

**THE LITTLE BOOK
OF
INSPIRATION**



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FOREWORD

As people, our power to learn huge amounts of data is among the biggest qualities we have. Frequently, however, we discover things like limiting beliefs that hold us back and think that the judgments of other people are true. The sad thing is, many individuals who are willing to put us down, the ones that can make us worry or question ourselves, never really make anything of their own journeys.

Rather than looking at anybody and everybody to teach you about life, it may be better to look towards individuals that have really made a difference of their own.

Each chapter ends with an affirmation, which I know are not to everybody's taste. If you don't like repeating affirmations, use them instead as a focus for meditation. Hopefully some of them will click for you, and from this day on their messages will supply mighty reminders of faith, humanity and peace in your life.

CHAPTER I:

Nelson Mandela and Courage

SYNOPSIS

Understanding what true courage is and how to implement it in your life.



INSPIRATIONAL COURAGE AND HOW TO GET IT

Nelson Mandela

Why is he inspiring? Nelson was a huge part of the anti-apartheid cause in South Africa. He was imprisoned for 27 years due to his attempts in leading the conversion for a multi-racial democracy but he finally triumphed with his mission.

What can he teach? Be courageous in your attempts and fight for the issues you believe in.

Quote: "I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear."

Developing Courage

Courage isn't the absence of fear. It's the strength to be whom and what you are, in spite of the fear! Here are tips to develop courage and release the fears that block us from accomplishing our goals.

1. Acknowledge the fear. Don't make excuses and name it something else. You can't defeat or move through your fear if you don't acknowledge it. You can fault somebody else, you can call it inconceivable or you can simply admit that you're afraid. Once you acknowledge that fear is in operation, you can start to alter it.

2. Acquire understanding from the fear. On what am I basing this fear? Choose to see a richer truth. We feel fear when we trust the lies that our ego is telling us. We believe what we have swallowed as truth either consciously or unconsciously. What or who do you trust as truthful?

There's a story about loved ones that would assemble for holidays and special affairs and prepare a beef roast. Each time they'd prepare it they'd prepare it the same way. They'd take the roast and lop off both ends and set it in the pan. This was a custom that was handed down from mother to daughter to daughter, etc., until one day, one of the daughter's husbands asked her, "Why do you lop both ends off the roast?" She responded that her mother had always done it that way, "Let's go ask her."

Then they went and asked her mother, and she answered that it was because that's the way her mother had always performed it. They chose to ask grandma and she answered, "Because that's the way my mother always served it. I don't do it that way any longer; we only did it that way because the only pan we had was too small to hold it."

Seek the falseness in the fear that you have harboured. What rules have you determined for yourself? What rules do you follow that are rooted in the past but are now obsolete? Do you prefer to keep living by them? You're the selector.

3. Dedicate yourself to courage. Announce the deeper truth. Persistently reprogram yourself for success and brave actions. Remember that eminent love and great accomplishments demand great risk.

4. Confront the fear. Sense the fear and do it anyhow. Respect your courage. Take action.

- ✚ Respect yourself every time you face a fear. Particularly the little ones.
- ✚ When you have admitted its only fear keeping you back, you can proceed through it like a brave warrior.
- ✚ Parachutes weren't shown trustworthy by having individuals carry them around on their backs. The device proved its worth once somebody jumped.

Daily Affirmation

"I am becoming more courageous in every area of my life."

CHAPTER 2:

Russell Simmons and Being A Visionary

SYNOPSIS

Having a vision and following through is a great benefit to you and your life.



BEING A VISIONARY AND SUCCESS

Russell Simmons

Why is he inspiring? Russell Simmons started Def Jam Records; a company that assisted in bringing hip hop music to the masses, and furnish millions of children that were living in the struggle with a little optimism for a better future.

What can he teach? By no means think that you are above the guidance or intelligence of others. We can accomplish so much more when functioning collectively.

Quote: "I've been blessed to find people who are smarter than I am, and they help me to execute the vision I have."

Becoming A Visionary

Have you questioned how to become a visionary? It's crucial to understand that having a vision is unlike really being a visionary. The individual who has vision is one who views possible developments and events that might happen in the future. The visionary, on the other hand, is an individual who brings about a particular consequence based on ideas and goals that once only lived in their minds. Here are some tips on how to become a visionary.

1. Treasure people. This means everyone – not just particular people you care about. Each and every individual on Earth has a particular mission or a unique function in life. Value the special and not so special gifts, skills, and personalities of other people as you never know what lesson you'll get from them

2. Assume responsibility. You shouldn't assume the position that you're a victim of circumstance. You solely are responsible for the affairs you experience, the selections you make, and the consequences of those selections and experiences. Putting blame on other people for your selections or mistakes will keep you from learning from these errors and bettering your life.

3. Endeavour to learn and improve. You should know and understand that the job of self-improvement is ceaseless. It's a ceaseless cycle, and it revolves systematically as we advance through life. Working to better yourself, the lives of those around you and the cosmos will make you among the top visionaries! By taking steps to better yourself and seeking ways to improve the Earth, you'll begin to consider solutions more creatively.

4. Detect the positive effect of challenges. You must understand and approach all states of affairs like they're an example and you should always endeavour to learn something from them. Transform your thinking from thinking that something is bad to trusting that regardless how negative it seems, there's something positive to be gained from it.

5. Get moving to make your dreams come real. Finally, but not least, if you're trying to become a visionary, you must be able to dream and do.

Daily Affirmation.

"I am a visionary. I set trends and others follow."

CHAPTER 3:

Warren Buffett and Growing For Success

SYNOPSIS

Being successful doesn't always require doing the biggest thing right off.



GROWING INTO SUCCESS WORKS ALSO

Warren Buffett

Why is he inspiring? He is one of the most victorious investors of all time and became the world's richest human being at the age of 77.

What can he teach? Being victorious isn't always about taking on the largest challenges. It's about continually growing and conquering the feats you can handle.

Quote: "I don't look to jump over 7-foot bars: I look around for 1-foot bars that I can step over."

Growth and Success

Hundreds of thousands of books and reports have been written about the matter of personal growth. Many alleged "experts" and "gurus" have tried to deliver assorted points of views on this matter and while a lot of them are right some have simply missed the boat! This has sent many of us into dissimilar levels of understanding. All the same, it's up to each of us to choose whether we want to become successful or not. Here are some essential principles for formulating personal growth and success:

- 1. Acquire good time management techniques.** Make time management a personal issue. Don't just author a bunch of material in a note book or diary without dedicating to it. Design your day ahead of time. Screen your calls and don't waste time on frivolous calls. Make blocks of time in which you can sit and form your thoughts. Find a fruitful project to do on a day-to-day basis.
- 2. Cause your life to be fun!** Life is all about fun. Nature is occupied with pure goodness... be part of this experience. Don't go around making self-justifications or making others' life poor. Like everything you do! The mystery of living is that you're part of a fuller universal picture. Your life is really important within this big plan of being.
- 3. Formulate and punctuate your personal slogan.** Your personal slogan helps to define you. It's your statement of purpose for success and personal growth. Live by it consistently and let it shape your thinking towards a greater level of accomplishment.

4. Be brave and relentless. Having a solid self-will will put you ahead of the game. Your thoughts, inventions and creative ideas won't be profitable without you being brave and relentless. Don't stand at the sidelines of life. Get involved and be part of this deep experience of life's hope!

5. Get in touch with your higher power. Through positive prayers, meditation, service to mankind and everything inside nature let your life soak up the total goodness therein. Forever think positive. Encircle your life with positive people. Take nature walks to regenerate your inner being. Discharge all stress from your life by slow breathing and spiritual exercises. Live in the present!

Daily Affirmation

"I am still and receptive to Life and Growth."

CHAPTER 4:

Princess Diana and Kindness

SYNOPSIS

There is little that is more empowering than kindness.



THE REWARDS ARE GREAT WITH KINDNESS

Princess Diana

Why is she inspiring? Rather than seeing her public situation as one of Ego, Diana used her position to motivate millions around her. She was one of the first public figures to be seen touching somebody infected with HIV, she also braved minefields to elevate awareness of the trouble they were causing.

What can she teach? Don't just assist others for the sake of receiving something in return. Assist others in order to help others, nothing more.

Quote: "Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you."






Kindness Helps In Personal Growth

Everybody should evidence acts of kindness without desiring anything in return.

How easy is it to display some kindness to other people, even if those you display kindness to are strangers?

The Earth would be a better place if we all assumed a little time every day to do something positive for others, animals and the environment.

Random acts of kindness can be as easy as;

-  Assisting somebody with their packages
-  Gathering up a piece of trash and placing it in the garbage can
-  Contributing some of your unwanted clothes to a charity
-  Imparting a stray animal some food
-  Stopping to help change somebody's tyre

Performing acts of kindness can get you greater satisfaction to your life. I know since I make it a goal of mine to do at least one turn of kindness a day. Be it random or plotted, I feel so much better when I contribute and not expect anything reciprocally. So why don't you make it a goal of yours to do at least one act of kindness a day? What damage could it do?

Occasionally we carry out many acts of kindness in a day but we don't realise it. When you do realise it, give yourself a pat on the back as you deserve to be recognized for a good deed or two.

Daily Affirmation

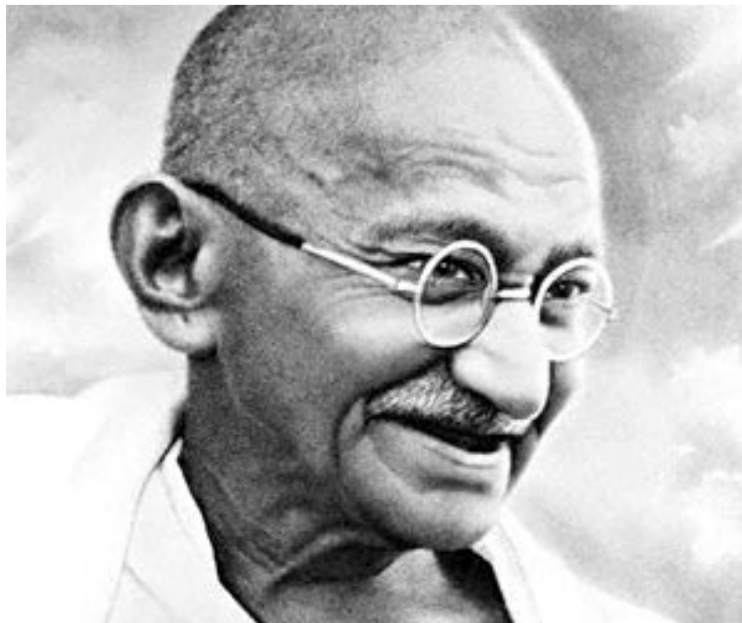
"There is no greater reward in life than to be the kind of person who feels they can lovingly give."

CHAPTER 5:

Mahatma Gandhi and Following Through

SYNOPSIS

The only way to a complete destination is by following through.



THE WAY TO A COMPLETE SUCCESS

Mahatma Gandhi

Why is he inspiring? He led the group which led India to freedom. This also stimulated other movements for freedom and individual rights across the globe.

What can he teach? Follow through your intentions. Only from carrying out the thing you believe in can you take pleasure in fulfilment.

Quote: "Happiness is when what you think, what you say, and what you do are in harmony."

Conceive of a world where every voice mail you leave is quickly returned, where anything you call for is complete when you want it done, and where every action you initiate gets completed without a single hitch. It doesn't exist! However, many individuals behave as if it does. To see things get done, and get done correctly, you need to remain on top of them.

We're all guilty of letting things fall through the cracks, but why? This tends to happen when we're more concerned with checking tasks off our list than we are with making certain the tasks are done well.

It isn't sensible to depend upon unreliable people or individuals who we don't know, nor should we blame anybody but ourselves for not following through with our tasks. The key to making certain things get done and done on time is through focus. Here are a few hints on how you can do just that.

- ✚ Don't just take it off the list. Don't cross items off of your "to do" list until the actual task is done properly. For instance, if you have "call the doctor" on your list, what you actually mean is something like, "make an appointment with the Dr.". Don't cross this off your list till your appointment is created and confirmed, not simply when you leave a message.

- ✚ Assign a date and time. If you're depending upon vendors, staff or acquaintances for something, find out specifically when you can anticipate action. Then, let them know you'll be following up at a confirmed date and time. For instance, if you have a package that your vendor promises will be sent out 'this week', ask them for a particular date, then call the vendor back at least once before that date to make certain everything is on schedule.

- ✚ Act on e-mails. Today, many individuals use their e-mail inbox as their 'to do' list. When they answer a message or start an e-mail, their e-mail goes away into the sent folder and is blanked out. A great technique is to move a copy of the message into a folder called 'follow up' and go over these e-mails each day.

- ✚ Be relentless with phone calls. Don't let your impetus be slowed by busy signals and voice mail. Be relentless and keep calling until you speak with somebody. Use your best judgment here and make certain you don't keep ringing a telephone line that only has voice mail.

Daily Affirmation

"I am a determined, persistent, motivated person striving to achieve my greatest goals and aspirations, and I genuinely believe I will be successful."

CHAPTER 6:

Mother Teresa and Humility

SYNOPSIS

We are all on the same planet and being humble can teach us something.



NO ONE IS BETTER OR LESS

Mother Teresa

Why is she inspiring? She spent 45 years of her life helping the sick, poor and dying while raising consciousness for her organization: "Missions of Charity". Her work began in India then extended to other parts of the planet.

What can she teach? We are all one, you are not by yourself in this journey of life, and for that reason you shouldn't see yourself as more or less than anyone else.

Quote: "If we have no peace, it is because we have forgotten that we belong to each other."

How To Be Humble

Give thanks

Make certain you take every chance you have to thank other people for what they do and what they assist you with. Individuals don't achieve anything on their own and it always takes assistance from others. Thank them for this assistance.

Redirect Praise

Redirecting praise is of value to be more humble and modest. If you don't take praise outright and rather, redirect it to others who assisted you, trained you or even let you do something, you pass on that praise to other people without accepting the credit directly.

You Don't Have to Be Correct

A humble individual never tries to outmatch someone else and make themselves look better or brighter. This includes having to be correct. When you try to show you're correct, or even when you say something simple like 'I know', you're showing dominance over the other individual. Rather than wanting to be correct, even if you know something already, merely say, 'intriguing, thanks for that.'

It's Not All You

Individuals are perpetually reaching for success and they often feel really proud of themselves for getting to where they are. Humble individuals are not proud and

recognize that they didn't get themselves here. They recognize that other people helped them, boosted them and assisted them to get to where they are.

Don't Go First

First isn't necessarily a bad thing, but being first can resonate as competitive, self boosting or demoting of others. None of those things are usual for a humble individual. In a group or workplace, if you hold back from the need to be first to verbalise, participate or get involved, you give other people a opportunity to be first.

Value Everything

So many things that happen around us are not our doing yet we often forget our own insignificance by being so centered on our own lives and achievements. Well to be humble, it's crucial to acknowledge and appreciate all the fantastic things around us.

Value the place you live, the wellness, wealth and happiness you receive or have opportunity for. Valuing things adds greatly to a person's humility and recognizing that we have so much to be grateful for builds on many of the additional items in this list.

Hear More Than You Talk

Like the item above, 'Don't Go First' it applies to hearing in a fuller sense. Hearing more than you talk can be very mighty and if you use this you can learn a lot of things about other people and practice humility in how you react.

Don't Judge Other People

Finally a very significant aspect of being humble is to not judge other people. Judgment is a grievous thing and you can't stay open minded, receptive to ideas, empathetic or appreciative of others if you're judging them or their thoughts.

Everybody is different and has different thoughts, feelings, emotions and beliefs. When you judge others, you're really showing that you believe that you are significant enough to make a judgment call. Humble people don't believe, or act like, that.

Daily Affirmation

"I will be more loving, humble, forgiving, giving, kind and patient with others and myself."

CHAPTER 7:

Martin Luther King for the Good of Others

SYNOPSIS

Doing the right thing benefits us all.



THE “RIGHT THING” BENEFITS YOU AS WELL

Martin Luther King

Why is he inspiring? Martin Luther King is most significantly known for his “I have a dream” speech in which he stood for what he believes in. This speech contributed to public awareness of civil rights movements and also made him recognized as one of the greatest orators in history.

What can he teach? Do things for the greater good of mankind, instead of just focusing on your own constraints.

Quote: “An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity.”

The “Right Thing” Leads To Success

True success doesn't come from getting things at any and all cost, but from conducting yourself in such a way as to benefit others and the greater good. Most successful people will tell you that an outward, ethical approach to life will pay off in a lot of ways.

Sincerity is specified as freedom from deceit, hypocrisy or fraudulence. There are many scammers out there that claim to have the next miracle. Many people fall for the scams as society has been seduced by the “get right quick”, minimum effort, “I want it now” approach. These scammers are so prevalent that sometimes it seems like these dishonest ways must be the only way to be successful. Luckily, that's not the case. The people who perpetrate these scams tend to get tripped up. Dishonesty might work in the short run, but long-term success demands sincerity.

Personal integrity is vital. A dedication to openness, honesty, and high standards signifies a real leader. If the people in your life can't trust you, they won't help you. The truth is that success only comes with the assistance and support of others. Set expectations high, even for yourself, and handle every situation with the integrity you require from others.

Courtesy is displaying suitable social conduct and being respectful to other people. Successful people are careful not to burn too many bridges, and make sure to always be “on” publicly. Courtesy is critical and treating everybody with respect will pay off in

spades. Don't presume that once you find success that it's acceptable to treat people badly.

Wisdom isn't just book smarts, but the ability to couple that knowledge with reasoned judgment. That is, wisdom lets you discern what is necessary from what isn't. Wisdom is what divides the experts from the merely schooled and generally grows out of experience, whether good or bad. Successful people learn from every decision they make, every obstacle they face, and every triumph they savour.

Charity is more than just giving to the greater good, but is as well a habit of giving the benefit of any doubt. People need to be responsible for making a difference in their community, country, and the world. As you earn success and wealth, repaying shouldn't be a question.

Daily Affirmation

"Integrity, Integrity, Integrity - do the *right* thing, for the *right* reason, the *right* way."

CHAPTER 8:

Buddha and Inspiring People.

SYNOPSIS

You would be surprised what happens to you when you inspire others.



HOW TO INSPIRE OTHERS

Buddha

Why is he inspiring? Siddhattha Gotama was thought of as the “enlightened one” and yet to this day inspires people with his messages of harmony, oneness and living in the moment.

What can he teach? Do not take anybody else’s messages as reality. Use what works for you and send away the rest.

Quote: “Only accept what passes the test by proving useful and beneficial in your life.”

A Few Tips

Inspiring other people isn’t simple. The success rate of those who try to inspire is unbelievably low when the measurement of success is based on the percentage inspired as opposed to the real number inspired. Huge motivational seminars with 1000s of attendees commonly make a very lasting impact in only a couple of people’s lives. If you view those same odds for yourself, you may easily be deterred if you hope to inspire others by doing something you don’t truly love to do.

If, however, you do love something a lot, you won’t care how successful you are at inspiring other people and you’ll continue to persevere regardless how many times you go wrong. When individuals doubt you, and when individuals poke fun at your failures, you’ll continue to do what you love because you love it. So having that profoundness, that love and passion for something, will protect you from all potential failures.

Make the most of failures and continue to drive your passions. Inspire other people even when you don’t succeed at first.

Share your themes with as many individuals as imaginable and allow them grow your influence beyond your initial ideas for inspiration.

Thinking large isn't only about inspiring more individuals, but also about the impact you have on each individual. Don't settle on recommending small changes if a total rework is what is really needed. Rather, give people the tools and the inspiration to change everything. Look to inspire in many areas rather than just one. Think big about the positive affect you may have and this will give you a much better chance of leaving some sort of impression.

Another valuable way to inspire other people is to support an established noble cause or practice, like saving the environment or feeding the poor. It's much easier to acquire attention, followers, and support for noble causes than to focus on something that people are sceptical about. You need to remain actively involved in the field in which you seek to inspire other people.

It's the age old saying of "practice what you preach," and it bears true for anybody attempting to inspire others. In the end, if you really want to inspire other people to do something then this "something" should be a huge part of your life. You don't necessarily need to be an authority at it, but you do need to be passionately involved.

The dearest part of inspiring other people is to have interest in not only what you do, but to also acknowledge those around you and give them the chance to grow and change also. Offer to share your personal tales, teach them things you've acquired along the way.

Don't be afraid to discuss your failures as well as your accomplishments. Take the time to ask them questions about their own advancement. Help them avoid the errors you've made in the past, and always maintain a positive outlook on their advancing progress.

Daily Affirmation

"I will keep my focus on building up, encouraging, and inspiring others."

CHAPTER 9:

Winston Churchill and Enjoying Life

SYNOPSIS

If you are not enjoying your life or success...what's the point?



LEARNING TO ENJOY LIFE AFFECTS EVERYTHING ELSE

Winston Churchill

Why is he inspiring? Winston Churchill was the prime minister of the UK, a Nobel-prize winning author, and writer and an officer in the British Army. He was also made the first honorary citizen of the United States.

What can he teach? Don't take life so gravely, enjoy the simplicity in everything.

Quote: "A prisoner of war is a man who tries to kill you and fails, and then asks you not to kill him."

Get Some Happiness

Taking the time to revel in little, daily delights is among the most crucial aspects of managing the needs of a successful life. Why? Because a ceaseless focus on things you can't immediately control increases stress; making you more vulnerable to troubles like depression and anxiety disorders.

Don't misunderstand. Declining to think ahead or plan for the future can produce its own sort of stress. Imagine if you never saved for your retirement, or you didn't cautiously consider major life decisions, like changing jobs or having a baby. When the time ultimately came to deal with the aftermaths of your badly made choices, your stress level would shoot sky-high. And, down the road, there may be a physical price to pay.

Learning to live in the moment, while still cautiously and rationally managing the course of your life, gives you the 'right' to guiltlessly enjoy the little delights along the way. After all, the purpose of responsible planning is to make healthy decisions so that you can be happy!

How do you emotionally refuel? Take some time to savour what you love: books, music, athletics, and recreation, whatever. Are you at the beach on vacation? Then savour everything you came to experience. Do you live somewhere because you enjoy the small-town atmosphere and the allure of the sea? Then savour it every single day! Even an hour will do. Don't let the life you have chosen pass you by.

Daily Affirmation

"I am excited about the new day and look forward to it with anticipation and interest."

CHAPTER 10:

Richard Branson and Reaching for Opportunity

SYNOPSIS

Opportunity is just around the corner from your last failure.



SEE OPPORTUNITY EVERYWHERE

Richard Branson

Why is he inspiring? Richard Branson formed his first business at the age of 16 in the structure of Student magazine. He founded the Virgin brand which today operates over 350 companies while risking his pride, ruin, and even his life in the process.

What can he teach? Opportunities in life are abundant; if something in life doesn't go your way, sway with the punches until something does. Don't let one "disappointment" make you turn around and give up.

Quote: "Business opportunities are like buses, there's always another one coming."

Finding Or Making Opportunity

How, can you discover and more significantly create opportunities in your own life?

In the Chinese language, you have a character representing crisis and another character representing change. When these are fused you have the character constituting opportunity. Now why is that? Why is it that once crisis and change fuse you have opportunity?

Because once crisis and change fuse you enter a stage where things are out of equilibrium. You have changing laws or changing terms. New needs and troubles are produced and it's up to someone to fill those needs.

If you undergo new things or the world around is shifting, there will always be lots of opportunities. Here are a few tips for discovering, creating, and capitalizing on opportunities:

- 🌍 The more you visit other areas and countries, the more opportunities you'll see. In other countries things are often done in a way that you are not used to, thus showing you a "new" way. There may also be good, marketable products that haven't been discovered yet by people in your own country.

- ✚ You must network. The more individuals you talk to, the more opportunities you'll discover. It isn't just what you know or who you know and how well you know them that matters.
- ✚ You must be in it for the long haul. You can't be deterred by setbacks or errors. You must have doggedness, learn from your errors, and keep going. As you learn more and acquire more experience you'll be able to see and be prepared for many more opportunities.
- ✚ The Earth is filled with opportunities just looking to be found by an up-and-coming and intelligent person.
- ✚ Too many individuals wait for opportunities to come to them. Don't. Don't expect for the opportunities to come to you. Produce the opportunity for yourself.
- ✚ You must have the opportunity mentality. You must be seeking and evaluating opportunities perpetually. You must make time to talk to other people about what opportunities they're pursuing. You must become magnetized toward opportunity.

Daily Affirmation.

"I find opportunity everywhere I go."

WRAPPING UP

Finding motivation in the 21st century does not have to be a difficult matter.

Just look around you and use the tools in this book.

Hopefully this book has been an inspiration for you.

Good Luck!