

THE FREE E-BOOK

How to Be Your Best Self

— 101 Maxims to Break the Mold and Conquer Your World —

BY

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Introduction

In a world full of dreadful unknowns and directionless paths, it's easy to be overwhelmed by how difficult a task it is to find happiness and achieve the American Dream. However, before we can properly assess this difficulty, ask yourself: What is happiness? What defines success? What is the American Dream?

Why things are the way they are now

Long ago, the gatekeepers (the business owners and the CEOs) struggled with a dilemma. They knew people would pay for the products they mass produced, but there were very few workers willing to toil the long hours on minimal standard pay in order to do that. I mean, why bother working for a boss when it was easier to live off the land on our own time? All hope seemed lost, but one day the gatekeepers hatched an ingenious plan.

In order to get people to willingly labor under absurd conditions, they gave them special incentives for motivation.

They started dropping buzz words in the media like **happiness**, **success**, and **dream** to make people want to work hard. And for a while, this worked. People would labor like mad just to achieve a slice of the good life—just so they could be successful.

In time, everyone would start using these words to describe what they ultimately wanted for themselves. They would say things like:

I want to be happy.

I want to be successful.

I want to get my dream job.

The problem with these words

Goals that are merely illustrated as **being happy** and **being successful** have been given to you by people who just want you to chase the carrot on the stick. They want you to work your ass off for something intangible and ultimately out of reach, so that in the end your hard work will benefit their wallets and their lives at the expense of yours.

I know the real goal, the reason why we keep working to earn a living. Ultimately:

We want to enjoy life.

And there's only one way to do that.

Take Command of Your Self

We have been at the mercy of the gatekeepers for far too long, each of us being treated as if we're all simply workers. We've been forced to believe that the only good profession is one that makes money. And there was nothing that we could do about it—the gatekeepers held in their power the key to survival; income.

I'm here to tell you that keys are no longer in their hands. We don't have to work at slave wages. We can invest time in our own passions again (with pay). And most importantly, we can shape our lives and ourselves.

Coincidentally, getting to work on ourselves is the very first step to living the lives we want.

In order to help you on this journey, I've compiled 101 maxims that should help with that task. Internalizing these will be very difficult, but once you've done so, these will motivate you to push harder, strive farther, and, best of all, successfully become your best to create the life you want.

Good luck.

101 Maxims to Break the Mold and Conquer the World

1. Just as enthusiasm is contagious, so is hesitation and awkwardness. Exude yourself what you wish to bring out in others.
2. In every lie exists truth.
3. Refrain from arguments that serve you no other purpose than self-satisfaction. Quarreling to prove someone wrong is pointless.
4. To be reactive is to be controlled by the elements around you. Let others' emotions run wild, while you remain as solid as earth.
5. Know why you're working as hard as you do everyday. Pick the right incentives.
6. The more you own, the less room you have for things that matter.



7. Have more to yourself than meets the eye.
8. Welcome resistance, as it is a sign that you are worthy enough to have your beliefs and assumptions tested. Those who give up in the face of resistance are the ones failing the test.
9. Nowhere does it say that you must accept the roles society tries to thrust upon you.
10. Spend more time living than you do working.
11. Do not apologize for expressing opinions others might not agree with. Let it remain their problem, don't let it become yours.
12. The only way to change the way others see you is to change the way you see yourself.
13. Everything becomes much easier to deal with when you know your own reason for living.
14. You must never be afraid to go too far and rise too high. Self-imposed limits hinder personal fulfillment.
15. Do not rationalize away your failures. Self-delusion is detrimental to progress. You have failed. Accept it, learn from it, and move on.

16. Most people have been and always will be insecure. Be unconventional and believe in what you are.
17. Every single action you've taken since the beginning contributes to the person you will ultimately become in the end.
18. Living for the sake of others vs. living for the sake of yourself—one requires you give up control of your destiny and the other allows you to command it.
19. Before you take action, it's pointless to think up realistic results, predict possible mistakes, and walk through every single scenario. You haven't even done anything yet.
20. Always answer the question, "If not now, when?" with clarity instead of confusion.
21. One of the most powerful personal traits you can have is patience—it can weather any storm, conquer any stronghold, or understand any individual.
22. The meaning of all words diminishes with use. Use them sparingly.
23. When you do business, only invest time in the things you want to be good at. Let other people take care of the skills you can't master in less than 24 hours.

24. Divide and conquer: a tactic highly referred to in combat, but rarely utilized in everyday life. Instead we choose to “multiply and surrender”. It is always better to divide up tasks and conquer them one at a time.

25. Irrational self-confidence is better than rational defeatism.

26. Don't give directions if you don't know the way.

27. Spend time in school teaching yourself to be an entrepreneur and not training yourself to be an employee.

28. Without respect, you have nothing. There is no exception to this rule.

29. You've lost yourself when you focus more on what you get than on the value you give.

30. Your happiness should come from more than one source.

31. You cannot attain your dreams alone. You will need the cooperation of others to achieve what you want.

32. Self-righteousness marks the death of all success. The world owes you nothing, so don't act like it does.



33. Manipulation is a more devastating weapon than physical force itself. Be careful using it.
34. Find the joy in solitude. It is the only time when you'll be able to accurately reflect upon your past, present, and future.
35. Blind obligation loses out to passionate compulsion any day. Under one you act because you feel that you have to, under the other you act because you want to.
36. Telling people your goals won't help you achieve them more than you telling yourself. Telling others just shows that you can't motivate yourself to reach your own goals and that other people's approval matters more than the goal itself.
37. It is so much easier to control what you say than how you look. Therefore, it's in your best interest to learn how to make your actions unreadable and keep your emotions concealed. Most people don't have this invaluable power.
38. Don't give up before you've even tried. Make excuses **after** you've already given it your all.
39. People want to change the world, to take a stand and to fight against tyranny. Help them do it and you will not be forgotten.

40. Although outliers do exist, nobody is born talented. Hours upon hours of work lie ahead for those who desire natural ability.

41. Money should always be treated as a means, never an end. Money is only as valuable as what you do with it.

42. Most people give up on the dreams they had as children; be the one that doesn't.

43. Be aware of who you let in. Be too careless and someone poisonous can infect you with their insecurity. Be too wary and you may miss out on a great relationship — friends and lovers included.

44. You can't afford to not have your own values. Without them, what will you stand for?

45. Live life as a movie, with you as the leading actor. How does your character perform? By the time the credits roll, who do you ultimately become?



46. Come to terms with the fact that your life is simply one of billions—you're only as important as you think you are.
47. Momentum happens whether you fail or succeed. You are always going somewhere. It's the direction you choose to go that matters.
48. Move through your existence as a force in the world and not a victim.
49. Hiding behind a mask is what makes you like everybody else. Relinquish conformity and openly embrace your uniqueness.
50. When you compete to beat others, you take away what matters the most when you reach a milestone: the increase in self-worth that comes from seeing improvement in oneself.
51. You can't always give 110%. Humans are like batteries—the work they can dish out is limited. Take time off to recharge.
52. Have the strength to walk away when your progress comes to a standstill.
53. It's hard to live as your passion., but it's even harder to live as something else.

54. Start exercising your free will more often. Go to the park. Lay out on the beach. Sip your favorite coffee while reading your favorite book. Nothing has to be a routine; give yourself room to breathe.
55. People fear aging because they do next to nothing in their youth.
56. Experiences can be many things, whereas an object can be just one.
57. It's wise never to leave before you've made a big enough impact. Stand and fight until those who believe in you learn to forge ahead in your stead.
58. In the heat of the moment, don't think of the past or look to the future—stay calm and focus on what's happening right in front of you.
59. We must come to terms with the ugly truth that everyone is not equal. Some are born with more, some are given more opportunities, and some eat more than others. But what we can all do (regardless of our inequalities) is make life our own.
60. Tension will either force you to reach new heights or let you rot where you stand for fear of moving forward.
61. The biggest risk you can take is working a job you hate.
62. To be average is to be invisible; only those who fail miserably or reach their goals make an impact.

63. Hard work is the main ingredient of any achievement.

64. Assume a position of ignorance. You're not an expert. You're not a master. You're simply a student of life and all things in it.

65. Nothing is unconditional in this world, even love. In an instant, it can be dashed away.

66. Insecurity and instability stem from mistrust, either in oneself or another.

67. If you want to be different, you don't do that by doing what the average person does. If the average man studies for an hour, you study for four. If the average worker works for 8 hours, you work for 18. It's not enough to do well. You have to be better.

68. People speak too much of what is to come. Instead, speak only of what you're accomplishing during this moment in time.

69. The only one who can keep from reaching your potential is you. Let negativity fall on deaf ears.



70. The only way to truly learn as much as you can is to encourage breaks in your perspective. Dare to believe the impossible.

71. Think of the world as your own personal giant beaker of experimental adventure. Creativity encouraged, instructions not included.

72. If you want to change the world, your cause doesn't need to be revolutionary, it just has to stand out.

73. Understand that when you make an effort and successfully change yourself, everyone around you changes. Your friends, your family, and everyone in between—your relationships with them will morph. Decide now if you're ready for that.

74. There's no point in repressing your core and undermining your desires. Act on them before hesitation consumes you.

75. Doubt symbolizes the end of all meaningful achievement. If you have even a hint of it, consider yourself finished unless you take immediate action.

76. Believe in yourself, just this once. Harbor no ill-will, no second thoughts, no loss of faith. Completely believe in who you are and what you do.

77. Confusion comes from the fear of dealing with the consequences of the choices we make.
78. The greatest honor comes in death. Make yourself worthy of it by living a life of legacy, doing whatever it takes to achieve any peak you see fit.
79. The more neurotically you try to safeguard against negative outcomes (being dumped, getting fired, messing up in general), the more likely they are to happen. Focus on putting your best foot forward.
80. Assume the failure every time you try, and then take action. You'll be surprised by how much you'll accomplish.
81. Everyone feels pain, but to suffer is a choice all your own.
82. Spend your time with people who do amazing things instead of with those who never change.
83. Do not be afraid to love completely, for to take precautions on such a powerful emotion is to deny yourself the greatest pleasure there is in life.
84. Anyone can be the best at anything. The question is, do you believe that you're worthy enough to be the best?
85. If you believe in hard work combined with a focused directive, rejoice! Nothing is beyond your reach.

86. Assertive people who are action-oriented get what they want faster than others.
87. Infuse time with quality to get maximum results. Never focus more on one than the other.
88. Cultivate views spanning a broad array of perspectives. Minds become rigid and stale result from narrow ones.
89. Focus on your own growth, no matter how long it takes.
90. There will be a time when the 9 to 5 jobs of today are almost entirely automated by robots. Be prepared.
91. Distractions are all around us. Most of us fall prey to their siren calls. Have the will not to.
92. People don't follow you because you can preach the validity of other people's work: anyone can do that. People follow you for you.
93. Treat your creations as delicately as you would treat your own child. Don't let it be exploited and nurture its growth.
94. Seeing others achieve what you have not yet achieved should inspire your action, not incite your jealousy.
95. With stagnancy comes frustration; this is true of everything in life.

96. Maybe some things are too good to be true, but that doesn't mean exceptions don't exist. Anything is possible.

97. Your instincts will tell you to fear and roll up into a ball. Ignore this impulse and act in spite of it.

98. Don't let skepticism drive you away from performing your best.

99. You can't afford to stay stuck. Let go of what isn't bringing you where you want to be.

100. Be grateful to those who try to block your path to enjoyment—they too act as motivators for achieving your goals.

101. Massive change can happen. All you have to do is go above and beyond your limited perspective.



What's Next?

These maxims are completely able to be internalized. Spend time testing them out in the world, becoming more comfortable with who you are, and controlling how much of your life you wish to change.

If you like, here are 3 things you can start doing right now:

- Master each page of the 101 Maxims. Don't go on to the next page until completed.
- Start doing one thing that you enjoy each day.
- Write a list of what you'd like to change about your life, and start improving on each thing listed.

Now go. Go and conquer your world.

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About John Anyasor

John Anyasor is the author of [HiLife2B](#), a blog made to inspire others beyond their perspectives. There he writes about opening your mind to the possibilities, making a living doing what you love, and creating a lifestyle all your own.

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