

A LIFE- CHANGING BOOK

*If You Want To Live The Life Of Your
Dreams, You Need To Stop These 7
Behaviors*

The Pinoy Engineer

www.EngineerPH.com

Book Formatting by Derek Murphy @Creativindie

A LIFE-CHANGING BOOK – If You Want To Live The Life Of Your Dreams, You Need To Stop These 7 Behaviors
Copyright © 2023 by The Pinoy Engineer.

All rights reserved. Printed in the Republic of Philippines. No part of this book may be used or reproduced in any manner whatsoever without written permission except in the case of brief quotations embodied in critical articles or reviews.

This book is a work of fiction. Names, characters, businesses, organizations, places, events and incidents either are the product of the author's imagination or are used fictitiously. Any resemblance to actual persons, living or dead, events, or locales is entirely coincidental.

For information contact :
Baguio City, Philippines
<https://www.engineerPH.com>

Book and Cover design by Designer
ISBN: 188394458

First Edition: January 2023

10 9 8 7 6 5 4 3 2 1

BEHAVIORS THAT ARE HOLDING YOU BACK

Preface

I *F YOU WANT TO LIVE YOUR DREAMS* you have to give up the behaviors that are holding you back.

Are you living the life of your dreams?

Are you happy with where you are in life?

If not, what is holding you back?

A LIFE-CHANGING BOOK

I am willing to bet that you need to stop one or more of these 7 behaviors that are holding you back

* * *

STOP RUNNING FROM YOUR PURPOSE

Behavior 1

IF YOU WANT TO LIVE the life of your dreams, you must stop running from your purpose. You were created to live a life of meaning and purpose, and like Maslow said, the only way to be at peace with yourself is to live the life you were created to live.

“A musician must make music, an artist must paint, a poet must write, if he is to be ultimately at peace with himself. What a man can be, he must be.” — Abraham Maslow

Mark Mason puts it this way:

*“Here’s the truth. We exist on this earth for some undetermined period of time. During that time, we do things. Some of these things are important. Some of them are unimportant. **And those important things give our lives meaning and happiness.** The unimportant ones basically just kill time.” — Mark Manson*

So, if you truly want to live the life of your dreams you need to stop distracting yourself with all of the things you could do, and focus on what you were created to do.

STOP BEING PARALYZED BY FEAR

Behavior 2

IT'S NORMAL TO BE AFRAID of following your dreams. It's quite common. Living your dreams can be risky, and there's always the possibility of failure.

“One of the greatest discoveries a man makes, one of his great surprises, is to find he can do what he was afraid he couldn't do.” — Henry Ford

But, there's also a possibility of success, right?

The only way to guarantee that you will not fail is to not try.

Les Brown says,

“Too many of us are not living our dreams because we are living our fears.”

You will never achieve your dreams while you are living in fear. You must overcome your fears to live the life of your dreams.

“Fears are nothing more than a state of mind.” — Napoleon Hill

Remember that fear is nothing more than a state of mind. Your fear exists in your head.

It is caused by your limiting beliefs.

When you stop focusing on your limiting beliefs, your fears, you are able to see a path to your dreams. Anthony Moore says, *“If you’re not willing to fail, you guarantee you’ll stay average-at-best.”*

Choose to live the life of your dreams instead of the one that is limited by fear. Overcome your fears and move forward.

STOP SETTLING FOR BEING MEDIOCRE

Behavior 3

I*T'S LONELY AT THE TOP. 99% of people are convinced they are incapable of achieving great things, so they aim for mediocre. The level of competition is thus fiercest for 'realistic' goals, paradoxically making them the most competitive." — Tim Ferriss*

Anthony Moore says, “Most People Will Remain in Mediocrity.” Most people will remain average. They will never do what it takes to be extraordinary.

But it doesn't have to be this way.

Deciding to follow your dreams is a choice. A choice to rise about mediocrity and to become extraordinary.

Your life will change drastically once you make the choice not to settle for a mediocre life. Quit blindly accepting your life as it is and begin to live your life as it is meant to be.

All you have to do is make a choice.

The choice to follow your dreams instead of being mediocre.

Make that choice today.

STOP WAITING FOR PERMISSION

Behavior 4

D O YOU REALLY NEED PERMISSION? *Still waiting for that invitation to your life? No one is going to give it to you...only you can do that.* —
Jennifer Ho

When you were a child, you had to get permission to do almost anything. You needed permission to have a snack, to cross the street, or to stay up past your bedtime.

Once you become an adult you don't need to wait for someone to give you permission to live your

dreams.

Avina Celeste says, “You aren’t waiting for someone to give you permission to live; you’re waiting to get permission from yourself. It’s okay to live the life you want.” The only person’s permission that you need is your own. Give yourself permission to live the life that you want to live.

*“Too much of life is spent waiting to live. Waiting for the right circumstances, for the right people, for signs that we’re on the right path, for permission to do, be and have what we want in life. We need to stop waiting to live.”
Marquita Herald*

You can stop waiting for someone to tell you that you are good enough, or smart enough, or have the right qualifications to live your dreams. The truth is that nobody is going to give you permission, and you don’t need it anyway.

You can give yourself self permission to start living your dreams today.

STOP DOUBTING YOURSELF

Behavior 5

I*T ISN'T WHAT YOU HAVE, or who you are, or where you are, or what you are doing that makes you happy or unhappy. It is what you think about.” — Dale Carnegie*

You have to stop doubting yourself if you want to live your dreams. Self-doubt is like a cancer that will spread to all areas of your life if you let it. You must eradicate it before you can move forward.

“Don’t let others tell you what you can’t do. Don’t let the

limitations of others limit your vision. If you can remove your self-doubt and believe in yourself, you can achieve what you never thought possible.” — Roy T. Bennett

Don't let yourself or others limit your dreams. You can achieve anything that you desire in life if you are willing to do what it takes to achieve it. The only limits on your dreams are the ones you set for yourself. If you believe in yourself there is nothing that you can't achieve.

“The majority of people are confined to a life of mediocrity because they don't bother making a determined effort in the pursuit of what their heart yearns for, and they just live their whole lives like cowards, afraid to move out of their comfort zone, but it isn't really the comfort zone as but it isn't really the comfort zone as people like to call it, it is the lazy zone, the just getting by zone, the cowardice zone, the conformist zone, the average zone, the mediocre zone, and the timid zone.” — Asad Meah

Tony Robbins puts it this way,

“The only thing that's keeping you from getting what you want is the story you keep telling yourself.”

Don't be confined to a life of mediocrity because of your self-doubts. Change your story, overcome your doubts and begin to live the life of your dreams.

STOP SPENDING TIME WITH TOXIC PEOPLE

Behavior 6

TOXIC PEOPLE ATTACH themselves like cinder blocks tied to your ankles, and then invite you for a swim in their poisoned waters.” — John Mark Green

You will never be able to change a truly toxic person. Their behavior will bring you down to their level.

You will become bitter and angry, and their toxicity will be spread to everyone you come in

contact with.

Toxic behavior is like a contagious virus that spreads like wildfire.

That is why it is so important to remove toxic people from your life as soon as possible.

A truly toxic person is like a cancer that can destroy your life, and the best way to deal with them is to cut them out of your life before they cause more damage.

STOP FOCUSING ON THE PAST

Behavior 7

***W**HEN ONE DOOR CLOSES another door opens; but we so often look so long and so regretfully upon the closed door, that we do not see the ones which open for us.” — Alexander Graham Bell*

If you want to live the life of your dreams you need to focus on the present, keep your eyes on the future, and leave the past behind.

“Let go. Why do you cling to pain? There is nothing

you can do about the wrongs of yesterday. It is not yours to judge. Why hold on to the very thing which keeps you from hope and love?” — Leo Buscaglia

Forgive yourself for your past mistakes and failures. There is nothing you can do about them today.

Free yourself from the chains that are holding you back, and move forward to the life that you deserve.

“Stop living in the past. The only thing we should do about what happened yesterday is to learn from it. Yesterday, good or bad, is history. Tomorrow is a dream, a hope, a passion. Don’t let your history destroy your dream” — Edwin Mamerto

Use what you have learned from the past to help you reach your goals and live your dreams.

Then, close the book on the past and move forward with your life.

LIVE THE LIFE OF YOUR DREAMS

Conclusion

LIVE THE LIFE OF YOUR DREAMS: *Be brave enough to live the life of your dreams according to your vision and purpose instead of the expectations and opinions of others.* — Roy T. Bennett

Most people will never live the life of their dreams. They will continue to muddle through a life of mediocrity.

You can change that and begin to live the life of your dreams if you stop the behaviors that are holding you back.

Overcome these behaviors, face your fears, leave the past behind and move forward to the life of your dreams today.

THE PINOY ENGINEER

Pinoy Engineers and all Pinoy Professionals, in general, play a pivotal role in addressing the world's most pressing challenges (naks naman). While brilliant skill is crucial, it's not enough. Kailangan mo ring magbasa ng mga blogs tulad ng www.EngineerPH.com

"The difference between where you are today and where you'll be five years from now will be found in the quality of the books you will read."

- Jin Rohn

The Pinoy Engineer Blog is a great free resource for information on popular book summaries, project and people management, productivity and get rich quick scheme (hehe joke lang). Pero tulad ko pwede ka din kumita by managing a blog about your passion.

Be a better Pinoy everyday. One idea at a time!

www.EngineerPH.com