

ANGEL'S FRIENDLY COACHING



Become the Best Version of Yourself

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Keeping you in a positive mindset!



1 - Be ready to shred your old self completely.

Becoming the best version of yourself means that you're going to move away from where you are, so you must be willing to shred your old self. When you're raising your own bar, you're essentially creating a gap between you and people around you. Your old self is going to resist that—don't let the resistance get its way.

Let go of certainty and embrace uncertainty instead. Nothing is certain, after all. The earlier you realize this, the more you can improve.



2 - Acknowledge your fear. Then, tame it like a master.

Most people are unable to even take action because of fear. Don't let it limit you. Admit that you're fearful, but proceed anyway. Anyone who says he has no fear is not telling you the full story. The full story is, he has tamed his fear.

The things you're looking forward to could be just right at the edge of your comfort zone. Be courageous. It's okay to make mistakes—as long as you don't make the foolhardy ones.



3 - Vigorous self-education. Read. Get Mentors. Observe. Experiment.

The best people never stop learning. If you want to be the best version of yourself, do what they do.

Formal education will make you a living, but self-education will make you a fortune.—Jim Rohn. Never let school interfere with your education. Actively educate yourself about topics which can bring you to your greatest height and put all your heart into it.



4 - Prioritize output over input. Don't get trapped in eternal study!

You can never consume all information, strategies and tactics available. Gathering input is necessary, but it means nothing without output. On the other hand, scarcity creates value. What are scarce? Massive action. Shipping. Delivery. Impact.

In short, outputs are scarce. Be conscious about your input/output ratio.



5 - Think long term—like 10 years down the road.

It's always easier to enjoy watching TV compared to hitting the gym. Most people cling to instant gratification, because it feels good in the short run. However, the opportunity cost is huge. When you spend an hour on mindless TV watching, you could have read a book which will potentially increase your income by 50%. In other words, you sacrifice that amount of income increment to watch pointless cat videos.

Learn to postpone immediate pleasures for long-term values. The ROI will be phenomenal. Put opportunity cost into your perspective. Things won't go exactly as planned, but having a big-picture vision helps you move towards the direction you want.



6 - Be 1% better everyday. After a year, you'll be 3700% better.

Do the math. It's 3778.34%, to be more accurate. People aim for unrealistic growth over the short term, especially when they're super motivated. The problem is, that's not sustainable.

Since you're looking for long term improvement, consider making compounding effect your best friend.



7 - Amplify your strengths. You can be anything, but you can't be everything.

If you have strengths, amplify them. For example, I have decent English writing and communication skills, and I use these strengths to teach English classes. The classes turn out to be quite successful.

If you have certain weaknesses, build a team with complementary skills to cover your weakness. Don't waste too much time correcting your weakness when someone else can handle the part for you. Amplify your strengths.



8 - Form your success cabinet and shoot for the stars.

You're the average of five people you spend the most time with, because that's who you subconsciously set benchmark against. To reach maximum height, you'll need a group of high performance, trustworthy people around you. They will set your benchmarks at least 10x higher. I call them the success cabinet.

Form your own success cabinet and find ways to bring value to the table. Lift each other up. Cultivate genuine relationships. By doing so, you'll improve immensely.



9 - Give what you have. What are you rich at? Figure that out.

You may think that you have nothing to give, but, in fact, you do. Everyone is rich in some way. Things you can give include money, smiles, inspiration, confidence, skills, arts, musics, jokes, free rides, services, expertise, past experience, wisdom and many, many more. So yeah, you must be rich at something.

Giving what you have forces you to tap into your potential— What do you have in abundance that people are looking for? The more you give, the more you get. But don't focus on what you'll get. Just give, give, give. I was reluctant to give, but now I realize that giving is one of the most fulfilling things I can do.



10 - Solve real problems and adjust along the way.

Solving imaginary problems can be helpful, but it's often fear and procrastination in disguise. I made this mistake and wasted months. If you're doing the same, get out of your head and solve real problems. If you fail, good. You've identified a way which doesn't work. You've learnt something. Now, go out and do it again. Reiterate until success.

Along the way, you'll also learn how to make adjustments. Every master was once a disaster. Keep doing this and you'll find ways to offer value and be a linchpin. It's not easy, but achievable.



11 - Keep a journal. Help your brain to keep up with its thoughts.

A human has 50,000 to 70,000 thoughts per day. Let's assume 99% of the thoughts are crappy, we still have 500 to 700 (1%) valuable thoughts per day. We can't keep up with all our thoughts. Hence I always journal my thoughts so I can work on them later.

Get your notebooks handy. Or simply make notes in your mobile phones or laptops. Evernote and Trello are there to help you.



12 - Build momentum smartly. Think big, start small.

People tend to overestimate what they can do in a day, but underestimate what they can do in a year. Becoming the best version of yourself is a marathon, not a sprint. If you sprint, you'll be gasping for breath pretty soon.

Think big, start small. Stop thinking about starting. Just. Start.



13 - Last but not least, be macro-patient, micro-aggressive.

Live your everyday to the fullest by doing what's necessary. Learn to differentiate what's within and beyond your circle of control. Once you've done your best, what happens, happens. Be patient and keep grinding.

As long as you're working in the right direction, things will work out. The most important of all, enjoy the journey—even if it sucks sometimes.



Everyone wants to become the best version of themselves, but few actually do it. We're our own worst enemies when it comes to achieving success, chasing our dreams, and living a life that's filled with passion and purpose.

Some of us are self-destructive without realizing it, and others are conscious of the fact, but lack the tools and/or knowledge in order to improve. But no matter who you are, there are 6 main habits that continually get in people's way of becoming a success.

Eliminate These 6 Habits and Become The Best Version of Yourself.

1 - STOP THE FEAR OF FAILURE

Does failing make you worry about what other people think about you? Does failing worry you that people will think you're stupid and not a competent person? Does failing make you worry about the future and the desired lifestyle you seek? Do you tell people beforehand that you don't expect to succeed or thrive in order to lower expectations? If any of these describe you, then you likely suffer from atychiphobia, or fear of failure. It's important to realize that failure is a natural part of life and doesn't signal the end of the world. Highly successful people, such as Michael Jordan, Richard Branson, and Bill Gates have all failed at some point in their life. Failure is needed because that's when valuable insights are learned that can drive you to become highly successful in life. Overcome your fears by analyzing all potential outcomes, practice positive thinking, have a worst-case scenario to ease your worries, and practice setting goals.

Remember: "Fear will do one thing and one thing only: hold you back."



2 - STOP THE FEAR OF SUCCESS

Do you get nervous when everything seems to be going well, but in your mind life can't possibly be this awesome, so naturally something goes wrong as expected? Do you get close to making the major breakthrough, but something, somehow, falls through? If these examples happen repeatedly, this isn't a coincidence, it's actually a fear of success. Fear of success hides in our subconscious and displays itself in scenarios like the examples above.

People are afraid of success for a myriad of reasons, such as fear of losing their identity, more responsibility being added, raised expectations, and not being able to handle success well. Success is a good thing, everyone deserves to live out his or her dreams and have a positive impact on the world. Handle success by staying authentic and remembering who you are, accept you won't please everyone, and be comfortable with every decision you make.



3 - STOP PEOPLE PLEASING

Do any of these descriptions sound like you?

- I want everyone to like me
- I'm scared/I try to avoid disagreeing with people
- I never speak my mind
- I never say no (I'm a yes-man)
- I never get angry
- I never tell someone how I feel, even when they make me angry
- I'd rather go along with the pack than stand my ground

If any of these describe you, I want you to tell yourself, "**No more!**"

It's time for you to stop playing the role of the 'doormat' and start becoming selfish and putting yourself first. For each second you remain in this people-pleaser role, a piece of you dies. People pleasers are taken advantage of, prone to stress and depression, develop resentment over time toward people in their lives, and are prone to health issues, such as weight gain. Once you quit people pleasing, you'll regain your sense of who you are and build up confidence. Live your life to please yourself and to heck with everyone else.



4 - STOP CRITICIZING AND JUDGING OTHERS

Do you notice how some people have a short fuse for those who have ideas that are different from theirs? Do you realize how quick people are to judge and label other people without knowing them and to not think twice about it? To become the best version of yourself, you need to eliminate all negative energy. When you throw negative energy at people, you're potentially damaging a person's self-worth and self-esteem. You're also throwing buckets of negative energy out into the universe yourself. Nice people finish first in life and achieve more than those who are selfish and bitter with the world.

Avoid criticizing and judging others by not assuming anything; know it's not about you, and pretend to walk in their shoes to see the situation from their perspective.

5 - STOP PROCRASTINATION

Perfectionism is the mother of procrastination. Procrastination is another form of laziness. Procrastinators sabotage themselves from becoming the best versions of themselves. Procrastinators are sidetracked by insignificant factors that ultimately derail their goals.

There are many variations of procrastination.

To stop procrastinating, make your actions precise and calculated, have some form of accountability established, and set your goals up in a way in which they are small, manageable, and easily achievable.



Stop the negative self-talk

"I could never lose 20 pounds."

"I'm so stupid, I could never do that job."

"I'll look stupid and weird if I try to wear some of those clothes."

When you receive a compliment about your work, you say, "Oh, that's nothing."

These are the types of things most people say when suffering from negative self-talk. Self-talk is a normal process we all experience, but once it becomes filled with irrational ideas that are negative, then there's a problem. The story that goes on in your head is a hundred times worse than the actual story going on in your day-to-day life.

Silencing the inner critic and putting a positive spin on things are two of the best ways to eliminate negative self-talk. Start by eliminating negative vocabulary, such as always, can't, never (and ever), won't, but, should, and try.

As Yoda would say, "Do or do not. There is no try."



We cannot become what we need to be remaining what we are.' -Max Dupree

Year after year, month after month, day after day, you have hoped for change. You have dreamed and desired to accomplish your goal, to make it "big time", to get a better job, to start your own business, to pursue your academic aspirations, to find meaningful relationships, to lose the weight, to improve your financial situation and yet, year after year, month after month, day after day, there has been little or no significant change in your situation.

It's not that you're not motivated or passionate or serious enough about making your dream come true? as a matter of fact you are! But, the problem is that, you keep doing the same old things which don't produce results over and over again.

Consequently, you are still doing the same old job you dislike so much, struggling financially, steadily gaining the weight and almost giving up on your dream. To sum it up, "you are miserable!"

If the things you are doing, the plans you are making and the strategies you are pursuing don't produce results, STOP doing them today.

The sooner you realize that unless you change the way you perceive things and begin to do things differently, the quicker you will get the results you so desire.

'There is nothing so useless as doing efficiently that which should not be done at all.' -Peter Drucker

To be able to live your best life and achieve your dreams and goals? some changes have to be made and they have to be made as soon as possible. The goal may remain the same but either you "the person" or the main "game plan" has to change.

After re-examining all your stagnant goals and dreams and making a fresh commitment to pursue them, ask yourself the following three crucial questions which will help you do things differently and get you to finally take action on your goals.

1. **Who do you need to become to achieve your goal? What qualities do you need to adopt? (Get really specific.)**
2. **Now that you have a second chance at pursuing this goal, what will you do differently? List what did not work in the past and what your new plans are.**
3. **What do you need to add to your life and what do you need to eliminate from your life to ensure that this goal is accomplished? Write out a list of do's and don'ts.**

After truthfully answering these questions and choosing to apply the answers to your situation, you will get the needed ammunition to successfully pursue your goal.

