

DANIEYA ENERGY

21 DAYS

CHANGE YOUR LIFE IN 21 DAYS
WITH THESE 21 IDEAS



IMAGINE THIS

Two newborns, both born on the same day at the same time and in the same birthplace to two different families. Both are perfectly healthy. Both will express themselves with smiles, facial expressions and different sounds that will be understood by their respective families.



The two babies have perfectly virgin minds, until now.

Fast forward five years, the two five-year old children are now able to talk, walk and understand concepts and ideas a little better than before. Both are subject to the life principles that they will grasp and use while they are growing up.

Now, based on what they will hear and see around them, their minds start to be molded.

Fast forward fifteen years, both the two of them are in their twenties. These two are now in college and following a path that society, they and their families judged adequate for their professional and personal success in their lives.

Differences between the two of them are now more and more present: they differ in the type of friends they have, the types of activities they enjoy doing, how they view their possibilities, how they view themselves and those around them, how they treat others and many other subjective features.

At this point, the way they were raised and the circumstances they went through are great influencers of their decisions and beliefs. Their minds are no longer virgin. Their narratives are now greatly influenced by how their minds were, until now, “programmed” since their birth.

Today, both are at an age where they are responsible of their own lives and are considered autonomous. One of them is content while the other is not. One of them is happy no matter what happens but the other is always complaining about life.

Why? What is the difference? What has triggered this outcome?

The difference is caused by multiple reasons such as:

- The people who raised them.
- The habits of people who raised them.
- The type of teachers or lecturers who taught or coached them.
- The type of books and television programs they watched.
- Type of words used on them by people who are responsible for their upbringing.
- The type of friends they chose to be surrounded with.
- The type of habits and lifestyle they practice.

OVERVIEW

At some point in life, many if not most people will become dissatisfied with themselves. Whether the issue is professional plateaus, low self-esteem, or something else, people who want to lead healthier, happier lives need to implement strategies that will facilitate long-term change.



From poor health to wealth, friendships to relationships and career to business, life hits you on the blind side every now and then. Life doesn't have a guide book for you to respond swiftly to every incident that knocks you down.

You may not be in control of what happens to you and around you, but you surely have 100% control on how you respond to it. And how you respond to is a mirror reflect of how you are prepared for it, how well you have groomed yourself to face the uphill mental, physical and emotional abuse of life.

To be well prepared, you must first re-shape, re-create and re-engineer yourself.

FIND YOUR PURPOSE

Before you think of “Re-Creating” Yourself, you must first find your purpose.

Your purpose must **not** be about **yourself**.



The biggest mistake you can do is making your purpose about yourself. How far will you go for yourself? The answer is, you will go as far as you are not tired. and when you are tired, you will give up!

Your purpose must be about something that hurts you. It must be about someone that has cried because of what you have done, someone that you had let down. It must be something that someone had done to you that hurt you so bad and make you want to proof them wrong.

**IF YOU WANT TO FIND YOUR PORPOSE IN LIFE,
FIND YOUR WOUND!**

QUESTIONS THAT WILL HELP YOU TO FIND YOUR PURPOSE

1. What are you not happy about that you want to change?

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2. Is the thing you are not happy about is within your control?

.....

3. If you do not change, who will suffer the most apart from you?

.....

5. Who do you want to do it for?

.....

6. What do you want to change in your life?

.....

**"IF YOU WANT TO CHANGE THINGS IN A BIG WAY,
THEN YOU GOT TO MAKE SOME BIG CHANGES"**

STEP BY STEP HOW TO CHANGE YOUR LIFE IN 21 DAYS

In this E-Book, we are going to provide you step by step 21 things you should do to change your life to be better and greater.

All you have to do is implement these steps one at a time each day and you will notice how things flourish in-front of you. Not only your physical and mental conditions will change, but the world around you will change too.



Remember that if you are persistent of change, you will start and if you are consistent in your steps you will see the change.

If at anytime you feel like giving up, think of why you started. Think of the pain. Think of the people whom you could let them down. Think of those who look up to you and think of those who are seeing you as inspiration.

If you Fail, they will Fail too. If you Succeed, they will Succeed too.

STEP 1 - DAY 1

Detoxify your speech. Reduce the use of cursing or bad words. Be polite to everyone including yourself and everything that happens to you.



STEP 2 - DAY 2

Read everyday. Doesn't matter what just read. Choose whatever interests you. Read for at least 15 minutes a day, make sure it's something new and you like.



STEP 3 - DAY 3

Promise yourself that you'll never talk rudely to your parents. They don't and never deserve it. If you can be nice to your in-laws, you can be nice to your parents too.



STEP 4 - DAY 4

Spend some time with nature everyday. You can take a walk in the woods or walk around the lake or even sit by the river.



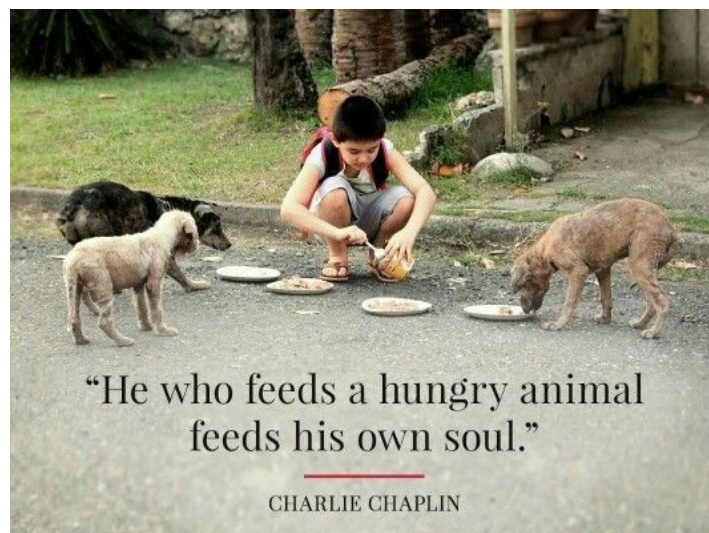
STEP 5 - DAY 5

Observe people around you. It can be at work, neighborhood or even when you are at a coffee shop. Absorb their good values.



STEP 6 - DAY 6

Feed the stray animals. Yes, it can be dogs, cats or even birds. Yes, it feels good to feed the hungry.



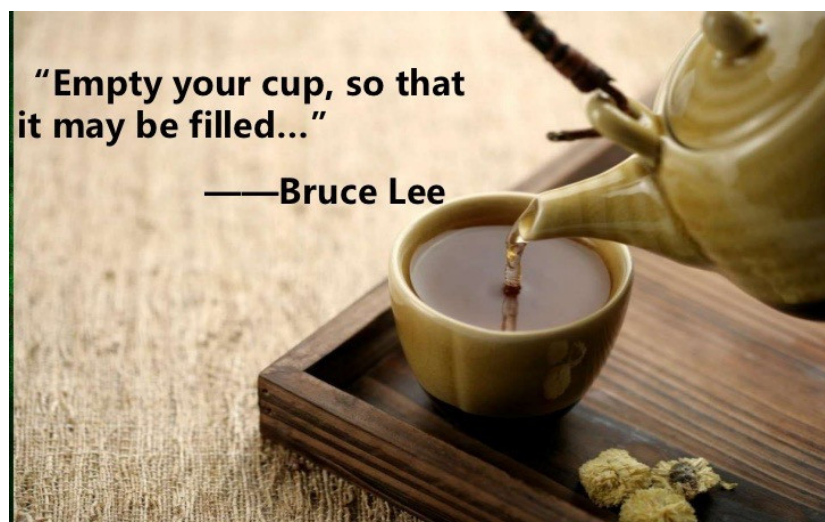
STEP 7 - DAY 7

If you do not understand what was said, ASK. Clear your doubts. He who asks a question is fool for just 5 minutes and he who doesn't remains fool forever.



STEP 8 - DAY 8

Empty your cup, learn new things everyday from anyone. There is something everyone can teach you. Never assume you already know everything.



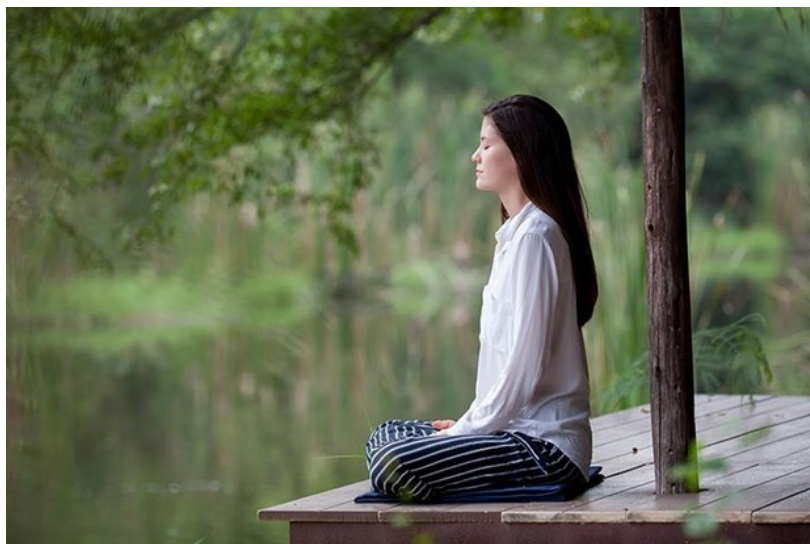
STEP 9 - DAY 9

Exercise for 20 minutes a day. If you are a beginner, just walk for 20 minutes. If you cannot run, walk, if you cannot walk do something while standing or sitting.



STEP 10 - DAY 10

Meditate for 5 minutes a day. Find a quiet place and listen to your own breathing. Inhale slowly for 5 seconds and exhale slowly 5 seconds. Repeat for 5 minutes.



STEP 11 - DAY 11

Save \$5 a day everyday. If you can't do \$5, then do \$2 a day. It will help you to create the habit of saving and improve your life financially.



STEP 12 - DAY 12

Clip your nails every Friday of the week. It gives a very good impression on you. Did you know that 93% of observe your nails when they speak to you? Clip them neat.



STEP 13 - DAY 13

Spend 30 minutes a week with someone inferior to you like your staff, your maid or even a security guard. Ask about their life and let them talk their heart out.



STEP 14 - DAY 14

Spend 1 hour a week with someone superior to you. It can be your boss that you look up to, a successful person that you want to be like or anyone doing better than you.



STEP 15 - DAY 15

Play Sudoku once a day. Brain games like sudoku is good for brain exercise. It keeps your mind healthy and you'll be able to handle stress easily.

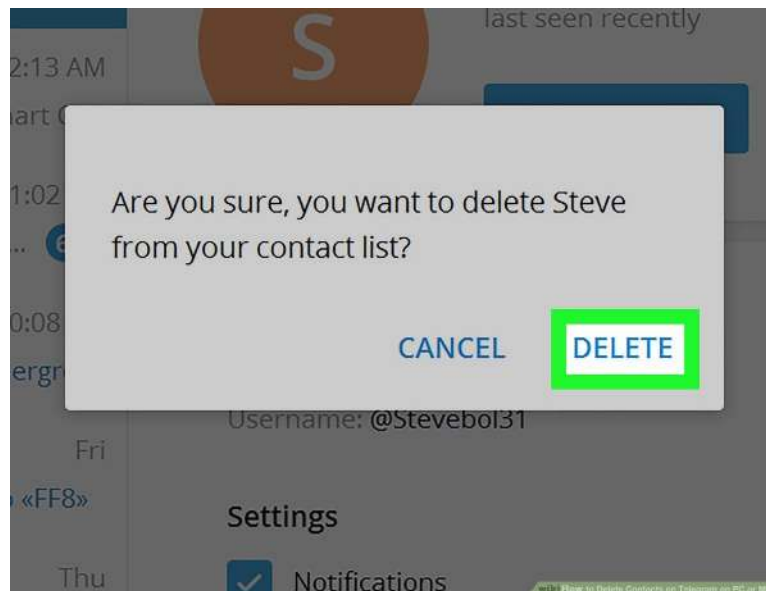
**STEP 16 - DAY 16**

Give away unused clothes. Yes, clean up your wardrobe. There must be some clothes that you have stopped wearing. Give it away. Wardrobe is not a museum.



STEP 17 - DAY 17

Clean up your phone-book. Yes, remove anyone who is toxic or doesn't give importance to you. You will feel a lot better the moment you hit "delete" button.

**STEP 18 - DAY 18**

Whatever you do, do with your full involvement. Whether if it is related to work, personal growth, or a coffee chat with a friend. Be present and be involved.



STEP 19 - DAY 19

Never say sorry with an excuse. If you want to apologize, just do it without justifying your action. It will mean more sincere, honest and you will be respected.



STEP 20 - DAY 20

Stop comparing yourself with others. Never compare you first day with someone else's 12th year. It's not fair to you and will make you feel useless.



STEP 21 - DAY 21

Say 3 good things to say about yourself in-front of the mirror every morning. If you can't find good things about you, who else will? Find 3 things and say them loud!



There are more than 100 tiny things you can do daily to change your life to be better and greater. But the number one reason why we fail to change is because we aim for long reach rather than low hanging fruits.

**EVERY MORNING YOU WAKE UP, YOU HAVE A SECOND CHANCE TO DO WHATEVER YOU WANT, AND BE WHOEVER YOU WANT TO BE.
THE ONLY THING THAT IS STOPPING YOU IS YOU!**

Summary

We are so ingrained in the way that we do things that to do it a new way, or to stop doing something causes us to feel uncomfortable. We equate uncomfortable with wrong, instead of different, and there's a tendency to go back to what was comfortable

Change is Hard at the Beginning, Messy in the Middle and Gorgeous at the End. Change is one of the most difficult things for humans to readily accept. One of the main reasons we resist change is because we aim for big changes overnight instead of small little changes. Go for low hanging fruits instead of high hanging fruits that will drain your energy and will power.

There are more than 1000 baby steps you can do to change your life. In this E-Book, we have shared the simplest baby steps that you can do on a daily basis that can help you change your life, habits and routine without you noticing the change.

At the end of 21 days, those around you will notice the change in you. They will notice a new you and will adore, admire and respect you more. This is only if you apply all the simple baby steps that we have given you in this E-Book.

BE THE CHANGE YOU WANT TO SEE IN OTHERS!

IF YOU WANT TO LEARN MORE ABOUT OUR OTHER E-BOOKS,

PLEASE VISIT US AT:

<https://www.danieyaenergy.com/shop/>