



A GUIDE TO SURVIVING AND
THRIVING AS YOUR BEST POSSIBLE SELF

MASTERING YOUR DESTINY

Mastering Your Destiny-A Guide to Surviving and Thriving as Your Best Possible Self

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Introduction

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There comes a time in every person's life when they stop to wonder, "Am I doing enough?"

Sure, working a regular 9 to 5 job and spending your time working your way up in your career can be satisfying, but are sometimes the process of paying the bills can become tiresome and tedious, and you may find yourself wondering if you've lost sight of what is really important.

All of us have great talents and inspirations that drive us forward in life, but if we aren't taking steps every day to help us to achieve our goals, our passion for life begins to dwindle. It can be defeating to spend our lives working toward essentially nothing, stuck in the same monotonous routine while the things we really want to do with our lives are stuck on the back burner.

That's no way to live, and many of us begin to feel stuck and confined as we wonder about the things that might have been, were we offered better opportunities, or had been able to make more time to work on the things that we find the most important to us.

Well there is no reason to wonder "what if?" any longer. Using this book as a guide, you will begin to see that it is not only possible, but essential, to master your destiny. Every one of us has a special purpose on this planet, and a



singular life that belongs to us and us alone. Each of us has a duty to honor the purpose that we were meant to serve, and we are allowed to continue to create the changes that need made in order to make those dreams a reality.

What most of us are lacking is the basic structure to get to where we want to be. Accomplishing our goals may seem obscure and idealistic, but there are steps that we can take every single day to get to where we want to be. It has never been more possible to become the best version of yourself you can possibly be, and by following the simple key steps in this book, before you know it you will be well on your way to mastering your destiny!

Let's get started.



CHAPTER 1

Know Thyself

Chapter 1: Know Thyself

The advice may seem tired, but the fact of the matter is that knowing yourself is a tried and true way of mastering your destiny. A person who doesn't know themselves, inside and out, will not be capable of growing and changing in the ways that will help them to evolve as a person, because that person will likely be a slave to their vices without even knowing it!

Most of us have a hard time admitting our flaws and faults, even to ourselves. That gives them free reign over our lives, and a season pass to sabotage anything that we are working on. It is a sneaky way for us to get in our own ways without really being able to see the problem for what it is; an act of self-sabotage!

The most effective strategy in combating self-sabotage is to get to know yourself inside and out. This may seem simple, but it is probably going to be a lot more complex than you might think. It's more than just sitting down and listing the things you think you know about yourself, which is a good start. This is a time-intensive process that you will

need to do with the help of friends and family whom you can trust to tell you the truth, whether it hurts your feelings or not.

But before we involve anyone else in the process of getting to know yourself, first you have to figure out just what it is that you already have covered. One thing that may really help you is to take the Meyers-Briggs Personality test. Upon taking this test, you will find yourself placed in one of sixteen categories, and these categories each have a detailed profile that can help you understand more about yourself and the way you respond to certain situations and stimuli. This can also be useful in learning more about how you conduct yourself in relationships and as a part of a peer group, without having

to rely on the feedback of your trusted friends and family.



These types of personality tests are also very insightful when it comes to the way one approaches their goals and whether or not they are realistic in the manner in which they attempt to achieve their dreams. Knowing your personality type may provide you with the insight you

have been waiting for when it comes to which approach might work best for you in furthering your career or tackling the to-do list that has been put on the back burner for far too long.

Once you have a basic understanding of your personality type, you can begin to narrow your focus down onto what it is that you truly believe in. Each of us have core values that provide us with the drive that spurns us onward. If we don't know what it is that we truly believe in, then it can be hard for us to feel fulfilled and our lives can lack in passion and motivation. But once we latch onto a core value that we truly feel

passionate about, everything then begins to change. We can begin building a foundation for our lives and experiences based on these values; in a way that makes even the most mundane task begin to feel rewarding.

How might that be? Because we know that even the smallest task can accumulate to a major accomplishment. And when you are living a life that is true to your core values and beliefs, these major accomplishments are sure to be things that truly serve your life's purpose. It is one of the most effective ways to make yourself feel like the master of your own destiny!

Many people simply don't know themselves well enough to live a satisfying life, and this can be very sad. Whether it is a traumatic past that keeps you stuck, or it is simply a lack of self-knowledge or discipline, we all have to know who we are at the most fundamental level. Many people are so disconnected from themselves that they don't even know what it is they like or don't like. Now is the time to find these things out.

If you have a hard time with this, now is the time to trust your friends and family to help you see yourself objectively. Ask them what they think your biggest pet peeves are, what you truly care about, and what it is you enjoy doing the most. Consider their opinions on your flaws and weaknesses, and vices that you might need to keep in check. Remember that the fastest way to empowerment is in knowing your own weaknesses. Honesty about these weaknesses helps you to develop them so that they are no longer holding you back. Keep it up until you have been able to build them into strengths!

Goal: *Start a journal. In this journal, outline the things that make you who you are. Write down your self-perception in as much detail as possible. Take a test online to find out your Meyers-Briggs Personality type, and journal about any insights you might have learned from taking this test.*

Every day, write about a strength in yourself you have used recently and how it is positively impacting your life. Also, write about a weakness in yourself that you have pinpointed, and what you are doing to address it and balance it out so that you are taking control over your vices and turning them into strengths! A person with power over their own faults is a true master of their own destiny.