- **They write something that requires thought:**
- Writing requires discipline, and research finds that willpower is at its peak early in the day, after a good breakfast.
  - The first hour of the day can be a great time to write a well-crafted email introducing yourself to a new client, a proposal or report.
- **They greet the team:**
- Good successful bosses and employees are aware of their team, and they take the time to greet them first thing.
  - It shows compassion and naturally builds rapport and camaraderie.
- **They avoid distraction:**
- The latest headline or office drama can cause anyone to be distracted, no matter how high up the chain you are.
  - While the curiosity can be overwhelming, focused professionals know when they're taking themselves off-track.

## 5) Learn from Mistakes

**It's never easy to admit you have made a mistake, but it's a very crucial step in learning, growing and improving yourself**

- One of the best ways to relieve stress is to learn from your mistakes.
- But how can you learn from your mistakes if you don't realize when you've made one?
- There are some strategies you can use to learn from your mistakes that will work in various situations most of the time.

Consider the following:

### **a) Reframe your mistakes:**

First, use reframing to stop thinking of your mistakes as failures. They can be more accurately described as opportunities for learning- people generally learn more from mistakes than they learn from successes. With each mistake, you can learn valuable information that can be used for future success.

### **b) Be Forgiving:**

Next, maintain perspective and don't take mistakes too seriously. Blaming others for our mistakes can be a defense mechanism for those who are harsh with ourselves when we mess up we stay in denial because we can't take our own harsh self-condemnation. Be forgiving. Just changing your outlook on this can make it less threatening to recognize when you're responsible for things going other than you'd planned. And that makes you more able to learn from your mistakes.

### **c) What You Can Change:**

Rather than thinking of who is more responsible for a situation, look at the situation as a whole in terms of what you can change. If you view taking responsibility through the lens of personal control, what can you change next time? Makes it an empowering experience to learn from your mistakes.

### **d) Look Beyond :**

Look at other sides of the same situation. How do different people in the situation people feel. How might things have gone differently if you'd made different choices? Look at the situation in different ways. Play with it. And see what you can learn for next time.

### **e) Ask Questions:**

Ask for impartial opinions. Have a few trusted friends who will tell you the truth and who can see things from both sides and ask them what they see. Sometimes we're

too close to a situation to make sense of it at first, but an observer can deliver their opinion with a closer view of reality.

**The learning from Mistakes Checklist :**

- **Accepting responsibility makes learning possible.**
- **You can't change mistakes, but you can choose how to respond to them.**
- **Growth starts when you see room for improvement.**
- **Work to understand why it happened.**
- **What small mistakes, in sequence, contributed to the bigger mistake?**
- **Are there alternatives you should have considered but did not?**