



Self-Mastery

What is Self-Mastery?

"Courage, hard work, self-mastery and intelligent effort are all essential to a successful life." - Theodore Roosevelt, former US president.

Good self-mastery allows you to control yourself in all situations and to move forward consciously and steadily toward your goals. You know your purpose, and you're disciplined enough to do things in a deliberate, focused, and honorable way.

Self-mastery requires you to master your emotions, impulses, and actions. It is a form of "self-discipline."

Self-mastery is vital if you want to achieve your goals in life. When you demonstrate self-mastery, you prove that you have the inner strength and steadiness needed for effective leadership. You will be a happier and more balanced person.

Developing Self-Mastery

Self-mastery can be developed through making a conscious effort in these key areas:

1. Set Personal Goals

Self-mastery starts with a vision of how you want your life to be.

Pick a role model who has achieved what *you* are after. Most times they will have incredible self-discipline, they will know exactly where they want to be in life and this vision gives them the strength to get there.

You must have a clear vision of your short-term and long-term objectives. Set your own personal goals and get into the habit of moving towards these every day. The clearer you are about what you want to achieve, the easier it is to move forwards calmly and confidently.



2. Attitude and emotion

Your personal attitudes and emotions play a major role in self-mastery. Focus on something positive every day. Be grateful for things, even if it's just something like that fact that you have a place to live, that you enjoy going to gym, or that the weather is good. Having a positive outlook will set the tone for the whole day. Do not blame yourself when things go wrong. Self-sabotage is a quick and cruel way to bring yourself down and stop yourself from reaching your true potential. If you find that you're undermining yourself, consciously make yourself stop. Instead, think of something positive and encouraging.

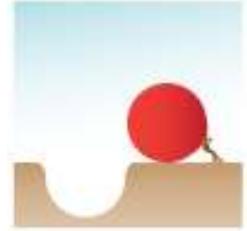
You can also change negative thinking by writing down the situation that is causing your negative thoughts. Next, write down the emotions that you feel, and list the "automatic thoughts" you have while experiencing these emotions. Then, list the evidence that supports these negative thoughts, and the evidence that refutes them. Finally, list some fair, balanced, objective thoughts about the situation.

Managing and controlling your emotions makes you aware of others people's needs and emotions, and gives you the knowledge of how your own emotions affect those around you. If you have good self-mastery you will always be aware of others and you can make sure that your emotions don't negatively impact other people.

3. Willpower

How many times have you set a goal and, for one reason or another, never followed it through because of lack of willpower. Willpower is an essential part of self-mastery. It's what pushes you forward to take action, even if you're feeling fear or hesitation. Willpower is also what keeps you moving toward your goals in the weeks or months ahead.

Willpower comes in short bursts and is often strongest when we first decide to take action or make a change. So, use your initial burst of willpower to change your environment so that it supports your efforts to reach your goal.



To boost your willpower, make sure you have both rational and emotional motives for what you want to achieve. For example, if your goal is to stop surfing the web in work time, a rational motive could be that wastes precious time, while an emotional motive could be that other people will lose respect for you when they see that you are wasting time.



4. Focus

Improving your focus is also key to self-mastery. For instance, how much time do you waste during at training? How much time do you spend getting ready, talking casually you're your mates or going for a drink? What would you accomplish if you fully used the hours available to you? Start by working on your concentration. Focus on one task at a time, and slowly increase your level of focus.

At first you may find that you can only concentrate on a task for a short time, before you get tired and distracted. Try to increase this time of focused training every day. This will allow you to gradually strengthen your focus to longer stretches - and then even more, if that's what you require to get things done.

Key Points

Achieving self-mastery takes time and hard work, but it is worth the effort. It is best to work on one or two areas at a time. Start by identifying your life and career goals. Then, focus on maintaining a positive attitude during the day.

Try not to let negative emotions impact anyone else. Other strategies, like building your willpower and strengthening your focus, will help ensure that you keep moving forward toward your goals - while further building self-mastery.