



**THE MASTER**  
ACADEMY.COM

**MINI  
REPORT**

# YOUR LIFE MATTERS



# 10 Healthy Ways To Put Yourself First

THE MASTER

Foreword & Edited by:

# CHRIS T ATKINSON

## Foreword To The iMasters Academy Success Secrets Series



People often wonder what the secrets of success are that all high achieving people know and practice? Well whilst it's true that focus, a great work ethic and perseverance play a major role. You also need a certain kind of hustle and streetwise savviness that many times cannot be found in a University Degree.

For to succeed in the game of life you need the desire and discipline to educate yourself in a certain kind of way. A certain kind of way that the late great Business philosopher Jim Rohn (who mentored Tony Robbins) knew so well when he said:

*"If you want to have more, you have to become more. For things to change, you have to change. For things to get better, you have to become better. If you improve, everything will improve for you. If you grow, your money will grow; your relationships, your health, your business and every external effect will mirror that growth in equal correlation" - Jim Rohn*

And so this is one of the major reasons I created **iMasters Academy Of Success** as well as the **Success Secrets Society**, to give motivated people the philosophy, skills and ongoing **Success Support System** they need to develop, grow and master their long lasting happiness and success.

And with that in mind, every **7 Page Quick Tip Mini Report** within the **Success Secrets Monthly Silver Series** reveals the most powerful and important truths, principles and ideas known and practiced by all happy, successful and high achieving people..

And the beauty of this Series is, we have done all the hard work for you and organized all this Life Changing content into bite sized, no fluff chunks which can be easily consumed and digested in one sitting by you (in under 10 minutes). The result being that our Reports are a Godsend blessing for busy people who have neither the time nor inclination to spend months trying to read 500-page books...

..Time consuming 500-page books that many times have you sifting through large amounts of dirt and fluff information, just to find the precious silver and gold nugget truths contained within their pages... But not so with our **Success Secrets Reports** that

give you pure Silver and Gold nugget life changing truths served to you on a platter in a time efficient manner..

That said, I couldn't bring you these powerful Reports without the help of a very talented and hard working Team of people that make me look good, as I stand upon their shoulders. As every Report in this Silver (and Gold) Series is produced with the help of this Team of top researchers, writers, experts and or successful entrepreneurs.

And as Editor in Chief and Head Goals Achievement Coach, my job is then to simply help you put these ideas in these Reports to use in your life immediately!..

So, if you are not satisfied with your life right now. Then read this (and all our monthly Reports) from start to finish and take action on just one (or all) of the ideas within them. If you do, then you will succeed. For all success comes by taking intelligent and consistent action. Day after day, month after month and year after year.

For Blessed are the Doers! 😊..

**Live Like The Master**

A handwritten signature in black ink that reads "Chris T Atkinson". The script is fluid and cursive, with the first letters of each word being capitalized and prominent.

**Chris T Atkinson**

**Founder: iMasters Academy of Success**

**Australia's Number #1 Goal Achievement Coach**

# Introduction

The ability to set goals and achieve them requires mustering up the courage to take responsibility for your life. That involves putting yourself first. By putting yourself first, you are simply making it a priority to take care of your mental, physical, emotional, and spiritual needs.

Creating the life that you desire is no one else's responsibility but yours. You cannot do that if you keep getting in the way of yourself by thinking and caring too much about others. No doubt, caring for the needs of others is a natural human instinct, but it should never be to your detriment.

Many people are oblivious to the realization that they are the architects of their fortunes. They like to believe that putting the needs of others first, before their own, follows a universal moral code of conduct that you must adhere to, the failure of which makes them less human or less fortunate in life.

There are various reasons why people believe that putting the needs of others ahead of their own is the best and only way to live. They may think people will stop liking them, or that being a tireless caregiver gives them a sense of purpose and fulfillment. Some sincerely feel responsible for others, or worse, they don't feel worthy of making themselves a priority.

Whichever one of the above categories you may find yourself in, the good news is that you can reset your thinking. Sadly, many people today suffer from thoughts of negating their own needs for the benefit of others. It is, however, essential to know that this thinking is false. You need to unshackle yourself from them to successfully take charge of your life and fully accomplish your goals.

Rather than confining your thoughts to the preconceived notion of scary consequence that would supposedly befall on you if you put yourself first, it is much more reassuring to focus on the numerous benefits guaranteed by putting yourself first. The importance of this is tied to many wholesome benefits some of which include:

- Being more productive
- Being happier and more joyful
- Having more energy
- Receiving more respect from others
- Improved relationships
- Experiencing less fear
- Suffering from less stress
- Feeling less resentment
- Experiencing less depressed

These are the key areas where you stand to benefit if you learn to put yourself first. In this report, we will be looking at various healthy ways to put yourself first to gain the many wonderful benefits.

# Strategies for Putting Yourself First

Below are some healthy ways and tips that can help you develop the habit of putting yourself first without burning bridges or negatively affecting your energy, enthusiasm, and motivation. Following them will help you achieve your goals, protect your mental and physical wellbeing, and overcome even your biggest challenges.

## 1. Choose Your Purpose

Having a clear purpose in life is essential. It is the simplest, most basic thing every person needs to live a fulfilling and satisfying life. Without a clear sense of purpose, you will end up living your life haphazardly. Your purpose also makes it easier for you to say 'No' to people and things that do not align with your highest good. Being aware of your life purpose and living it helps you identify those things that you need to do and when you need to do them. By consciously reaffirming your purpose regularly, you will be inspired to multiply your efforts of taking action to see your purpose fulfilled.

## 2. Live by a Vision

Putting yourself first also requires that you develop a clear vision of the life that you want to lead. A vision keeps you focused on the journey of your life. A clear vision will allow you to effectively prioritize your tasks and projects as the important things will align with your purpose and vision of your ultimate life. To get clear about your vision, start by reflecting on these three questions:

- Who do I want to be?
- What do I want to do?
- How do you want to feel?

If you are unsure about your vision, ruminating on these questions will assist you in getting clear about what you want out of life.

### **3. Set Personal Goals and Plan**

Setting personal goals is a wise way to ensure your vision becomes a reality. Goals make the realization of your vision much more achievable and will keep you motivated and focused on what you want out of life. After taking the time to set your goals, set aside regular time to plan how you will achieve each of them.

### **4. Learn New Skills**

As you draw up your goals and develop your vision, you may find you need to learn new skills to make your ideal life a reality. Take some time to identify those areas that you may be lacking in knowledge and skills. Then take proactive steps to bridge the gap between your present level and your desired level regarding your knowledge and skills.

### **5. Set Personal Boundaries**

Setting personal boundaries is a skill you need to master when learning how to put yourself first because you will need it a lot on every step of your journey. That is especially true if you tend to be a people-pleaser. Others are used to you backing down and giving them what you want, so you'll need to stay strong. Look them in the eye and kindly say, "No, thank you." Even when they try to convince you to think otherwise, practice sticking to your decision by not get pressured into consenting. Setting personal boundaries is a vital skill because it enables you to defend your time and your rights which is an essential component of putting yourself first.

### **6. Get Exercise**

Putting yourself first isn't only about goal setting and getting ahead. It's also about taking the time for self-care. After all, if you don't take care of your health, you'll be unable to live your purpose or fulfill your life's vision. Put yourself and your health first by starting a program of regular exercise as soon as possible if you aren't already doing so. Engaging in a brisk daily walk is all that's needed to improve and maintain your health.

## **7. Eat Healthy**

A healthy diet is equally as important as your body's need to exercise. Eating a nutritious diet is a huge part of taking care of your health and putting yourself first. If your diet needs a major overhaul, take it one step at a time and work your way up to your ideal diet. Remember, putting yourself first is about being kind to yourself.

## **8. Sleep Enough**

Getting sufficient sleep is another essential component of putting yourself first. It is also necessary for boosting your performance and replenishing your energy. By getting enough sleep, you will be better equipped to face the hurdles of the new day with greater confidence, energy, and enthusiasm. Never allow anyone or anything come between you and the need to get enough sleep.

## **9. Schedule Relaxation**

Sometimes you may be lacking the energy you need to live your ultimate life. Rather than trying to push through such times, it is better to maximize your relaxation and recovery. You can engage in activities that will help reduce fatigue and replenish your energy, such as meditation, yoga, massage, or a quick nap. If you find you run low on energy and motivation on a regular basis, start scheduling relaxation or downtime into your day. A consistent relaxation routine will keep you on more of an even-keel, so you don't burn out.

## **10. Journal**

Apparently, you have 60,000 or more thoughts per day. When you feel you have a lot to do and you are overwhelmed with too many ideas, journaling will help clear your head. Journaling can also lead to better self-awareness, which is the foundation of putting yourself first. You can journal any way you wish—with paper and pen or by using an app. You might choose to journal every day or only when you feel overwhelmed or unsettled. Whatever works for you is perfect..

**Bonus:** As I like to go the extra mile for those like you who are hungry for more. I've included an **extra 11<sup>th</sup> healthy way below to put yourself first**, as well as another cool free Bonus on the next page! 😊..

### **11. Practice Gratitude (Bonus)**

Take some time each day to reflect on the positives in your life. It's easy to focus on the things we'd like to change and neglect to be appreciative for all we have. It is very important to have a realistic perspective on your life and identify the positives for the sake of your health and wellbeing. As you find the time to write down and reflect on all the things you are grateful for each day, you will reduce your stress levels and naturally find more and more to be grateful for in your life.

## **Conclusion**

Putting yourself first is something you must make a conscious effort to do. You must fill your cup first, or you will end up with nothing left to give to others. Even when you face negative reactions from people who feel that you are selfish for putting yourself first, remembering the tips outlined above and applying them will give you the wherewithal to go on regardless and live the life that you desire... Until next time!..

### **Live Like The Master**



*Chris T Atkinson*

**Chris T Atkinson**

**Founder: iMasters Academy of Success**

**Australia's Number #1 Goal Achievement Coach**

***P.S See next Page for a very cool free bonus to do with bending your reality 😊...***



## Free Bonus Masterclass

People tend to get caught up with the idea that creating the life of your dreams is all about something called "The Law of Attraction."

But there's one problem – it's NOT the answer (sounds pretty controversial, huh?)

**The truth is, thoughts do NOT create your reality.** But during this Masterclass, you'll learn exactly what DOES create your reality.

**Vishen reveals the principles behind the art of bending reality – which he used to turn \$700 Into a \$100 million business...** Without VCs, without funding, and without any bank loans whatsoever.

Because when you can bend and hack reality to your will, you can experience the state of Limitless and manifest the very things you desire..

**Claim Your Free Spot In The Becoming Limitless Masterclass today [by clicking here!..](http://www.imastersacademy.com/limitless)**