



— THE — CHANGE

Overcoming tough times with positive mindset

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Thanks for getting this copy

Welcome to read and learn through your life!



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*Do you have **GOALS** in your life?*

*Remember, **Go On, And Learn Seriously**. This is a positive meaning of your **GOALS**. Be ready to overcome your tough times. Use this book as a manual for winning any tough situation that you may encounter and emerge victorious.*



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This Book is dedicated to;

*All individuals who are passing through any kind of tough times
in this world with little or no hope of rising again and again.*

*Your insight, your determination, your dreams, your struggles,
your family, and your life are the only things you need to value in
this tough world. You need to be the change and win positively.*

May the Lord, God strengthen you.



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To my mother, you will always be remembered for your life-changing insight and lessons in this world.



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Thanks to DL Bookstore for your marvelous cover design, layout setting, advice, and final production of this life-changing book. You are always my choice.





INTRODUCTION

Life is tough. Isn't it? _____●

When a new day and a new week begins, everyone thinks of how he can push his day with hope. Multiple responsibilities await. Previous undone tasks waiting on the table for the right qualified person to work on them. Everyone is prepared for his new shift. Some are changing their posts and others losing their dream jobs. Some are leaving their beautiful wives and children to go and work on far stations and others abandoning their families for no clear reason. This is a package of life in this world.

Life isn't that unique. Everyone has his/her special role in this world. You may have a similar title but different problems and responsibilities. Your position is very important in this life. You need to learn and plan what is the best for you. Everyone you meet is facing his/her daily challenges in this life. While others manage to cope with an



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updated lifestyle, others end up in depression, regrets, betrayal, losing hope and even decide to end their precious life. This is because they have been through multiple tough times with lost hope. When you pass through this time, you feel like whatever you do doesn't give you positive results of your intended actions.

Failure and success do live side by side. When you get one, you lose the other. You win and the other one fails. Life is full of surprises. It always teaches you new lessons in town. Some lessons are too tough and hurting to accept. But that is your correct dosage at a time. Have you ever thought of this? Does it feel like a miracle to you?

Our life is made of so many tough times. If you are not ready for that, then time will teach you the right lessons. You may face a tough time in marriage, work, business, college, family, or with your close relatives. We have seen many people losing their jobs, being dismissed from schools and colleges, and others going bankrupt in running their businesses. Some have been separated from their beloved spouses and abandoned their children. They leave and do not want to go back again to their previous life situation they used to live. It is a very hurting and mind-blowing life...

Your life is your value. Not every day you win. Sometimes life wins to teach you new life rules. These rules consist of a life-changing process that you must pass to emerge a winner on another side. Your time may not be now



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but be ready to learn your ways when your card arrives. Do not say you didn't prepare. Learn and plan to overcome tough times with a positive mindset.

It's time to take a journey of change through reading and investing in your mindset. Ask yourself these questions!

- *What is your tough time?*
- *Are you ready to learn and unlearn your old ways?*
- *How are you going to deal with the current lifestyle?*
- *Are you ready for change?*

This is a book of change. When you finish reading this book, you will rise and do what you didn't do. You will get inspiration, restoration, and principles to move on in tough and happy times. You will learn and change your life with a daily positive mindset. Do not skip your page. Read and learn. Believe in yourself.

It's time to answer these questions by going through the journey of change. It's time to sharpen your life and find a positive way to correct your life with a positive mindset. Have courage and join Dr. Stanlaus as you transform your life and fill it with a daily positive mindset.



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• 1 •

Tough times in your life _____ •

Our life is made up of so many tough times. Each day creates its own new tough time. Each day creates new life-changing principles that you must learn to live in this world. These tough times might be your work, marriage, your family, your friends, your projects, your parents, your relatives, and any other area that you meet the most. If you do not find a positive solution to your tough times, then problems will always be your best friend. Every hurtful moment has its lessons. Some lessons change your life into positivity and others into negativity. Are you ready to learn and move on?

The current world praises negative lifestyles rather than good and positive ones. Maybe this is the world you stay at



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most. This is why we see more daily conflicts, wars, marriage breaks up, revenge, jealousy and more widows losing trust and hope of living. Most people want to see you in a total mess every day. They want to prove their words to you that you will crumble and get lost in this life. Only few people want to see success come from you. And if you find that person, you even do not trust their efforts invested in you because of your long-standing negative mindset. Yes, you need to be careful about that!

Life has so many tough times to think of. If you list them all, there wouldn't be enough place to keep all the records. But why do others emerge victorious in such difficulties? What principles do they use to win their hard life? What are the key principles they use to win their life? Do they have a special formula?

Our life is made of two strong pillars. If you lose one, you get the other one. These two pillars always depend on each other. And these pillars are what hold the life of any individual. The first one is **HARD** times and the other one is **HAPPY** times. If you do not become happy then we say you are passing through hard times. If you become sad, we say you are going through hardship and we hope that you will win and be happy. So, it is you who is going to choose where to invest more so that your life balances with daily positive lessons.



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Passing through hard times doesn't always mean that you are not happy and also vice versa usually means something good. Your life needs a balance. A balance that must have lessons to overcome any tough time you will encounter. If you invest in this, then you will rise up and win any hardship you will be encountering in your daily life. It is time to dream, live, and change your thinking. A time to change your mindset into positive thinking.

Identify your tough and hurtful times —————●

It was 2018 when I was given the task to be a chief project manager for a house construction. Proudly was I. All the details concerning the house building have to pass by my hands. I had to check each and everything before moving on to the next step. To me, this was the toughest task ever in my life at the moment.

I had no clue concerning house building. I didn't know where to start. I felt like giving up. I felt like, I was too young to handle that responsibility. I had so many questions in my head. As I was still thinking, a great question came into my mind, "*why am I failing to identify my tough time and find a positive working solution to it?*". This was my transforming question towards a new change of what I did to that house project. That question gave me courage, hope, strength, willpower, and a vision of what I wanted to do. And that began as my framework for winning any tough time I might be going through.



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No matter how clever and genius you are, life will never stop giving you hard and hurtful moments. It always gives you new lessons to start another chapter that you even do not know what you are going to face. Thus, why people say, “*No one knows tomorrow*”. And that is a daily reality. You may have a good running business at the moment but tomorrow brings disaster to your project. That doesn’t mean you didn’t see it coming, but life wants to give you another new idea on how to win and emerge victorious with new updated lessons. What you need is your readiness to face whatever comes in your way. Be that person and identify your hard and hurtful times.

Ask yourself these questions and make sure you get the right positive answers for you.

- *What is your daily tough time that holds you back from fulfilling your dreams? Is your hard time a family, your husband, your wife, relatives, projects, leadership, parenting, break-up, or lack of confidence?*
- *How do you plan to deal with your hurtful situations*
- *Are you going to give up and blame others for entering in your life and making you a loser in whatever you do? Is this still your tough time?*
- *Are you ready to sit down and plan on how you are going to rise up and overcome each listed tough time? When are you going to do that?*



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Have you found your tough and hurtful moment that always holds you back from moving forward?

Is your tough time getting a new job?

Is your tough time finding a new plot to build a house?

Is your tough time failing to unite with your separated parents?

Is your tough time losing the trust to anyone you meet?

Is your tough time being rejected in multiple interviews?

Is your tough time finding it difficult to identify your tough times?

Everyone in this life has his or her own tough times. In my life, I have never ever met someone who is not going through any tough time in his life. If you fail to recognize that, then you will always be a prisoner of failure and daily disappointment. Make sure you identify each moment and be ready to get positive solutions. You are the one to do that. And you can do that.

Most people go through rejection, misunderstands, depression, break up and others losing hope of doing what they used to do. Children are left alone. Many young women become single mothers and lose the trust and power of loving again.