

# MASTERING THE ART OF INVINCIBILITY

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**in•vin•ci•ble: to powerful to be defeated or overcome!**

**A guide to reach a new path forward**

**Robert Rudelic, BS, NMT, MES**

# FORWARD

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Joan M. Cody, R.N., B.S., C.M.C.

***“Robert’s Invincible Mindset Training came to my emotional rescue during a recent stressful period in my life. Because of bureaucratic confusions, I was faced with the probability of losing my health insurance, something I was relying on. Robert suggested that if I tried his program it would empower me to cope with my turmoil.***

***I was amazed by the results of using the tools he teaches in his Invincible Mindset Training program. Although the outer problem (gaining health insurance) did not immediately go away, one session with Robert quickly relieved my inner problem of emotional distress. It allowed me -- in the face of my fears -- to remain calm and poised to take all the action steps required to deal with my challenges in a logical, practical way.”***

# INTRODUCTION

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## WHAT DOES HAVING AN INVINCIBLE MINDSET MEAN

in•vin•ci•ble: Too powerful to be defeated or overcome!

mind•set: a collection of beliefs and perceptions that predetermine habits and behavior

***“Having and invincible mindset means you have the courage to take action in spite of your fears. You have developed the patience to allow your strategies and efforts to play out, and you have the perseverance to continue to finish what you started no matter what!”***  
***... Robert Rudelic***

The point of power is always in the present moment. Every moment of every day is filled with how you perceive the world around you. That mental power that allows you to assign meaning to something is what's known as your perception. Nothing has meaning in and of itself – no situation, no action, no comment or no circumstance – everything is neutral. The only meaning something has is the meaning you give it based on your perception, and your perception is fed by your beliefs.

When you're able to change your perception it changes your experience. Having an invincible mindset empowers you and how you perceive your experiences will automatically be different. Sometimes what's needed is seeing things through a new lens and my integrative approach will help you uncover the power that's within you to do just that – you will be in control, confident, self-assured and composed in any situation.

Invincible Mindset Training is a systematic, 21st Century approach that gives you the opportunity to own the tools and develop the skill set that enables you to change your perspective in the moment. You'll be emotionally resilient, more productive and have far less conflict, anxiety and stress – you'll know how to turn it all around and create your desired outcome.

## CHAPTER TITLES

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# Chapter 1

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## CHANGE IS ON THE HORIZON

### THE ART AND SCIENCE OF TRANSFORMATIONAL CHANGE

Transformational: the ability to produce a big change or improvement in a situation:

***"Once your mindset changes, everything on the outside will change along with it."  
... Steve Maraboli***

Learn the necessary skills needed to embrace change, whether it's –

Situational – Recognize that the current state of affairs is just temporary and to own the vital skills to be in control and succeed.

Transitional – Embrace the changes ahead, reset your state of mind, claim a new perspective to take action and triumph over fear.

Entrepreneur – Boost your commitment, perseverance, grit, determination and be inspired to keep going and enjoy the journey.

Leadership – To positively impact your life so you can positively influence the lives of others.

The way you deal with change has a lot to do with your mindset, the beliefs, and feelings you have in any given situation. Though it may not seem so, you have more control than you think.

1. Situational – Resistance to change is very common especially if you're scared of the unknown. It's easy to get overwhelmed, it's a state of mind that creeps up on you and all of a sudden you're incapable of being on top of your game, and it's very hard to recover from when you're in the throes of chaos. The consequences can be catastrophic and often it's a tool that can keep you out of control and in fear. So, begin with Identifying your feelings and fears. What specifically is making you worried or sad? Realize that facing change may make you feel vulnerable but commit to being proactive in

responding to it. Sometimes facing change may make you feel vulnerable but shift your focus on the possibilities. Being optimistic about outcomes doesn't necessarily mean you have to be happy in the moment. Look long term and see the big picture. Look for the positive. Don't allow yourself to feel like a victim. Change can be good. There are silver linings to everything. Have faith in yourself. Trust that you can do this!

2. Transitional – Be flexible, adjust to what's happening and try not to fight it. Reflect on what you've learned. You can't change what's happened to you but you can change how you perceive it. It's important to accept some responsibility and learn from it. Life is full of challenges and you don't always get to "choose" what happens. You do get to choose how you react. You can be bitter, or you can learn and grow from these experiences. Instead of feeling like a victim and blaming outside occurrences for how things have turned out, choosing to embrace the unforeseen can be empowering! Remember – how you choose to respond is what really matters. Life doesn't always go as planned but being able to pivot can be the difference between being a victim or a victor.
3. Entrepreneur – Boost your commitment, perseverance, grit, determination and be inspired to keep going and enjoy the journey. Being an entrepreneur doesn't mean you have to be setting up new business ventures every day; an entrepreneur is someone with the foresight, drive and ambition to take a risk. However, being an entrepreneur is also deeply connected with your life decisions and experiences. An entrepreneur must "bring about innovation." If you are in the entrepreneurial game, chances are you are looking to break new ground. Traditionally, the definition of entrepreneurship has been limited to: starting a new business, scaling for profit and the like, but to be an entrepreneur means having the courage to tackle a problem, the creativity to find a solution, and the persistence to present that solution.
4. Leadership – True leaders seek to uplift others by helping them realize – and perhaps even exceed their potential. They show commitment, and your role as a leader is vital to success. As a leader who wants to be there and help others, encouraging and drawing the knowledge from your own experiences can be a life changer for someone. Being a successful leader it's important to take ownership of your own personal and professional growth, to set goals and take action to achieve them.

### **Understanding the Subconscious Mind and With Your Invincible Mindset Tool Kit You Can Re-Program Your Subconscious Mind and Truly Be in Control!**

Modern science estimates that 95% of our brains activity is unconscious, meaning that the majority of the decisions we make, the actions we take, our emotions and behaviors, depend on the 95% of brain activity that lies beyond conscious awareness.

The subconscious mind records and stores our interpretation of reality. Just like a computer data bank, it records and stores perceptual data and information. The storage is accomplished

by a chemical change in the protein structure of the nucleus of the neuron cells of your brain. It has been estimated by research psychologists that the human brain contains ten to fourteen billion neuron cells and that each of these cells is capable of storing between one and two million bits of information. This automatic, subjective, sensory, and emotional recorder has been operating even before birth and it has recorded all our experiences; what we think about these experiences; what we say to ourselves in relation to these experiences; what we imagine about ourselves in these experiences and our emotional reaction to these experiences.

We might think of the subconscious like a blank canvas at birth and as we begin recording experiences we add a brush stroke to our picture of reality which we call “truth.” However, this picture of reality that is stored in the neuron structure of the cell of the brain may not necessarily be the “truth” but only the “truth” as seen in the eye of the beholder. Remember, we store not only the information about the experience, but also how we *feel* emotionally about the experience.

Because of this, our picture of reality may be *distorted*, *inaccurate*, and *prejudiced* in comparison to an objective interpretation of our reality. We may not have recorded the “truth” about our world and our individual ability and potential. In any event, once we assume attitudes and opinions about ourselves, good or bad, we are stuck with them until we consciously decide to change them.

As second function of the subconscious is to handle automatic functions such as your heartbeat, breathing, circulation, digestion, assimilation, etc. and learned automatic functions – behavior like tying your shoes, walking, driving a car, golfing, playing a guitar, multiplication tables, etc. All of these activities begin on the conscious level, then through repetition and repetition and repetition are eventually turned over to the subconscious level and become habits. We refer to these behavioral habits as “free flowing” operations because we do not have to consciously think about them before doing them.

Most of the time, our habitual behavior is good for us and helps us to function in an efficient manner, but some habits stored on the subconscious level can also be barriers and obstacles to our need to change and adjust to new situations and experiences. Old and inappropriate habits, attitudes, and opinions are often the reason why individuals of any age fail to keep growing personally and the reason that adjustment to a new environment, vocation, personal situation, or intellectual challenge is so difficult. To the degree that old habits, attitudes, and opinions lock out new options for growth, change and progress, they hold back a person’s growth and are a limiting factor in developing and utilizing one’s potential. You’ll be learning quick and easy ways to change habits and attitudes that are no longer useful as you move toward your Invincible Mindset.

Garbage In – Garbage Out: This concept comes from computer technology and is very helpful in providing an understanding of how the subconscious works.

Our subconscious operates like a computer in regards to input of data. If *garbage – in* or misinformation has been recorded by the subconscious, the only kind of information that can come out is *garbage – out*. The subconscious does not make value judgements about the

information that is programmed in. For example, if we program  $2 \times 4 = 9$ , we will get back the same answer each time we press that response key in mathematics, even if it is the wrong answer. If we have recorded negative attitudes and opinions about our self in regards to our abilities and potentials, we have formed a self – image and, we can act only in a manner that will match our picture of the truth. Consequently, to the degree that our picture of truth and reality is founded on misinformation, our corresponding behavior and actions will also be unsuitable or inaccurate.

***"Embrace each challenge in your life as an opportunity for self-transformation."  
... Bernie S. Siegel***



## Chapter 2

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### **CLAIM THE POWER TO THRIVE**

Are you ready to create the life and future you desire? Are you willing and bold enough to claim your power and thrive? It's time to pursue your dreams and build the confidence to step into your power and claim the life you are capable of. It's time to get off the sidelines and into your life ... It's time to thrive!

Your path to having an Invincible Mindset is about claiming your life and your choices. And that includes facing challenges and changes.

Sometimes situations in life can take you by surprise. Or maybe you've been tasked to fill a new and demanding role that can suddenly collapse your well thought out plans. So it's important to recognize that you can always choose how you respond to whatever life presents. That is your path to power.

#### **Change is your path to power**

You transform yourself each time you make a change, and when you embrace this, you take so much power into your hands. The importance of knowing how to think on your feet and pivot into a different way of thinking or performing is essential – that is what empowers you.

#### **How HOPE and CLAIM THE POWER TO THRIVE connect**

Hope is beneficial to your well-being. Hope encourages you to persist, even though you may be facing setbacks. Hopeful individuals are more likely to frame difficulties as challenges, rather than threats. This enables you to experience setbacks as less stressful and draining. Hope strengthens your passion and zest that fuels your energy.

Hope can mean something different to everyone. Feeling hopeful can be anything from lifting your mood, to giving you something to focus on, or something to look forward to in the future. It's about building belief in yourself that things will get better. Hope is believing **you** will be better. Hope is never, ever giving up!! Hope is inspired by knowing you have a support community that is there to guide and encourage you and lift you up. It's a community that encourages resilience to keep going and follow your passionate desires and expectations that whatever you're working on, your goals are and longing for is going to happen.

It's important to take the time to pause and reflect on challenging situations which may help you to manage your thoughts and embrace positive moments. Brainstorm on solutions to those challenges and tap into your imagination.

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### **Treat yourself with compassion and understanding**

When you're in the midst of change it's important to reflect and seriously think about what's in front of you with clear understanding. Change can often create a feeling of being off-balance, a lack of personal control, or distress so proceed when making decisions with clarity.

No matter how great or how well you performed yesterday, forget about it because yesterday's over. You must adapt to whatever challenges put forth each new day. Encourage yourself to move forward with your eyes wide open, and when you allow yourself the necessary time to assimilate changes, you greatly increase your chance of making a successful transition. When you approach each challenge with an Invincible Mindset it will empower you with a sense of balance and unwavering self-confidence.

# Chapter 3

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## CHALLENGE YOURSELF

**Challenge negative thinking, validate yourself, and build on your successes...**

Challenging yourself builds resilience and mental and emotional grit. When faced with difficult situations and overcome obstacles, you are on the path of developing your Invincible Mindset.

To challenge yourself and seek new opportunities for growth is to try new things and explore new interests. Trying new things and exploring new interests can help you expand your horizons, discover your passions, and develop new skills. Step out of your comfort zone and do something that frightens you or makes you uncomfortable.

Free yourself of negative thoughts that's become a pattern that you repeat over and over again because of our past experiences and conditioning. It's time to break that pattern and steer your mind towards a change. Take small steps, change just one small thing first - master it and then move on to the next. It's important to stay away from negative influences and surround yourself with positive people that inspire you.

**How to gain self-confidence...**

Self-confidence is a state of mind, and an important predictor of success. There are numerous ways to gain self-confidence - self-confidence is the cornerstone of personal growth and success. It's an essential trait that helps you believe in yourself and your abilities, making you more resilient and confident in dealing with life's challenges.

Self-confidence is often gained through competence. It's a common tendency to try to be good at everything so people applaud and respect you. But, nobody can be good at everything, and trying to be good at everything will certainly end in disappointment.

Self-confidence is not something we're necessarily born with, but rather something that is learned and developed over time and building self-confidence is not always easy, especially when you're faced with challenging situations.

Lack of self-confidence is also a major hindrance to your spiritual growth, yet on the other hand, spiritual growth greatly enhances self-confidence. Confidence is considered a natural state of man. The idea is that people are born confident and confidence is taken away by education. This way, people are easier to manage. That's good for society, but not so good for you.

The people you surround yourself with can have a significant impact on your self-confidence. Surround yourself with positive, supportive people who believe in you and your abilities. Spend less time with people who bring you down or make you feel bad about yourself, and learn to manage how you react to their comments to not internalize them. You cannot choose what people will say or do, but you can definitely choose not to take it personally and simply let it go. Your inner voice will in time be stronger than the projected voices of others. Even if people think less of you, it's not just because of who you are, but mostly because of who *they* are. You have no control over who others are and how they act. You may not always guess what other people are thinking. In fact, science shows we're very bad at guessing what others think. This way you can end up sabotaging yourself with negative thinking. You only have control over yourself. So if you let their opinions influence you, you are forgetting who really deserves that power - YOU! Focus on being the best version of yourself, by your own standards! Take your power back!

To create a happy environment and lift others up to a higher standard and make people happy you must be happy first. And to be happy first you must believe in yourself first.

It's important to keep in mind that as your confidence grows and you become successful, avoid feeling or acting superior to others. Remember – nobody is perfect and there's always more you can learn. Celebrate your strengths and recognize your weaknesses and failures. Give others credit for their work – use compliments and praise sincerely. Be courteous and polite and show a genuine interest in what others are doing.

***"Whether you think you can or whether you think you can't, you're right."  
... Henry Ford***

## Chapter 4

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### STAND UP – PUSH BACK

Imagine if you had \$86,400 in your bank and someone stole \$10, would you be upset and throw all of the remaining \$86,290 away in hopes of getting back at the person who took the \$10, or move on and live? Right, move on and live. See, we all have 86,400 seconds each day. Don't let someone's negative 10 seconds ruin the remaining 86,390. Have an Invincible Mindset – life is bigger than that!

### THINK BULLYING JUST EFFECTS KIDS?

THINK AGAIN!

While adult bullying is fairly common (some studies say it's as common as childhood bullying), it doesn't make its way into our conversations as frequently as childhood and adolescent bullying.

### **THE 5 STEP PROCESS TO STOP INTIMIDATION AND FEEL EMPOWERED IN ANY ENCOUNTER**

Emotional intimidation, bullying, emotional terrorism can occur in any relationship whether it be personal, professional or social relations, bullying behavior can harm your mental health and can lead to serious mental health issues. Those who are targets of bullying often have low self-esteem and little self-respect. Handling a bully can be challenging, especially if the bully is someone with narcissistic traits and is accomplished at hiding their behaviors.

- Your Inner Bully and how it controls emotions, beliefs and behavior.
- Appeasement only perpetuates the problem, and confrontation without the right tools and a plan can make things worse.

A great quote from Sean Conway's book "Cultivating Life" –

**"THE RIGHT TOOL FOR THE JOB CUTS THE WORK IN HALF."**

**This is the 5 step process to stop intimidation *and* you will also have the tools to cut the job in half!**

**1. IDENTIFY THE INTIMIDATOR**

How to recognize the manipulation and tips to overcoming the mistreatment

**2. PREPARE FOR SUCCESS**

This is serious business and preparation is the key to success

**3. DEVELOP A STRATEGY**

Experience a much higher rate of success when you have focused goals and objectives and align the vision with the mission

**4. DELIVER THE MESSAGE**

Clearly communicate with purpose and without inconsistency so there is no room for misunderstanding

**5. REINFORCE YOUR CONFIDENCE**

Pushback and discover your inner warrior

**In the end you'll be prepared to get what you want!**

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| <b>Identify</b> |
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**DEFINITION:** \* Emotional intimidation – to browbeat or frighten into submission

**BEHAVIOR CHARACTERISTICS:** yelling, swearing, name calling, insults, mocking, humiliating, unreasonable demands, judging and blaming

**MOTIVATION:** co-operation through giving in

**WHAT TO WATCH FOR – SPOT THEM:** angry mannerisms, slamming doors, rage, frustration

**DEFINITION:** \* Bullying – the use of superior strength or influence to get what they want

**BEHAVIOR CHARACTERISTICS:** constant criticism intended to damage confidence and self-esteem, shaming and manipulation

**MOTIVATION:** Break your spirit, obedience

**WHAT TO WATCH FOR – SPOT THEM:** being overtly hostile, starting arguments, pushing your buttons and playing into your fears

**DEFINITION:** \* Emotional terrorism – compliance through blackmail

**BEHAVIOR CHARACTERISTICS:** punishment through ignoring, neglect, abandonment, disengagement, isolating, excluding, threatening, the silent treatment, denial of the abuse and blaming the victim, no empathy or compassion

**MOTIVATION:** Surrender to their demands

**WHAT TO WATCH FOR – SPOT THEM:** Arrogant speech and projecting superiority

**DEFINITION:** \* The Inner Bully – negative self-talk and lack of inner strength

**BEHAVIOR CHARACTERISTICS:** always second guessing decisions, misplaced guilt, self-condemnation and criticism, belief that the negativity is deserved, limited inspiration and accomplishments

**MOTIVATION:** comforting traits that are familiar and habitual

**WHAT TO WATCH FOR:** Self-criticism, self-doubt, taunting and insulting thoughts

About your Inner Bully –

The biggest bully out there can be the one that lives inside you. It's that voice saying you cannot achieve a goal, how unworthy you are and reminds you over and over again of your failures and how even attempting to achieve your goal is a waste of time.

The Inner Bully can leave you completely demoralized, anxiety ridden and stuck in a rut. But – in reality the Inner Bully is nothing more than a figment of your imagination that leaves you with nothing but negative energy. That inner dialogue can be extremely nasty and tells you things that you would never say to another living person. It can be particularly challenging to confront these limiting beliefs and perceptions and change these destructive habits because your mind is with you every second of the day and isn't so easy to escape from. Your stream of thought is like a river – continually flowing whether you are paying attention to it or not. That inner voice can lead to beliefs and attitudes that oppose your best interests and diminish self-esteem. It encourages and strongly influences self-defeating and self-destructive behavior. This hostile, judgmental advisor also warns about other people, promoting angry and cynical attitudes toward others and creates a negative, pessimistic picture of the world. Its demeaning tone tends to increase feelings of self-victimization, limitations and resentment, which leads to procrastination, lack of motivation, resistance to aiming high and embrace accomplishment instead of inspiring change.

## **7 Tips to Silence your Inner Bully:**

- ▶ **1) Reflect;** Every day is a fresh start. You can't change the past but you can stop thinking about what you should've, could've, or would've done. Reflect on your inner comments, statements and thoughts that are not contributing to a positive self-image and get rid of it! Stop being your own worst enemy; you are not that person of the past.
- ▶ **2) Focus;** Think about the person you want to be. You are in control. Instead of reverting back to that old (yet familiar) behavior, put conscious thought into how you want to represent yourself in the world. Stop trying to live up to other people's standards and claim confidence in your own standards. Focus on how you want to feel, how you communicate and how your actions affect others.
- ▶ **3) Build;** Pick a routine that will impact your health and happiness. Build on that and in time add another one and then another. Soon you will be forming new positive habits that are building blocks for your new mindset.
- ▶ **4) Choose;** Give yourself permission to be nice yourself no matter what. Whatever your Inner Bully is shouting at you about, know that you have a choice as to how you respond to it. Be strong and embrace the choice to be good to yourself – refuse to engage the Inner Bully.
- ▶ **5) Take Charge;** When your Inner Bully rears its ugly head in spite of all your efforts and knocks you off your game, keep in mind that the art of emotional composure is a process and will not happen all at once, it takes practice. Don't beat yourself up and avoid getting caught up in it – stop overanalyzing and judging, instead consciously take charge of your thoughts because no one else is telling you these negative words, besides – you are in control of changing your thought pattern.
- ▶ **6) Gratitude;** Gratitude is a powerful magnet to attract peace of mind, happiness and satisfaction and allows you to see your situation in a positive way and realize its true value. It's a way to express appreciation for what you "have" – not what you "want." When expressing gratitude, in your mind list 3 things that relate to the specific thing that you are grateful for. Concentrate on 1 of those things at a time and by doing so it expands into a deeper reflection of that 1 individual thing. The brain cannot think 2 thoughts at the same time so give each of the 3 things the same focus and concentration. Practicing gratitude can change your life. Choose to be grateful.
- ▶ **7) Journal;** A useful tool can be to journal, to write down and record your thoughts when dealing with any situation. It provides a means to understand the past and the present and how you want to shape your future. Consider what comes up and if your actions are making things worse. What are your feelings, are you telling yourself stories, are you being realistic, be completely honest – it's for your eyes only. By taking a few minutes each day to put it all



down on paper, you'll be amazed at how much you'll discover, how much easier it is to problem solve and how much you'll learn and grow.

## **PREPARE FOR SUCCESS**

**This is serious business and preparation is the key to success!**

- **Assess the characteristics of the aggressor –**
  - ▶ Know who you are dealing with by reviewing the intimidating behavior and consider the long term benefits of recognizing the opportunity to succeed and reaffirm your commitment to seeing it through
- **Level the playing field by displaying composure and you will become a more difficult target – claim your future happiness**
  - ▶ Resist overwhelm to avoid playing into the hands of your aggressor and remain calm to prevent overreacting and restore mental energy
- **Display a positive demeanor – lean in, breath, stay composed, stay grounded**
  - ▶ Refuse to be dominated and address the situation head on – realize that what may be said about you is a lie and meant to weaken your resistance
- **Maintain control over your emotions – develop an invincible attitude**
  - ▶ Without emotional discipline you give away your power over your own emotional state allowing the aggressor to dominate your thinking – you're easier to control when you're flustered – conquer frustration and gain perspective
- **Remember..... F.E.A.R. is – False Evidence Appearing Real**
  - ▶ Fear can prevent you from moving forward, block your confidence, it leads to procrastination and can completely derail your success – fear is often just anxiety that arises from your thoughts so it's critical to resist dreading taking action to achieve victory

## **Develop a Strategy**

- **The abusive person is not likely to change – plan your approach**
  - ▶ ideally walking away is most desirable but when that's not an option, knowing how you're going to deal with the situation is essential
- **The first line of defense against a bully is self-confidence**
  - ▶ Confront Your Abuser

**Example - Confrontation** – don't be afraid to say, "this is abusive behavior". The abuser will deny it but do not let the abuser convince you that you are being too sensitive and making things up. Stand your ground and let the bully know that you know better and it's not your imagination.

► **Set Boundaries**

**Example -** You have to let your abuser know you will not be emotionally abused and you require respect. You will not be controlled and dominated.

► **Build Your Self-Esteem**

**Example -** Know you are worthy of love and respect. You deserve better and the abuse is not your fault. Don't internalize criticism. Don't fall into the pit of despair – focus on the positives.

► **Take Responsibility for Your Life! Don't be a victim – change it!**

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| <b>Delivery</b> |
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- **Stand Up and Take Action**

- **STAND UP FOR YOURSELF! YOU ARE SOMEBODY!**

- **Assert your power and challenge the bully – abusers don't stop emotional abuse on their own so it's up to you to stop it**

- **Take control by being confident and looking the abuser in the eye**

- **Start the conversation – ask if you can have a calm discussion**

- **Speak clearly and calmly and state a reasonable expectation such as, "stop mocking me – I want you to treat me with dignity and respect"**

- **Know what you want to say – make notes if necessary**

- **Talk in "I" statements instead of "You" statements such as "I" feel upset that I have to..." rather than "you never do..."**

- **Do not take seriously any negative or patronizing talk – don't play into your abusers hands**

- **Be rational and don't respond emotionally**

- ▶ Stay strong by maintaining eye contact – do not look away
- ▶ Maintain control the entire time to accomplish your objective
- ▶ Practice and rehearse being assertive

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| <h3>Reinforce Your Confidence</h3> |
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Pushback, resistance exercise, boxing, self-defense classes etc...  
**DISCOVER YOUR INNER WARRIOR!**

Statistics – value of resistance training .....  
 (Along with the known physical benefits)

### RESISTANCE TRAINING –

- ▶ Reduces anxiety (feelings of nervousness, fear, apprehension and worry)
  - ▶ Reduces symptoms of depression
  - ▶ Reduces chronic fatigue symptoms
  - ▶ Increases cognitive skills
  - ▶ Increased quality of sleep
  - ▶ Increases happiness
  - ▶ Improves self-esteem
- The importance of strengthening your inner energy (fire) is greatly enhanced with a healthy dose of resistance training  
 The focus is building strength and eliminating weak thinking. You learn goal setting, planning, prioritization, discipline, new skills and develop the habit of pushing through fear.
  - Resistance training is a life changer  
 Not only does it establishes a sense of control in your own body, it seeps into your decision making on every level. You become a stronger person because you pushed through your resistance and felt the difference.

**Balance – We all have 2 types of energy that oppose each other to create “balance.” When you live life with one very dominate type your life feels “off.” The imbalance is often accompanied by mental overwhelm and physical exhaustion. These 2 will exaggerate negative emotions and anxiety making it difficult to be at your best when confronted.**

**If someone is a victim of emotional abuse on any level they need (could use) a strong dose of assertive energy.**

**Finally, visualization is a good example of how to use your imagination to help you create whatever you want for your life and is mastery work. Mastery – “a comprehensive knowledge or skill in a subject or accomplishment.” The speed and finality of the mental rehearsal (visualization) will make addressing difficult issues easier and the outcomes more rewarding.**

### **Conclusion**

**As with any negotiation or confrontation, by identifying who’s across from you helps you prepare, formulate a strategy and know how to successfully deliver it.**

**Make the decision. Decide to make adjustments to your approach, physical demeanor and attitude in order to stop the abuse and feel empowered to take action.**

**Eliminate F.E.A.R. before taking action. Reword the false evidence statement to address the fear.**

**Determine the right environment to address the issue in. Set up an opportunity so you can bring it up. Remember – composure is the key to successful execution.**

**Develop “PUSHBACK” AND REGAIN BALANCE IN YOUR DELIVERY. Address the inner bully and tell it to take a hike!**

**PATIENCE, PERSISTENCE AND COURAGE**

**Patience – (to let your plan work out)**

**Persistence – (to keep adjusting until you find the right formula) &**

**Courage – (to take the risks necessary to make the change take place)**

**Sometimes in life things just don't work out as planned. Let's look at a strong, successful, self-employed business person. When things go wrong and the survival of the business is in question, the financial future looks bleak, and it looks like the only suitable action is to file for bankruptcy – sometimes there's no other way and that's just what has to be done.**

**The same thing applies to anyone who is in a difficult situation.**

**A strong business person will prepare, strategize, deliver and survive – many thrive. There is nothing in the bankruptcy law that prohibits someone from starting a new business after bankruptcy.**

**There is also nothing in the law that prohibits someone from starting over with a new, powerful, winning attitude.**

**One of my clients is Troy Luccketta from the classic rock band TESLA and I just love a line in the lyrics from their latest song – it's so powerful –**

**“Don't leave your greatness on the shelf”**



**“Don't leave your greatness on the shelf”**

- ▶ **You deserve to live the life you desire!**
- ▶ **Take action and claim it!**

# Chapter 5

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## FORGIVENESS

According to the bible, the first words Jesus spoke on the cross was “Father, forgive them, for they know not what they do.” Scholarly articles have defined this statement as – it declares guilt and offers forgiveness at the same time.


What does it mean to forgive someone? The general definition of forgiveness is a conscious, deliberate decision to release feelings of resentment or vengeance toward a person or group who has harmed you, regardless of whether they actually deserve your forgiveness. ... Forgiveness does not mean forgetting, nor does it mean condoning or excusing offenses.


Often we refuse to forgive because we think that by doing so is to minimize their betrayal or wrongdoing – they deserve punishment! Yet it’s been said for centuries that the first person to benefit from forgiveness is the one who does the forgiving.

Forgiving someone does not mean you no longer feel the pain of their betrayal or wrongdoing. We are human – we are not detached robots, but just because we choose to forgive it doesn’t mean that we stop hurting. Having the tools to overcome the pain of betrayal or wrongdoing and taking control of the all-consuming feelings of anger, grief, resentment and humiliation can change the whole course of your life.

Many years ago I listened to a speaker talking about the power of forgiveness and during her speech she said something I will always remember. It’s not at all a new belief but maybe it was just the way she explained it that has always stuck with me. She said “usually when a person deliberately does you wrong, they have the expectation that you will respond in like fashion. If you do, it justifies in their mind their offence against you. The last thing they expect is unrelenting kindness and strength – it disarms them and puts you in control.”

Few people reading this book would not be familiar with Don Henley of the Eagles and the lyrics of his famous song “***The Heart of the Matter***”.

 ... *There are people in your life who've come and gone, they let you down, you know they hurt your pride. You better put it all behind you, 'cause life goes on. You keep carryin' that anger it'll eat you up inside –*

Forgiveness – Forgiveness, even if you don't love me anymore ... 

It’s been said that anger and resentment is like taking poison and waiting for the other person to die. While we so often focus on the emotional toll that these negative emotions have we neglect to point out how it affects the physical body. Along with the pain and discomfort of muscle

tension caused by negative thoughts and emotions, the body automatically stores these emotions in the muscles manifesting a bevy of health issues. No matter how much you try to ignore, intellectualize or suppress how you feel, your body knows the truth. Anger and resentment can interfere with the body's hormonal systems. This causes a damaging effect through the entire body, much like extreme stress and can interfere with the immune system as well causing susceptibility to illness and disease – even heart problems.

I have a lot of experience working with people dealing with anger and resentment. Even when they say that have forgiven or pardoned (pardon; to release from liability for an offense) their wrongdoer, they are just saying it. They truly want to believe it but it's obvious that deep inside they're still hanging on to the anger and resentment. Their overall behavior is clear evidence. It shows up in ways like seeing everything through spectacles of negativity which eventually destroys their personality, affecting friendships and relationships and someone nobody wants to be around or spend time with. This leads to feeling empty and alone.

So achieving true forgiveness can be next to impossible if all you do is talk about it. Forgiveness does not necessarily come easily, but it is possible to achieve with the right tools and the willingness to put in the effort. The tools you need to erase the triggers that evoke the response of anger and resentment are right at your fingertips.

***“When you choose to forgive those who have hurt you, you take away their power.”  
... Inspirational Quote***

## Chapter 6

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### YOU CAN'T DRINK FROM AN EMPTY CUP

My father-in law, a retired Christian minister who passed a number of years ago had a wonderful reply whenever I would ask him how he was doing. He would say, "I'm drinking from the saucer because my cup is overflowing!" Even though he had many challenges throughout his life he had solid mental, emotional and physical habits.

**Taking care of yourself mentally, emotionally and physically is the most important thing you can do.**

When experiencing failure and disappointment, you may be asking yourself – what did I do wrong? You may be blaming yourself, taking it personally, doubting yourself, feeling deep emotional pain. Learning to have confidence in your-self again and accept reality and recognize that obstacles are a part of growth. Self-confidence makes you more resilient to the obstacles, so you can actually achieve the growth. Self-blaming for failures won't help you overcome them. It's a common belief that time heals all wounds but to accelerate the healing time, it's important to make your mental, emotional and physical health a priority.

#### **Mental:**

Feeling defeated can sometimes cause depression in some people, and some the effects of depression is experiencing persistent feelings of sadness, no interest in activities you once enjoyed, feeling fatigued and low energy, being easily irritated, angry, anxious, always in a bad mood, having a difficult time concentrating, staying on track and focused on important thing that need to get done and move forward.

#### **Healthy Mental Habits:**

➔ First, focus on the accomplishments in your life that you have attained. If what you wanted to attain is no longer available, realize how time wasting it is to continue to blame yourself. If it is something that is still available to you, spend your time preparing to make another attempt. If "that ship has sailed" select another goal to refocus your attention on. Be completely honest and learn from what went wrong. Write in your journal so you can review and add to it as thoughts appear is essential. By doing this you will be empowered and it will stop you from feeling like a victim. You'll be inspired to take action and make changes in your behavior that will not only help you in the present but will benefit you in your future.



➔ Remind yourself that you deserve to be happy. Spend time with people you enjoy being around. Plan a fun evening out and let go of all the negative thoughts and focus on the positives – just be present.

➔ Get engaged with others. Volunteer at causes that interest you. If you love pets, volunteer at the animal shelter. Help out at a senior center or school activities. There are many places in most any community to help others and participate in making a difference in things outside of yourself. It's freeing to know how sharing your time is having a positive impact on others.

### **Emotional:**

It's easy to get lost in negative thoughts that hinder your ability to advance because you're so focused on trying to figure out what went wrong and why – it's keeping you stuck.

### **Healthy Emotional Habits:**

➔ Stop blaming yourself – no situation is ever perfect. You need to give up what weighs you down and stopping you from moving forward. You can't let the past define your future.

➔ Practice self-compassion – treating yourself with kindness and understanding is crucial to overcoming self-blame, and you deserve as much compassion and forgiveness as anyone else.

➔ Optimism is looking at your future in a positive way, knowing you are in control and claim that part of you that may have been suppressed. It's time to thrive, make your own decisions, be creative, explore your options and embrace the result.

### **Physical:**

Being physically active not only builds self-confidence and relieves stress but it increases bone density and decreases risk of injury when completing everyday activities. It improves balance, sleep, and mood and reduces anxiety. Physical activity can help maintain healthy weight, as well as so many more benefits. Staying physically active is a great way to preserve balance in your life as you are dealing with numerous challenges. There are so many ways to be physically active – it doesn't mean you have to start with a marathon.

### **Healthy Physical Habits:**

If you don't already have an exercise routine, here are some simple ideas to get you on your feet:

➔ Adopt a dog and take it for walks every day.

➔ Take the stairs instead of the elevator. When at home, don't shout at your family members from the stairs – walk up the stairs to talk to them.

- ➔ Get up and talk with co-workers, rather than sending emails. Have a meeting with one or two colleagues? Take it outside and make it a walking meeting.
- ➔ Walk briskly whenever you can. Always wear comfortable shoes, or bring them with you, so that your feet can be your main mode of transportation.
- ➔ Find a sport, game, or activity you like. You'll stay committed to exercising if you're doing something that you enjoy.

***Ask yourself –***

***“What am I filling my cup with? It doesn’t matter if your cup is full or empty, you don’t pour from a cup – you drink from it.” ... Inspirational Quote***

# Chapter 7

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## THE ATTITUDE OF GRATITUDE

Many people think having feelings of negativity and self-doubt are simply a part of life and there's nothing they can do about it ... it's just the way it is.

But – that's a myth! With a plan and the right tools there is something you can do about it. A quote from Les Brown, "Don't underestimate yourself. You are capable of more than you can ever imagine." So True!

No matter what challenges you are facing, change is inevitable. You can either take a back seat and let things happen to you and be left in the past, or you can embrace the changes and have abundant confidence and peace of mind flow to you - but you need a strategy and the right tools.

You must have a plan. Positive thinking is just not enough. If you don't take responsibility for what goes into your mind, someone else will program it for you and that could be disastrous.

It's not unusual to choose negativity by default or out of habit but just small shifts in your thinking will open up a whole new world to you.

I was working with a client that was going through a messy divorce. After twenty-five years of marriage and two teenage kids she found herself in complete turmoil. Everything in her life seemed to be going in the wrong direction since her husband asked for a divorce and she was becoming more and more negative by the moment.

She was trying anything and everything to pull herself together and be more positive. From meditation to positive affirmations, hypnotherapy to counseling but she was feeling more and more like a victim and quietly wondered if she would ever rebound from this. She was at a really low point when she started working with me. As we began working all she could do was complain. She complained about a lack of support and how hard everything was....but it was very clear, her negativity was keeping her from seeing all the support she WAS getting from her kids, friends and her parents chipping in - family members helping out, friends getting her out of the house and giving her a sounding board.....but she couldn't appreciate any of it. She knew she needed help, but nothing she had tried was working.

All she could see was doom and gloom because a negative response was her habit – a BAD habit, her default response. She really wanted to stop this constant cycle of negativity and

resistance but she didn't have a plan for doing so. She knew it was self-sabotaging and she needed help to change it.

We started working on the solution to shutting down her negative inner voice whenever it started running its mouth and taking over and how to shift the negative mindset to a positive mindset in just minutes, giving HER the power to make changes to her life without relying on others.

A major key is gratitude – counting your blessings and having appreciation for what you have. It immediately makes you feel more positive and amplifies your confidence that you're doing the right things and it's all going to work out.

Gratitude is a powerful yet often taken for granted tool that quiets the negative voices in your head – it means thankfulness, noticing simple pleasures and acknowledging everything that you have in life.

When your mind starts to go negative, a cascade of physical and emotional symptoms start to happen. Physically you experience more pain, weight gain, you're prone to getting sick more often, depression, anxiety and feelings of loneliness increase along with poor sleep and an inability to focus, and the fastest way to avoid all that – gratitude! Gratitude shifts your focus from what your life lacks to the abundance that is already present. The changes are far deeper than that though. In addition behavioral and psychological research indicates giving thanks makes people happier and more resilient, it strengthens relationships, it improves health, and it reduces stress.

When you focus on things you can be grateful for there's no room for harmful negative thoughts. Your brain can't hold onto two strong emotions at once. You consciously choose to feel one way or another. Gratitude changes the neuro-chemistry in your brain and creates new neuro connections that produce a more positive and confident mindset. When your mind is in a negative loop and you shift your focus to being grateful the neuro-connections of being positive and confident become more and more dominant and this is how a new habit is created and becomes your default.

Old habits die hard and creating new ones is what it's going to take to change your life.

So, whenever you start getting negative, complaining, beating yourself up, blaming yourself or feeling guilty, do this:

- 1) Immediately think of 10 things you can be grateful for and why.
- 2) Go one by one say out loud "I am grateful for \_\_\_\_\_" (fill in the blank), then follow with why you are grateful for that "\_\_\_\_\_" (fill in the blank) and end by saying Thank You! Thank You! Thank You! With conviction.

You'll physically feel the change, be more mentally relaxed and have the ability to alter the way you feel and think at will.

So the way to change the habit of complaining and being negative is to create a new habit by shifting your focus to being grateful for what you have in your life now.

The most successful people in the world have this skill. I want you to be one of them.

This article below is so amazing I felt compelled to include it in this chapter – enjoy!

This article was written by a 26 yr old college student by the name of Alyssa Ahlgren, who's in grad school for her MBA. What a GREAT perspecitve...

**My Generation Is Blind to the Prosperity Around Us!**

I'm sitting in a small coffee shop near Nokomis (Florida) trying to think of what to write about. I scroll through my newsfeed on my phone looking at the latest headlines of presidential candidates calling for policies to "fix" the so-called injustices of capitalism. I put my phone down and continue to look around.

I see people talking freely, working on their MacBook's, ordering food they get in an instant, seeing cars go by outside, and it dawned on me. We live in the most privileged time in the most prosperous nation and we've become completely blind to it.

Vehicles, food, technology, freedom to associate with whom we choose. These things are so ingrained in our American way of life we don't give them a second thought.

We are so well off here in the United States that our poverty line begins 31 times above the global average. Thirty One Times!!!

Virtually no one in the United States is considered poor by global standards. Yet, in a time where we can order a product off Amazon with one click and have it at our doorstep the next day, we are unappreciative, unsatisfied, and ungrateful. ??

Our unappreciation is evident as the popularity of socialist policies among my generation continues to grow. Congresswoman Alexandria Ocasio-Cortez recently said to Newsweek talking about the millennial generation, "An entire generation, which is now becoming one of the largest electorates in America, came of age and never saw American prosperity."

Never saw American prosperity! Let that sink in.

When I first read that statement, I thought to myself, that was quite literally the most entitled and factually illiterate thing I've ever heard in my 26 years on this earth. Many young people agree with her, which is entirely misguided.

My generation is being indoctrinated by a mainstream narrative to actually believe we have never seen prosperity. I know this first hand, I went to college, let's just say I didn't have the popular opinion, but I digress.

Why then, with all of the overwhelming evidence around us, evidence that I can even see sitting at a coffee shop, do we not view this as prosperity? We have people who are dying to get into our country.

People around the world destitute and truly impoverished. Yet, we have a young generation convinced they've never seen prosperity, and as a result, we elect some politicians who are dead set on taking steps towards abolishing capitalism.

Why? The answer is this,?? my generation has only seen prosperity. We have no contrast. We didn't live in the great depression, or live through two world wars, the Korean War, The Vietnam War or we didn't see the rise and fall of socialism and communism.

We don't know what it's like to live without the internet, without cars, without smartphones. We don't have a lack of prosperity problem. We have an entitlement problem, an ungratefulness problem, and it's spreading like a plague."

***"We often take for granted the very things that most deserve our gratitude."***

***... Cynthia Ozick***

## Chapter 8

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### **COACHING – YOU CAN DO IT! vs I CAN DO IT!**

The difference between telling yourself “I can do it” vs “you can do it” is hearing a coach or a person of authority encouraging you. Studies show it is more effective in achieving the goal.



with Robert Rudelic, B.S., N.M.T., M.E.S.

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**“Get clear! Get unstuck! Get results! I help you get out of your own way and let yourself through by eliminating what’s holding you back – be empowered and confidently get what you want and achieve your goals!”**

### **The Power Is At Your Fingertips!**

No matter what you are working through or where you’re coming from, my strategies will greatly accelerate your success and unlock the power inside you and help you maximize your full potential. If you want to be truly great at anything, such as being a great athlete, or a great musician you cannot achieve it without a coach. No matter what your ambitions in life are – from just getting through a difficult time to being a successful entrepreneur, or to prosper at anything you do, personal coaching can be essential to transforming your goals into reality.

**What can working with me do for you?**

**As your Coach, I will help you determine what is most important to you, what you want, and together we'll design a personalized plan — plus I give you the tools to help you achieve it!**

Individually Designed Programs Are A Step-By-Step Progressive Process  
Your Commitment To 10 Coaching Sessions Is Essential To Get The Best Outcome.



**INVESTING IN YOURSELF IS THE BEST INVESTMENT YOU WILL EVER MAKE.**

**Coaching Process**

- All Programs are Individually Designed and Each Session Builds on The Next. Each Session is 1 Hour.
- The Following is an Example of the Coaching Process. Your Sessions Will Be Customized to Meet Your Specific Needs.

→ **Session 1:** Getting started – We'll assess where you are now physically, emotionally, and mentally and what your goals are. I'll help you discover what it is that's keeping you stuck.

**Result** — Once you know this you will be able to determine what might not be working for you—and then be able to apply the tools and exercises I will begin teaching you that will unleash those blocks to be on a path to start moving forward with a fresh perspective.

→ **Session 2:** I'll help you eliminate any obstacles or blocks that stand in your way

**Result** — By evaluating your limiting influences and addressing the obstacles standing between you and your goals, facing obstacles head-on will get you on a path to tapping into your strengths.



→ **Session 3: I'll help you develop strategic actions to help you move forward**

**Result** — These incredibly powerful strategies will teach you how to move forward and keep progressing and advancing toward the next steps with confidence and certainty. We'll begin to install a daily habit that will develop self-discipline and keep you on track. These habits will build consistency and confidence as you progress.

→ **Session 4: I'll help you eliminate limiting beliefs and break the old pattern of self-doubt**

**Result** — Breaking through and getting rid of that destructive inner voice that perpetuates self-doubt, and by defeating that monster in your head you will then be free to make changes and keep going on the right path.

→ **Session 5: I'll help you learn new skills to capitalize on your strengths and to overcome weaknesses**

**Result** — Feeling empowered and self-reliant boosts productivity and will help you achieve greater personal and professional success.

→ **Session 6: I'll help you leverage your new found observational skills**

**Result** — We'll look at other areas of your life that may be holding you back from attaining your goals such as diet, exercise, relationships, work, etc. We'll look for other ways beyond executing your plan to enhance the attributes you already have and develop new ones you'll need moving forward.

→ **Session 7: You will now be aware of your unconscious sabotage patterns and know how to defeat them**

**Result** — You will make the commitment to your plan of action. You will be able to identify your major self-sabotage mechanisms and start eliminating them one by one with the tools you've learned. In doing this, you will develop the emotional resilience needed to keep going when things don't go as planned.

→ **Session 8: You will have a new empowering practice resulting in more control in all areas of your life**

**Result** — Check in time. Reassess your plan. Look at what's working and what's not and make adjustments to the plan or to how you're using the tools to address issues that have come up. This is a very important step as you continue to develop. New issues will come up and these opportunities to make adjustments will further your progress and personal growth.

→ **Session 9: You will be committed, inspired, motivated and emotionally resilient**

**Result** — You will be able to quickly shift any negative thoughts or reaction to a stimulus and respond to it being fully in control.

→ **Session 10: You will feel self-assured, decisive and have the mind-set to excel in anything you choose to do**

**Result** — To be emotionally composed and resilient will become your biggest asset throughout your life!

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# Pre-Paid

**10 Coaching Sessions \$2,500.00**

## Terms and Conditions

Each session is approximately 1 hour long. The highly discounted pre-paid rate includes access to Robert Rudelic via text for short check-ins Monday through Friday 9 am to 5 pm Pacific time to answer questions. The pre-paid sessions do not expire, are transferable, and non-refundable. Changes to scheduled appointments must be made at least 24 hours in advance. You will be charged for any missed appointments.

## Coaching Testimonials



**“Robert’s program is life changing and I recommend it for anyone with self-confidence issues – doubt in themselves to achieve their goals, ideals or desires, dealing with physical issues, anything that they allow themselves to be limited by or unable to manage. Anyone living a fear based life and not able to reach their full potential, or seeming to hit a block. Robert’s program can change all that!”**

**— Laurie Daniels – Equestrian and Business Professional**



**“I think every player when you go into a new season, you’re looking for something that will give you an edge, and my work with Robert has definitely done that.”**

— Trace Armstrong – NFL Players Association President



**"What I've learned from Robert is magical. It's something that helps every part of me feel empowered. I can use the skills I've learned from his work anywhere I am. I now have more confidence to do what I know I'm capable of and I've learned to love myself. I conduct my life now feeling in control – I'm no longer thinking like a victim, I love and believe in myself. Robert's work has changed my life for the better! I'm inspired!"**

**— Dawn Marshall**



**"Being in the SFPD we go through some really nasty stuff. And what that has done to me has caused PTSD. A couple of years ago, I stayed in bed and my family didn't understand what I was going through. It wasn't until I reached out for help that I started moving in the right direction and my work with Robert has been amazing. I tell everybody how much I've been helped by what I've learned. Thank you and God bless you, Robert – your work is priceless – you're the real deal."**

**—Greg Collaco. San Francisco Fire Fighter**



**"I love that Robert has an almost "tough love", truth telling approach. He doesn't let you get away with hiding behind your physical and mental pain and emotions, but instead he has you take them head on and work through them to eliminate them forever. He does not let you be a passive observer to your life and its ups and downs, but believes you make life what you want and no physical or emotional pain can stand in your way."**

**—Biasha Mitchell, All-American Rugby Player, National Champion**



**"Wow – this is the first time in a long time I have felt so motivated and inspired. I now have the tools to kick limiting beliefs and self-sabotage to the curb. Your work has turned my life around. Thank you, thank you – the world is better with you in it."**

**— Michael Bennett, Independent Business Owner**



**"Thanks to what I've learned from Robert I'm getting my life back. I knew I was blocked but I didn't know what it was. After just one session with Robert something shifted – my motivation is back, I have abundant energy and feel empowered. His work is a gift and it has changed my life!"**

**— Renee' Bradshaw, Landscape Architect**



**"My income is dependent on day trading stocks. My profession has helped me to realize that nothing creates more stress and/or irrational behavior than having my financial well-being on the line every single day. Robert's training is the management tool that has helped me trade better in ways as nothing else I have ever used."**

**— Andrew Copperman, LMFT**



**"I consider Robert my life coach and a miracle worker. He has helped me through some very tough times dealing with my mental and emotional pain when I felt I was at the end of my rope. Since learning Robert's work I can now handle the everyday obstacles that come my way. I'm forever appreciative for learning what he has taught me."**

**— Sandy Fischer, Executive Administrative Assistant at SL Surgery Center**



**"I have enormous responsibility in my work and many people are depending on me every day to make the right decisions for my company. The pressure is overwhelming at times. Since I learned from Robert how to handle this stress, life has been much easier. The pressure is still there but my reaction to it has changed. I think much clearer and focus better than ever before. I'm not only more productive but I'm sleeping better too."**

**— James Stanly**



**"It's impossible to explain the difference in my life since discovering what Robert teaches. His great work has brought such change in every area of my life I place the highest value on what he teaches. Thank you Robert! Happy me!"**

**— Teresa Luccketta, Business Owner and Product Spokesperson**



**“Robert Rudelic has helped alleviate some problems that have been plaguing me for years. I am more than grateful to him for his advice and actions, which are enormously useful to me. I have a much greater sense of freedom.”**

**— Colin Graham, Artistic Director  
Opera Theater of Saint Louis**



**“Robert’s work is truly amazing! Learning his program has completely changed my attitude and beliefs about what’s possible for me. I now have complete confidence in my ability to deal with whatever comes up. Many thanks to you Robert, and to your incredible work.”**

**— Loriel Starr, Health Practitioner and Teacher**

**Click Here to  
Schedule a  
Phone Session**



# Chapter 9

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## OWN AN INVINCIBLE MINDSET

***“Being invincible starts with your inner thoughts.”  
... Suzanne Longstreet***

Your mind can both be your best friend or your worst enemy, and to make your mind work with you not against you – you have to train it.

If you're waiting for something to just magically happen, or some miracle to fall from the sky instead of rolling up your sleeves, taking action and getting things done, then you are your biggest roadblock and you are the one holding yourself back.

Inaction can lead to regret, and about regret – when researchers from the American Psychological Association asked people to name what's their single biggest regret in life, 76% of respondents said that it was “an action not taken that would have helped them realize their ideal self.”

***“We generate fears while we sit. We overcome them by action. Fear is nature's way of warning us to get busy.”***

***... Dr. Henry Link***

### Characteristics of an Invincible Mindset:

- Emotional composure: the ability to stay composed in stressful situations and the ability to recompose yourself on your own in 3 minutes or less
- Self-reliance: the feeling of being self-assured of your decisions and beliefs
- Self-responsibility: taking ownership of your thoughts, words and actions
- Self-confidence: being able to take action in spite of your fears and concerns

**There is no better time to start the journey towards an improved quality of life. Start by developing an invincible mind today!**



# Chapter 10

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## CONCLUSION

Master the art of invincibility and take control of your life and your future. Build a fortress within yourself to defeat negative emotions and win like never before.

Often times we fear change even though in many situations change can be good. Life is not meant to be stagnant. Life is meant to flow and the way you deal with change has a lot to do with your mindset, the beliefs, and feelings you have in any given situation. When you are faced with an opportunity for a significant change in your life, embrace the challenges, control negative thoughts and fight your fears. Though it may not seem so, you have more control than you think.

Having hope is essential to thrive and have positive expectations to endure challenges and stay motivated to keep moving forward and fulfill your goals. Without hope, it can be easy to lose your drive and perspective on what truly matters to flourish and prosper. Challenge yourself to become an example of change and achieve your goals and desires. Stand up and defeat intimidation and reject negative self-talk. Forgive yourself for past mistakes and move on from all the disappointments and feelings of betrayal that has happened in the past. It may be time for a fresh start and embrace a new beginning – having an invincible mindset is the key to winning. Don't leave your greatness on the shelf!

Taking care of yourself is not being selfish – remember you can't drink from an empty cup. Love and appreciate yourself and be grateful for all that you have and what you've accomplished. Give yourself time to step back and rejuvenate yourself mentally, emotionally and physically.

Remind yourself – YOU CAN DO IT and OWN YOUR INVINCIBLE MINDSET!

## About the Author

[www.RobertRudelic.com](http://www.RobertRudelic.com)

### **Robert Rudelic B.S., N.M.T., M.E.S.**



Robert Rudelic, an acclaimed Instructor at the National Holistic Institute is a Peak Performance Coach, Author, Speaker, Nutritional Product Formulator and the Creator of Invincible Mindset Training. His experience encompasses 30 years of clinical practice, conducting seminars and workshops and personal success coaching. Robert has created dramatic, life-changing results for many people and his work has been the subject of articles published in the field of health and fitness.

He is the author of the books “Anything Is Possible: The Art And Science Of Tapping Into Your Power” – How to Get Out of Your Own Way and Let Yourself Through with PowerTapping! And – “Everything in Life Is a Performance” – How To Achieve Roaring Success At Anything In Life And Knock It Out Of The Park! His work has touched thousands of individuals from all walks of life who are committed to living the lives they deserve to live and he has been the featured guest and spokesperson on many television and radio programs. Robert’s media appearances drives up ratings and is frequently featured in “The Best of ...” programming.

## **Want to Know More?**

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