

THE
ULTIMATE

SWAG

OF MIND

A Lit Guide to
Mental Freedom Because YOLO

BOOK BY THE YOUNGEST MOTIVATIONAL SPEAKER OF PAKISTAN



Author
ALI AHMAD AWAN



THE ULTIMATE SWAG OF MIND

(The **Lit** Guide to Mental Freedom Because **YOLO**)

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WHY SWAG?

"She got Killa SWAG...She has so much SWAG."

We use the 'Swaggy' to show that we're *super confident* and to brag about being the *coolest* person alive. We often use this word when we want to impress others with our personalities. Nowadays, we pay attention to our physical appearances, but we don't pay attention to our inner mind. And so I ended up naming this book 'The Ultimate Swag of Mind' I thought I'd talk to young people in their language and tell them how we can lay the foundation for a better life.

Are we swaggy?

In the 21st century, people of all ages believe that outlook and confidence is everything. This is somewhat true but not the complete package for us to gear up for life. We enjoy criticizing people, but we can't tolerate self-criticism. And if someone else gives 'constructive

criticism,’ we take it as an offense. We completely forget that we all are a work of art and need ‘regular tweaks’ to become the best versions of ourselves (don’t get addicted to the word ‘best’ though, because the fact remains that there is always room for improvement according to current century needs).

Apart from that, we want to correct people, but we don't want to correct ourselves. The word ‘Swaggy’ is often used in songs, social media, and casual talk these days.

What I find interesting is that we can use the term for almost any characteristic of ourselves except for ‘our minds.’ Because people simply don’t pay too much attention to it!

To be Swaggy, we must first realize that we need to be swaggy; that is, we must recognize that we still have room for improvement in life.

Why Swaggy People do Self-accountability?

Self-accountability is a must thing. Unless we do our accountability, we can’t discover our true selves. And if we can’t or choose not to do it, then we can’t achieve big things in life. Imagine how Picasso would have

ended up if he never tried painting or set goals for himself? This is pretty much the same concept.

All people are unique; their experiences, neurology (which pre-determines which skills we are good at), cultures, choices, and so on.

The sad part is that we are so busy criticizing other people that we forget to live our own lives. And we try so hard to impress people with meaningless materialistic aspects that we run out of time. We are often so impatient that we rush to solve every problem when nature tries so hard to teach us that everything happens at a particular time. It is a law of nature that when we are impatient, then life tests us further, and then when we trust in God, we find solutions to our problems very quickly. And if we lose faith, we give up and become ‘depressed.’

*It is wise to first become swaggy in our personal lives,
with a powerful mind and a resilient heart.*

Then you can brag all you want on social media about how cool you are.

UNLOCKING THE LIT YOU

The most precious day of our lives is when we find out why we came to this world. Many people today don't know what the purpose of their life is. Many individuals today are looking for what they can do and what they can quickly master. We are not meant to do particular things all our lives. Many people could have become great cricketers if they had played cricket, but today they are working in a bank. People don't 'experiment' or take risks. They simply either walk on the '*default*' path (graduating, then getting a job and then dying) or the 'simple' path (the one that seems easiest and within the comfort zone).

These are the people who did not know that they had the talent to play cricket. A lot of people today could have been great actors, but they never tried to become an actor. Many people could have become great doctors, and after enough research, they could have invented

drugs, but they did not because they did not know that they could become great doctors. You probably get the point now.

The bottom line is ***if we're still living the way other people want us to live, then we have not yet discovered ourselves***, and this means that we are completely wasting our lives. These are all people who don't know their 'Ikigai.'

DISCOVER YOUR IKIGAI:

There is a concept in Japan, which is known as 'Ikigai,' and translates as 'a reason for being.' Imagine that you are enjoying your working days in the same way that you spend your weekends. Imagine that you get up on Monday morning and greet your day happily because now you're living your life to the fullest.

There are four things you need to look for to discover your Ikigai:-

- Are you doing what you are amazing at?
- Are you doing what you love?
- Are you doing what the world needs?
- Are you doing something for which you are getting paid?

Your Ikigai is discovered at the intersection of these

four questions, where passion, mission, vocation, and profession meet. If you have managed to find the answer to three of these four questions and you have not yet found the answer to one question, it means that you have not found your Ikigai yet.

To find ikigai, you need to find the answers to all four questions. Today, every person should know that he simply *has* to discover his Ikigai, and it is incumbent on the government of every country to raise awareness about Ikigai too.

NEVER KILL THE SWAG OF YOUR INNER CHILD

The little child inside us suffers the most. What is our inner child?

Freud might refer to it as the ‘ID’ side of our subconsciousness. I would like to make it more specific and see it as ‘the infant in us that wants to live or act a certain way but doesn’t due to fear of what society would say.’

Sometimes I wonder about what Neil Armstrong had to face when he started telling people that he wanted to go to the moon. One word comes to mind as an expected reply, ‘crazy’!

People around us teach our inner child that if he laughs more, he will cry one day. People around us teach our inner child not to share anything with others because if

he shares, he will have less. People around us shape up the scarcity mindset of the child inside us. As we get older, our inner infant stops complaining about the things that hurt him because now the little child has learned to live like that, and all those things become beliefs. We don't let him live the way he wants to. And then eventually he gets damaged and weak. It doesn't have desires or whims anymore. Whenever we make a mistake, we start blaming our inner child, and we don't give him a chance to heal.

We put so much pressure on our inner child that it puts an end to our inner child being Swaggy

Give your Inner Child a chance to heal and live. Let your inner child make mistakes. Let your Inner express emotions. Listen to your inner child. You will notice that your life will change radically. You will stop worrying about small things. You will stop being overly cautious. You will begin to enjoy every moment of your life. You will not take everything personally. You will have too much energy to safeguard yourself from any outside negative energies. You will start to 'create' more opportunities in life. Just as a small child is free from

fear, so will you be free from fear. You will begin to make your life easier.

***The child within us is the king of our inner world.
Learn to say good morning and good night to your
inner child.***

Start acknowledging your inner child's shortcomings and take responsibility for changing the world of your inner child. If we start effectively nurturing our inner child, then we will be able to live our lives wonderfully.

THE UNSWAGGY SIDE OF MIND

*"What is more personal is the most universal" – Carl R.
Rogers*

What makes our mind unswaggy? Guess because you probably already know it.

Insecurities, fear, guilt, shame are the unswaggy side of the mind. In short, ‘any mental barrier’ that holds us back is unswaggy. When we don't believe in our abilities, then the unswaggy side of our mind becomes dominant, and so the quality of our lives eventually takes the down road.

We are often afraid of what will happen if someone finds out about our weaknesses; we think we will be disgraced. It seems too embarrassing to even think about them. Thinking about it, talking about it, and then planning about how to improve is all we need, and the

first step is to face the fear that acts like inertia for growth.

Suppose you have a fear that your job will be lost

How to deal with this fear?

One of the strategies to deal with insecurities is What if thinking...!

- What if I lost the job?
- What is the probability that my job will be lost?
- Are there any shortcomings in my job that make me think I will lose my job?
- Can I get a better job?

When you start asking yourself these questions, your fears will begin to go away because now you are thinking logically, not ‘emotionally.’ Only when you think ‘emotionally’ you start to panic.

We often fall prey to these insecurities because we feel that other people are thinking of us all the time. It is not at all because today's world has become so fast, and no one has enough time to think about us. People have

many problems in their lives. People are worried about their problems, and even their problems are not solved. Have you ever wondered why the son of your father's friend did not study medicine? When you've never thought about them, why do you think they're always thinking about your career?

The fear is inside us, and we feel that people from the outside world are thinking about us.

HEALING THE UNSWAGGY

SHAME

If you are afraid to speak in front of people, it's because of shame. If you feel ashamed to express your opinion, it's your shame. If you are afraid to ask questions, it's your shame. If you don't do something new because of what people say, it's your shame.

*Even when someone else is praising us, we are
ashamed because there is shame somewhere inside
us*

Imagine that you're sitting on the sidewalk, eating your favorite food. Imagine that you are speaking with enthusiasm. Imagine that you are expressing to people how much you love them. All of these things are possible, but only if you work on your shame.

I also faced shame as a child, and I started thinking

that I would spend my whole life with shame, but when I found out that the only solution to deal with shame is to face it and overcome it. It took some time, but I eventually did it, and now public speaking is part of my comfort zone. If I want to grow even further, I can overcome other challenges that scare me or that require intensive smart work. The road to success starts with one step at a time.

We have to do everything we're ashamed to do so that *we can make shame realize that we can't always listen to you*. Expose yourself to shame because unless you face the shame, you will never be able to overcome it. Shame is something that makes us hollow inside.

The biggest problem we all have today is that we are ashamed to do anything below our status. No work is small or big; we make it big or small ourselves. I have seen a lot of people who have a Ph.D. but are reluctant to work, which is a little lower than their status; they think this job is small, and people will make fun of us. We like to be unemployed, but we don't do anything to get a job. I think the people who sell vegetables or fruits on the streets are the best Entrepreneurs we have today

because there is no fear in them that people will make fun of them because they only focus on making money.

I would urge the government to ask all these vegetable and fruit sellers to give lectures to the Ph.D. students at the university on how to overcome their shame.

Do you see people sitting in the middle of the road for nothing? Probably not. I did two things to beat my shame; one thing I did was to sit on the main road of Islamabad, and I asked my friend to take a picture of me while the second thing I did was to sit on the streets of Lahore and eat my favorite foods. Why were these scary or shameful? Its because people would ‘judge me’ for my actions. I did both things to get out of the fear of judgment.

Countless people had great ideas but could not implement them and left this world because they did not dare to deal with and overcome their shame. Because they thought that if we shared our idea with people, people would make fun of us. People who are on the deathbed don't regret what they did in their life; they regret what they didn't do.

Whenever you suffer from shame, just say it to your

mind: *"I am feeling ashamed because I've learned from society to feel ashamed. And now it's my responsibility to unlearn it."*

THINK LIKE YOU ARE THE PRIME MINISTER

Fear is considered to be the most dangerous emotion, and the reason is that fear freezes a person's life (or at least a part of it). It becomes a major obstacle between our goals.

Fear seems real to us, but whatever we fear is nothing but an irrational thought.

Fear is nothing but false evidence appearing real.

We are scared because of our experience and also because we saw someone else having the same bad experience. We often feel inferior, and we don't believe in our abilities. We are afraid of many things because we have not tried them before. Fear is something that when a person gets scared, and others find out about this person's fear, then they start scaring that person more

because now this person has become a game for all these people. If someone threatens you, do you get scared right away? The world today is comparatively safer than older times, and even if something scares us, we must think logically. There are too many preventive measures we can opt for.

Today is the age of social media, and everyone has a mobile phone in their hand. Today, we can all ask for help in times of trouble. Today, every minister has become very accessible. The crime rate has come down drastically because people are becoming more and more aware, and people realize that if I do something wrong, I will be caught. Today's era has grown so fast that news reaches from one place to another very fast. People who think that now people can be fooled are fools themselves. They are not updating themselves, and they are not acknowledging the fact that in this fast-paced world, none of their tricks will work. We have no idea how strong our mind is and that we can change our thinking on our own. We can have a swaggy mind if we start to make our thoughts swaggy.

Imagine that you are the Prime Minister of your country, and you have all the power. Imagine that no one can harm you because you have authority

Fear is a Habit

You may have seen some people who are always afraid.

The more a person thinks about something, over which he has no control, the more a person suffers.

The more we train our fear muscles, the stronger our muscles will become, and the harder it will be for us to get out of fear. When a negative thought takes over our mind, it wastes all our energy. Now it is up to us when we get rid of this habit.

Don't Resist your Fearful Thought

Never resist a thought that frightens you because the more we resist, the more it will annoy us. The more we forbid someone to do something, the more that person does that work because the thing that is prohibited becomes attractive. If I ask you not to think about the cat, you will see that your brain will bring a picture of the cat in front of you. Our brain does not register "no."

It's kind of like if we type in the Google search engine, 'Please don't search about iPhone.' Will Google stop searching for iPhone? Not really, quite the opposite instead. Google will show us every latest result about the iPhone. Just understand that our brain also works like Google. If we know this trick of the mind, we can easily play with our minds and prevent our minds from being used against us. Learn to accept negative thoughts logically and decide on facts. *To think logically, we have to practice thinking logically.*

Fear is Contagious

Just as a smiling person shares a smile with those around him, so does a fearful person share panic. The nervous person not only promotes the irrational questions that arise in his mind, but he also casts doubts in the minds of others and makes the lives of others very narrow.

UNCERTAINTY IS SWAGGY;

ACCEPT IT

Just as we need water, so we need uncertainty. If everything in our lives remained the same, we would get bored. We would not feel like waking up in the morning. Uncertainty does not mean that something terrible will happen. Uncertainty does not mean that we will not be able to cope up with the situation. It is the uncertainty that makes our lives interesting. *If we know what the outcome of the cricket match is going to be, we will not be able to enjoy the cricket match.* If we all knew what was going to happen in our lives in the future, we would stop working. If there is a lack of uncertainty in your life, it means that you are not doing anything new. A successful person is known to have a lot of uncertainty in life, and many things happening in his day. He is known as the one who

chose the ‘road less traveled by.’ The chosen road can be completely bizarre even. And when the person keeps on investing on that road, things keep on getting easier. It gets less risky, and uncertainty starts to decrease.

The more a person faces situations a day, the sooner that person becomes excellent.

Remember that our past was also uncertain; not everything went according to our will. Some things are beyond our control. Happiness lies in acknowledging the fact that things will continue to change in our lives and that we will never be certain.

Uncertainty makes us strong and makes us realize how beautiful life is because nature exists, and everything is going in our favor. Uncertainty not only helps us deal with anxiety but also teaches us to make better decisions for the future. The better we make decisions, the easier our lives will be, and the happier we will be.

LET GO AND LET GOD

There are a lot of situations when no matter how hard we try, some things are out of our control. We can never customize everything. We think that we have to fix everything that happens in our life, but this is not true because man cannot master all the things, so we have to leave some things to nature because nature makes better decisions than we do.

We will never be able to understand the ‘why’ of countless situations nor be able to get at the answer of ‘how would life be if this didn’t happen to me.’ We all must come to peace with the fact that even though there are numerous possibilities, we have limited control and make the most out of what nature has given us already.

When we take nature out of our lives, we are making our lives more difficult. When we are in doubt, and we have done our best, but we don’t know what to do. ***It's time to leave everything to God. It's time to let God!***

UNSWAGGY BREAKUP TO SWAGGY SELF LOVE

Be your Own Swaggy Valentine

Do you think that no one loves you? Do you believe that you will always be single? We celebrate other all our lives, but we forget to celebrate ourselves. We love others all our lives, but we forget to love ourselves. We respect others all our lives, but we forget to appreciate ourselves.

"You teach people how to treat you by what you allow, what you stop, and what you reinforce."

-Phil McGraw

We often chase people and forget our identities. We spend our entire lives trying hard to get the attention of the person who doesn't even consider it appropriate to reply to us. We want to see the happiness of the person

who leaves us crying and falls asleep. We become so dependent on the other person that we begin to feel inferior and change ourselves in such a way that we think the other person may be attracted to us.

Remember that the person who values you will never leave you. The person who values you will never put you in a position where he/she might lose you. Whenever we experience a breakup, the future that we have imagined with that person is shattered. All our dreams and hopes are shattered. People think that it is effortless for a person who has had a breakup to get out of this, but in fact, it is not so at all because it is a harrowing process. *Getting out of a breakup requires motivation as well as support.*

FLY:

Take, for example, that *if we want to quench the thirst of a thirsty person with an empty glass, it is not possible*. In the same way, if we do not have love within ourselves, we cannot share love in the world. We need to love ourselves first. In the past, our elders focused on survival, and they did not teach us what the difference between Self Sacrifice and Self Love is. We have been

taught that we have to take care of others more than ourselves. We often take so much care of others that others start taking us for granted.

If we want to fly, we have to learn *FLY*, which means "*First Love Yourself.*" We have been taught that perhaps self-love is to be selfish; in fact, it is not to be selfish at all. What is the reason that when people go to the cinema to watch a movie, they try not to go alone? The idea is that we do not enjoy our own company. We also need to be our best friend. We also need to observe the conversation we have with ourselves.

WHY SHOULD UNLEARNING BE FASHION?

A *Buddhist proverb* says *learning to unlearn is the highest form of learning*. Just as not everything can be said, not everything can be heard. We often learn things that ruin our peace, and then these things become our beliefs. We have to learn how to unlearn and then relearn things. We have a lot of beliefs that don't allow us to grow. These are the beliefs that we have learned since childhood, and we never challenge them. We have never been taught to unlearn things. We are not prepared for anyone to challenge our beliefs. We do not want to hear anything about our beliefs. We become defensive and cut off contact with the person who talks about our beliefs. The world is changing every day, and even new ways of parenting have come up today. If we have to keep up with the

world, we have to do unlearning.

Socrates Triple Filter Test:

Socrates taught the world a great lesson. Whenever anyone came to Socrates, he would take a particular test and keep his mind at peace. Whenever someone came to tell Socrates something, Socrates used to do a Triple Filter Test before listening to him and ask him three questions

1. Are you sure what you're going to say to me is true?
2. Is what you're going to tell me right or not?
3. Is what you're going to tell me useful or not?

This Socrates Triple Filter Test always helps us when we are learning something new. This test will help you filter out irrational and unnecessary thoughts. This technique is also used for talking with people. Say what is best and kindest. Say what is right. You don't need to say too much, which isn't necessary. This benefits both

sides; the speaker and the listener.

SWAGGY LEADERS CREATE

LEADERS

I remember when I was younger, I was influenced by many leaders, and I was so impressed with them that I used their picture as a profile picture on Social Networking Sites. I was scared to put my profile picture because I thought I don't have my identity, and I can't influence people, but one day my mother told me to make my own identity. She said, ***"Don't use another leader's profile picture as your profile picture on social networking sites. You have to become a great leader one day. Don't underestimate yourself, and you are our hero"***. The biggest problem young people have today is that they start following other people very quickly. Young people forget their identity by following any politicians or any other influencer and keep promoting that person their entire lives.

Politicians/Influencers have a social media team that keeps promoting them, but young people don't understand this. Politicians use youth for their purposes because politicians know that it is effortless to play with youth energy. The real leader is the one who makes other leaders too. Swaggy leaders don't create followers. Why does the same party always come to power that focuses on the youth? This is because the party leader knows that the youth will sacrifice their lives to promote the leader? Ask yourself today; are you becoming a leader? Are you creating your own identity? Are you doing something that will earn you respect in society? Learn from a leader his leadership skills and try to become a leader yourself. Don't become a follower! Have your vision and lead others towards it.

TALK ABOUT SWAGGY

SOLUTIONS

Most individuals spend more time and energy going around problems than in trying to solve them.

- Henry Ford

You will always see unsuccessful people talking about problems. You will see people who can't do anything on their own, start talking about issues in their lives while on the other hand some successful people only talk about the solution. They focus more on the obstacles instead of figuring out ways on how to remove them.

Successful people realize that all people have limited time and energy they can invest in in a day. So they focus on what leads to productivity only. They focus on *self-actualization*.

If we start talking about things that will improve our lives, we will be able to live better. Talking about problems makes it more difficult and increases our chances of getting depressed, but if we talk about solving problems, we can solve problems quickly. And the problem solving process is pretty fun too!

So yes, whenever we talk about difficulty, it makes us look harder, and we get discouraged.

So far, there is no problem in this world that cannot be solved.

If you can't solve a problem on your own, talk to an expert about solving the problem. The problem is not the problem; we make it the problem. We just need the courage to solve the problem.

WHY IS SELF BRANDING

SWAGGY?

When we do Self Branding, it greatly increases the value of our personality, and people start taking our personality seriously. When we work on our self-branding, it makes people take everything we do seriously and start trusting us. One of the purposes of our lives should be to get people to know us. When our identity is formed, we can easily talk about the problems in our country, and our voice is heard.

- **YouTube is the King**

YouTube is the best weapon in the 21st century. YouTube can bring fame and honor to a person overnight. When we start uploading content on YouTube, people start to become our fans. People watch

our content, like our content, and share it with their friends. There are people on YouTube who don't even create their own identity on YouTube. Most of the People on YouTube start downloading and uploading other people's videos, but if we want to create our own identity, we have to create our video. We will find peace of mind if we share our knowledge with the people. People ask me if it is necessary to have a professional camera or a professional mic to make videos. I say no. If we have a mobile phone, we can start making videos from it. We can use the same mobile that we use to take selfies. Learning has to be shared with people. I also tell people to start using YouTube instead of TV because we can watch content on YouTube on our while on TV, producers start showing us what they like. YouTube is a treasure. If we start using YouTube better, we won't need anything else. Today, we are seeing a trend that people are now turning to YouTube. People are making videos that are full of value and influence numerous people this way. *It's upon us to choose how and in what aspect or field do we want to influence others in.*

- **Become Swaggy Master**

If we want to do our branding, we have to be a master of one thing, and after becoming a master, we have to teach that thing to the world. You must have the skills to do something that no one else has. We all have some unique abilities, and we just have to recognize our abilities. Master one skill at a time. The world has developed a lot, and we can easily master anything by using Google. Many sites provide online courses.

Today if we have mastery in something. We can quickly build a community and make an impact on people. I have noticed that today people start trying everything instead of mastering one thing. Being a ‘jack of all trades’ is fine, but a man should first get mastered in one thing and then try to do the rest. When we master a thing, then we start to have authority, and people start discussing their problems with us. Whenever we come to the service of others, it gives us comfort.

- **Why Marketing is Lit**

Marketing is essential for Branding. Understand that if you don't do marketing, then there is no point in branding. There are many brands today, but they have

failed because they did not pay much attention to their marketing. You have to work consistently to do marketing. If you don't have consistency, then the people you are trying to influence will move away from you, and they will be influenced by someone else. For marketing, you have to respect everyone's feedback, whether you like it or not. Listen carefully to anyone who criticizes us because he is the one who wants to address our shortcomings. Whether he has good intentions or not, we can benefit greatly from this

- **Visiting Card makes Youngsters Attractive**

Young people often think that their professional life will only start after they complete their education, but I say that young people must have their visiting card and on top of that young people should write everything in which they are experts. One thing that makes a young person unique is that he has his visiting card and that he must have skills in one thing or another. Imagine if you meet a young man and he gives you his visiting-card after asking how you are doing, how impressed you will be. *Until you have mastered one thing, make a visiting*

card and write on it that 'I am a student.' This card must be in addition to your university or college card.

DECIDE YOUR DATE OF DEATH

We should also decide our date of death. Of course, it is in the hands of Allah that He can call us to Himself anytime, but when we keep in mind that I have to live for a certain year, we will reduce the fights. We will make the best use of our time.

Imagine that you think you have to live in this world for a hundred years. You will exercise every day. You will take special care of your health. You will not think about the things that are bothering you. Most people think that life is for four days. Eat and drink for two days, and enjoy the rest of two days. Most people make decisions without thinking. Most people take such risks without thinking that their whole life is at stake. When we know that we have to live for a certain year, then we will make wise decisions.

SWAGGY PEOPLE ARE FINANCIALLY INTELLIGENT

It is said that if wealth is taken away from all the rich people of this world, it will return to them in the next two years. People who are self-made millionaires know how to make money again. These people are not accidentally rich; they have the skills to make money. *Unfortunately, many politicians do not have the skills to make money, which is why many politicians go bankrupt.* We are capable of earning as much as we are earning because nature does justice. We can earn more if we work on our abilities, but unfortunately, we do not work on our abilities and keep crying that inflation has gone up. It has not gone up; we have not worked on our abilities.

People with a poor mentality always think about saving money while people with rich mentality think

about how to make more money.

Our thinking pattern has a lot to do with being rich. If we think we can never be rich, we will never be rich; because we think that we will not be rich. Many of us envy rich people. Few people aren't. These few usually include those who have a chalked out plan about to make good money in the future and are already working on that plan.

If you think that all the rich people have become rich by using illegal means or other shortcuts, if you think that making money is wrong, then you will not be able to get rich. In our schools, colleges, and universities, we are taught to cram, but we are not taught to be financially intelligent. We are not taught to think.

Our education system should immediately introduce a subject that teaches children how to make money and how to invest that money. Financial literacy is integral.

SOMETIMES GIVING UP IS BEST

We have been taught one thing all our lives that we should not give up, but let me tell you one thing that we should give up sometimes because we are sometimes trying to achieve something that is not right for us.

Sometimes the best directions are redirection.

Often are only trying to achieve a specific goal because of our ego. A lot of times, we try to get someone toxic for us, but we keep chasing him just because if we don't get it, we feel that people will make fun of us, and we try to prevent that from happening. We also often need to conserve our energy. We often focus our energy on things that are pushing us back. Become a guard of your energy. Use your energy wisely.

DON'T IDEALIZE A PARTICULAR PERSON

No one in this universe is perfect except the *Prophet Muhammad (peace be upon him)*. Many times we try to idealize a particular person, and we think that maybe we have to get the complete knowledge from that person. The biggest mistake that can happen is that we begin to perceive this person as perfect and often try to idealize his shortcomings as well.

We must know that one person is not an expert in every field. We can never see a person mastering in every area. It often happens that if the person we are trying to idealize makes a mistake, we become upset because we do not want to see his mistake.

After all, in our imagination, that person is complete. Learn from a different person in each field. *If you're*

going to learn the art of speaking, learn from a person who speaks fluently. If you want to learn the art of writing, learn from a person who writes brilliantly. If you're going to learn the art of analyzing things, learn from a person who explains things very well.

It is wrong for people to ask us, "*who is your ideal person.*" The question should be, "***who is your ideal person in this particular field?***"

APPOINT YOUR CABINET

Our brain is the prime minister of our whole body, and this prime minister also needs a cabinet. I have long benefited from a technique. I still use this technique.

Whenever I have to make a judgment, I ask my cabinet, and my cabinet includes experts from every field. These are the people I would have considered part of the cabinet in my mind that they are in my cabinet. If I had to make a *leadership decision*, I would have assumed in my mind that if there was a *Quaid-e-Azam* in this place, what would he have decided? I have assumed in my mind what decisions *Nelson Mandela* would have made if he had been here.

If I had to write something that would impress others, I would assume in my mind that if there was *Shakespeare* in that place or *Allama Iqbal* in that place, how would they write? If I have to do something

consistently and do it bravely, then I assume in my mind that if ***Imran Khan*** was here, how would he make decisions? If I had to drive carefully, I would assume in my mind what advice they would give me if there were traffic police representatives in the area. If I were to sing a classical song, I would assume in my mind that the people who sang great *classical songs*, if they were in my place, how would they sing? I can't sing like these great people, but I would at least sing better than my old performances. Remember always to have a cabinet in your mind. Whenever you have to make some decisions, whenever you have to learn something, whenever you have to move forward in life, you must consult all these people. When you see yourself in the place of these people, you will be able to make better decisions because we have some idea of what that person would have decided if he had been here.

TAKE INITIATIVE

I remember as a child when I was in school, and I was the only child who initiated anything. I was the only child who had his opinion and conveyed opinions to the teacher. I was the only child who wasn't afraid to talk because I knew that the person who initiates something first wins. It's only in our minds that if we initiate something, maybe we can't do it right, and when we don't get it, right people will make fun of us saying look he can't do it.

At least, we are better than all those who do not take action. I have always been a child who wanted to be in the limelight. Whenever I attended a public seminar as a child, I would give my opinion to the people. I knew that people would start following the person who spoke first because a lot of people are afraid that we can't have an opinion. Many people begin to support what others say, even though they do not agree with the person.

They only support it because they cannot express their opinion. They support the other person because they do not have the skills to express their opinion. Always try to be in the limelight. Always emerge as a leader. Always convey your idea to the people

DON'T TAKE LIFE SERIOUSLY

When, we start taking life too seriously; we often get depressed because we are not ready to tolerate small mistakes.

Stop taking life seriously; take your life the way you watch cartoons on TV. Let's use cartoons as an analogy.

Whenever we watch cartoons, we want the best to happen to our favorite cartoon characters. We know their struggles. The struggle makes their achievements more meaningful. When we watch our favorite cartoon character or superhero fail, we wish for them to improve. We don't get angry at them because we can empathize thoroughly.

We should treat ourselves the same way. *Do not be too hard on yourself and learn from your mistakes instead of scolding yourselves for them.* And just like them, strive to achieve more success each year. Achieve one goal after the other, and keep on moving forward!

WHY SWAGGY SENSE OF HUMOR?

According to studies, people who have a good sense of humor are less likely to suffer from depression because they are the ones who find something useful in everything. A good sense of humor not only helps us deal with people but also a good sense of humor is great for our mental health. Having a brilliant sense of humor is the blessing of Allah Almighty. People have always tried to stay close to me because I had a good sense of humor. People started trusting me very quickly because there are studies that show that everyone wants to be very close to people who have a great sense of humor. I've never had a tough time talking to people because I've always joked about every problematic thing. I was one of the few boys who made classmates laugh during lectures.

If you know how to make people laugh, people will never get bored with your personality. People will always want to keep in touch with you. Make sure you stay in the realm of morality and make others laugh.

THERE ARE NO BAD PEOPLE

When we study psychology, then we stop being angry with people because we know that people are not doing anything intentionally. We are all doing what we are doing according to our limited intellect, and we are doing everything right according to ourselves. I used to be very angry with people because I thought people deliberately behave in a certain way, but now that I have started studying psychology, I don't get mad. Still, I feel love and compassion for people because I found that people do nothing wrong on purpose. Some people have a chemical imbalance in their brain. Some people do not get enough sleep because of which they are getting irritated. There are some people whose genes include particular behavior. Psychology is a subject that, after studying, you'll have a completely different outlook on how you view people. You will be able to understand individuals better. Try to learn something from every human being. *God has given every human being a unique ability. Imagine how much better we would be if we had the idea that we have to*

learn something useful from every human being.

HAPPINESS IS A CHOICE!

The most significant option that God has given to man is *the option to choose*, that is, we can *choose anything*. What we say is that when we get rich, we will have a lot of money and then we will be happy. This does not happen at all. Many rich people today who have a lot of money are looking for happiness because they linked their joy with money, and they thought he could be happy after making money, but it didn't happen. I say we can choose whether we want to be satisfied or not.

We can change our thinking anytime if I give you an example that whenever a person who is depressed is given antidepressants, the situation remains the same because of which they were sad. Still, the thoughts of depressed people are changed. We lack happiness inside. Heaven is inside us, but we are trying to find it outside

FOUR SWAGGY CHEMICALS

*We are Chemical Beings...exploring the Funda of
Chemicals!*

How easier, our lives will be when we realize that a lot of things in our lives are just happening because of the fluctuation of chemicals. We have heard to this day that we are human beings but in fact

We are not human beings; we are chemical beings

All we have to do to be happy is to turn on the buttons in our minds, and if we want to be happy all our lives, then we have to learn how to keep these buttons always on. We can do something every day that keeps the trend of these chemicals going upwards. There are four chemicals in our brain that are responsible for our happiness:

Swaggy Dopamine: Whenever we take a step

towards our goal, our brain rewards us with Dopamine. Every kind of behavior that rewards us increases our dopamine levels. For instance, you set a goal that you have to walk two kilometers today, and you accomplish that goal, then you will be experiencing dopamine rush in the brain.

Quick Source: Set new goals & meet them

Swaggy Serotonin:

The most effective antidepressant in today's century is the one that increases levels of Serotonin in the brain. Serotonin is also known as *Mood Stabilizer*. This chemical is released when we feel valued or do well to others.

Quick Source: Spend time in nature

Swaggy Oxytocin:

Oxytocin is also known as the 'Love Hormone.' This Chemical is released when we promote love in our lives, and when we feel safe. Oxytocin plays a vital role in trust-building. The enemy of this chemical is to be alone.

Quick Source: Tell people how much you love them

Swaggy Endorphins:

Endorphins work like Opioids, and that is why Endorphins are known as the "*Natural Painkillers.*" Opioids play a role in rescuing us from suffering, and endorphins do the same thing. Endorphins also help us to feel euphoric.

Quick Source: Make sure you brisk walk at least 30 minutes every day

BROADCASTING MAKES YOU

SWAGGY

Every time I opened YouTube as a kid, I saw a tagline that said we should broadcast ourselves. I was so impressed with this tagline that I decided that I would share my thoughts with the world, and I would work on my shame, which was holding me back from making videos.

We always have something unique that we can share with the world.

Imagine how beautiful this world would be and how much it would change if everyone started sharing their unique thing with the whole world.

We think that maybe we don't have something that we can share with others yet, and that is the thought that comes to the minds of many people in the world, and because of this thought, positive things are not promoted

in the world. If we make a one minute video and share our daily learning with the whole world, it will give us peace of mind, and it will help us to promote positive things in the world. It's great that today social networking sites have given the feature of going live, and by using this feature today, many people are going live every day and sharing the precious moments of their lives with us. It increases our knowledge and, secondly, it changes our thinking. I also believe that if all people were connected today, all the problems of this world could be solved, just as Facebook founder Mark Zuckerberg created Facebook so that he could connect everyone in this world. Using Facebook today, a person sitting in Pakistan can learn a lot from a person sitting in the United States in a few seconds.

To Broadcast Yourself:

- Find out what makes you unique
- How can you share your unique thoughts with the world?
- How much time can I spend each day sharing my unique thoughts with people?

ENJOY THE JOURNEY

If you are not happy with the sixes or fours you hit while scoring a century, you will not be glad to see the Hundred written on the scoreboard.

We always have in our minds that we can't be happy until we reach our destination, but by actually reaching our goal, we are closing the door to our happiness. The journey teaches us how to cope with life's difficulties. When we deal well with the challenges that come our way, we find peace of mind. We realize that we are capable of. It is the journey that makes us better. It is the journey that teaches us a lot. It is the journey in which we find our best friends. It is the journey that keeps us going. If we don't enjoy our journey, it is a sign that we will not enjoy our success.

SURROUND YOURSELF WITH SWAGGY PEOPLE

Just as you have to live with great people to be great, so you have to live with Swaggy People to be swaggy. You are indeed influenced by the five people you spend time with. Our thoughts begin to be exactly like those people. We start thinking exactly like these people, and even our choice becomes exactly like these people. You get into the habit of listening to what you have been listening for a long time. The person you live with has such an effect on you that you adopt his habits

*If you start spending your time with complainers,
you will begin to crying within a week.*

You will talk about the possibilities. Your attitude will change drastically, and people will not be able to live without being impressed by you. Successful people

care that with whom they spend their time with because the people around us play a crucial role in our success and failure. They become energy sources. They become lanterns. So encircle yourself with those who can help you grow and want the best for you. Make sure you choose people with good character. Character is more important than talent, and its mostly those with good character who succeed in life.

***If you start spending time with the winners,
you will start looking for opportunities out of
everything.***

SWAGGY ABUNDANT MINDSET

You may have seen many people in your life

- Those who generously help other people
- Those who openly share their knowledge with other people
- Those who do not fear that their knowledge will be stolen
- Those who do not worry that someone will harm them;
- Those who don't think that if the other person did not get it, I would have it;
- Those who know how to take risks and are always flexible.

These are the people who have *an abundant mindset*.

Many people today complain that Bill Gates has

taken the money of the poor, and If Bill Gates did not have this money, the poor people would have it.

- These are the people who are afraid that someone will take their place.
- These are the people who are afraid that their shortcomings will come to light.
- These are the people who do not allow anyone to go beyond them.
- If a person tries to go beyond these people, then they start conspiring against him.

These are the people who have a *scarcity mindset*.

Today, Swaggy is the one who has come out of the thinking of scarcity. Swaggy is the one who wants to see people

move forward. Swaggy is the one who is grateful in every situation. Swaggy is the one who believes that everything in this world is infinite.

SWAGGY CONNECTIONS

Swaggy people know that a relationship with someone can only be established when we talk about that person's interest. Today whenever we try to build relationships with others, we first talk about our interests. A lot of people ask me how I make friends with respected and famous people in our society. I answer that I always talk about their benefit and I give them some suggestions. If you want to build a relationship with a celebrity, compliment that celebrity on something special; because a lot of people are praising celebrities during the day.

*Celebrities remember the person who admires them
for something unique.*

For example, if you want to compliment an actor, compliment the actor in such a way that you uttered that phrase brilliantly in that particular play. Everyone in this world wants to hear their praise, but many people do not

know the real art of appreciation. When we have to praise others, we do not appreciate others in any particular way. The real skill is that we should complement the other on a specific thing or on a particular action that the other will always remember. Learn to make people dependent on you. You must have something special that people must learn from you.

INSTANT MOTIVATION

We have very little time to fulfill our dreams. One day we have to leave this world. We need to remember that we will not live in this world forever. We must do something that we will always be remembered. Whenever we think we have less time, it motivates us. Whenever you wake up in the morning, tell yourself that today is the last day of my life. You will notice that all fears will go out of your mind.

Live every day as if it is your last day.

DON'T DESIGN YOUR PERFECT MIND.

Many people think that perfectionism is an excellent thing, and that is why many people say in their introduction that *I am a Perfectionist*, while perfectionism pushes us far behind. We assume that Practice makes a person perfect, but this is not the case at all. Practice never makes a person perfect, and it is not a human trait at all. Man can never be perfect. There is always room for improvement in an individual.

Man can be better than before, but not perfect.

We are always told to give our best, but we can never give our best. When we look for Perfectionism in everything, we will not be able to ignore our own mistakes and the mistakes of others because it will be in

our minds that man cannot make a mistake.

SAYING NO IS SWAGGY

Many times we want to say no to others, but we are hesitant because we don't know how to say no to others. Assertive people succeed in building better relationships because they never form a relationship that is not on a Win-Win basis.

Assertiveness is a skill that we can use to convey our message without hurting others.

There are a few ideas to remember when saying no. Remember that

- if we say no to someone, we don't become a bad person
- We have the right to live our lives
- Speak clearly and confidently.

As long as we don't set limits, people keep manipulating us, keep us on standby, and keep asking us

to do what they want. Many people call us without our permission and waste our precious time. These are the people who call us in their free time and don't even realize that they are wasting another person's time. Always stay away from people who are mean, who waste your time, who make you realize that you have no value. People look at us the same way you look at yourself, so start respecting yourself, people will start respecting you. ***It's hard to say no, but when we learn the art of saying no, we make our lives easier.***

LIFE IS NOT FAIR

Acknowledge that Life is not fair. We must always be ready to face any situation. If we set expectations, then we will always be seen complaining. We need to keep in mind that not everything can be the way we want it to be. We should not worry about whether the other will reward us for our goodness or not. We must always focus on what is right. We get frustrated when things don't go our way. When we realize that life is not fair, then we will never be depressed.

SWAGGY INVESTMENT EVER

It is said that the best investment is in real state, but it is not the case at all. You can make the best investment in yourself. How do we invest in ourselves? You can try the following things.

1. It is Unswaggy to Complain about Time Management

We don't even have a plan for how we are going to spend the whole day. We delay things very quickly and then later complain that we are not able to manage our time. We should have a daily schedule of how we are going to spend our day. I realized the value of the time when I realized that we don't have to live in this world forever; we have to leave the world one day. I stopped wasting time on things that didn't work for me. I used to do a lot of things that I used to do just to pass my time. Today I care about where I spend my time, and I keep asking myself if I'm wasting my energy on something

over which I have no control. *I often say that my day should be 48 hours instead of 24 hours because I have so much to do.* We are the enemies of our time. We often go on to procrastinating things. We often delay essential things. When we learn to manage our time, we can make better decisions.

"Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin."

- Mother Theresa

2. Learning new skills is Swaggy

We can win in the field of life by mastering the skill. People who say that I feel very motivated by attending motivational seminars, but I start feeling de-motivated after a few days, the reason is that we don't work on our skills. We think we've taken a dose of motivation once and won't need it again. The reality is pretty much the opposite, like how we brush our teeth every day, the way we have breakfast every day, just like we need to work on our skills and motivation every day. When we learn new skills, then we can deal with difficulties in life in a better way.

- Skill to speak better
- Ability to listen in an effective way
- Power to write in an impressive way
- Capability to explore new things
- Aptitude to take better decisions

"Making good decisions is an essential skill at every level."

- Peter Drucker

3. Believe me; Travelling is Swaggy

Every time you travel, you reach a new world, new ideas start coming to your mind, and you get a great impetus. We travel a lot, but we don't enjoy the journey. Whenever we travel, we often start listening to songs, and we can't enjoy the scenery along the way. Most people spend their whole lives in one city and never wish to see the entire world. When we travel, we discover things, and our view of the world changes. When we travel, we find the world very beautiful. When we travel, we feel free from worries.

*"To Travel is to discover that everyone is wrong
about other countries."*

- Aldous Huxley

ASK, AND IT IS GIVEN

I have benefited a lot from the Law of attraction. I started using the Law of attraction as a child and experienced the results very quickly. I have used it in many situations, and I was surprised that it works. From my childhood, I wanted to be a public figure so that I could influence people. I wanted to teach others. I wanted my words to be so valuable that many people would want to consult me. I wanted to be a leader. I started imagining as I was standing in front of thousands of people, and I was talking to them in a pleasant mood, and they were all my friends and part of my life. I also remember very well that when I was very young, I also loved cricket because I wanted to go to the ground and start hitting six fours, and all the spectators were impressed with me because it was fun to interact with people. When I was a little older, my heart started pounding as if I should go into politics. Some things in

cricket and politics are very similar that in both politics and cricket, we have to interact with people. In politics, it feels great when you address a rally. I also wanted to go into politics because I wanted to serve the country and wanted to influence people. ***The same thing is happening in my life today as I imagined in my life as a child because I have always believed that our thoughts are compelling and I always thought about what I wanted because I was confident that I would get everything I wanted***

Our thoughts are so powerful that they are making our reality. If we know how strong our thoughts are, we will never be negative. We are responsible for everything that is happening in our life.

We are inviting negative things into our lives by thinking negatively, and in the same way, we are inviting positive things into our lives by thinking positively.

We should always think about what we want, not what we don't. There are many situations in our lives when we only need the courage to ask others. If a person

has passed the exams, we do not dare to ask him how you have passed. We do not dare to ask the person the secret of his success. We don't ask, we assume. I got a lot of opportunities in my life just by asking.

Ask People if they can help you, even if they don't help you, there's no harm in it, and if they help you, it's to your advantage

ABOUT THE BOOK

Finest **Self Help Book** on taking charge of your life by most celebrated Budding Psychologist & Motivational Speaker **Ali Ahmad Awan** who's inspiring millions.

ABOUT THE AUTHOR

Ali Ahmad Awan is Pakistan's Youngest Motivational Speaker, Budding Psychologist, Social Media Celebrity, Tedx Speaker & Human Potential Speaker. He is one of the most subscribed youngsters of Pakistan on Youtube in Self Help Niche. Ali strongly influences youngsters and urges them to succeed. Ali uses the power of advanced technology to transform lives, communicate ideas & thoughts which lead to great innovations. Ali firmly believes that knowledge is to be shared. He is an avid reader of Human Psychology and is keen to read self-help books every day. He advocates a better way of responding to disappointments and frustration.

AWARDS



Ali Ahmad Awan Publishers

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aliahmadawanvideos aliahmadawanpage aliahmadawanofficial +92-333-3334239