



Free eBook By Wealthy Gorilla

45 FUN WAYS **TO FEEL STRONG, PROUD &** **AWESOME**

INTRODUCTION

What's up guys and thanks again for deciding to download this small, yet very inspirational and helpful eBook.

This eBook is: **45 Fun Ways to Feel Strong, Proud & Awesome**

I wanted to create a small eBook that I could give away to our subscribers to express my thanks for them deciding to follow **WealthyGorilla.com**.

Before I give you the list, I'll be honest with you. I had no idea what to call this short eBook.

That's why there's so many keywords in the title. I just wanted to provide some sort of list that includes many ways of feeling and becoming this powerful, unstoppable, invincible presence.

And I wanted it to be the type of list where you can start to get to a feeling of walking down the street and feeling invincible.

To a situation where you know your purpose, you walk with pride and you're ready to take on the world.

This eBook is completely free and not for sale.

Please do not re-distribute it for your own profitable gain.

However, please feel free to share any of the points in this eBook with your friends & family, or on your website, but don't forget to link back to Wealthy Gorilla, to show your respects!

Enjoy!

Dan Western

Founder of **WealthyGorilla.com**

45 FUN WAYS TO FEEL STRONG, PROUD & AWESOME

1. Lose the fear of what people think

The fear of what other people will think stops even the most determined individual in feeling confident about themselves and everything that they're doing. Lose this fear.

2. Cease every opportunity that comes your way & create any that don't

You're not going to have too many regrets if you're ceasing every possible opportunity in life. The result is going to be you feeling pretty good about yourself.

So don't miss or pass up a great opportunity that comes your way, just because you might not be ready for it.

3. Workout regularly

Well, come on you knew this would be on here. Working out will improve your mental and physical strength, and boost the confidence you have in your body.

4. Do what you love and not what others want you to do

Letting other people persuade you to do something, because it seems the best option to them, doesn't mean you'll enjoy it. If you do what you love, you'll be proud of it and won't have any doubts in your mind about it being the right choice.

5. Learn from your failures

Many people let their failures get the best of them, and don't use the experience for what it's meant for: growth and improvement. Start to think of your failures as stepping stones and not setbacks, in order for you to feel unstoppable.

6. Meditate

Meditation allows you to save part of the day in quiet relaxation, in which you're able to process your thoughts properly.

This saves you from worrying so much during the day and letting natural occurrences get to you, which leads to improved mental strength.

7. Set yourself goals and stick to them

We all feel better about ourselves when we have specific goals that we're working towards, and especially when we start seeing results from sticking to them.

It gives us more of a sense of purpose, something to reach for and eliminates the doubt and worries of which direction we want to be going in life.

8. Improve your posture and body language

Working on your posture and body language will change the way you walk, sit and even interact with people, which makes you feel taller, stronger and more confident with the people around you.

9. Go Travelling!

"The world is a book and those who do not travel read only one page."

You gain amazing experiences when you travel, that you're likely to remember for the rest of your life, and knowing that you use your time wisely will only make you feel more proud of your life in the long run.

10. Drop the T.V remote and the games controllers

It may be fun to watch T.V or play video games now and then, but it's not real life. You could be doing so much more:

Taking up new hobbies & skills, travelling, spending time with others. Put the controllers down and do something productive.

11. Invest in a new suit

No confidence issues that a new suit can't fix. You'll feel more confident, professional, and important. Dress smart, look sharp.

12. Get a haircut

Depending on how often you have your hair cut and what sort of style it is, you may not notice much of a difference from getting your hair cut.

But for those who leave it quite a while, a haircut can present a fresh change that naturally makes you feel better about yourself simply because it's different to the normal.

13. Eat right, drink right

Most people just don't take their diet seriously, and not only does it mean they're out of shape, but it also has effects on energy levels, mood, and the condition of your skin and so on. Eat right, drink right.

14. Work your ass off

Working your ass off gets results. Results make you feel proud, strong and undefeatable. Put 100% into everything you do.

15. Listen to motivational music

Take a de-motivated person and play them some motivational music. It'll definitely get them psyched up. Play some of this when you're doing work, exercising, travelling to work and so on to get you pumped and make you feel unstoppable.

16. Do something new every day

Doing something new every day no matter what it is reduces the risk of you wasting your day. It doesn't have to be something huge, and adventurous every day, just something new.

17. Become an early riser

It's probably not the easiest of habits to adopt, but rising early allows you an extra couple of hours to prepare yourself for your day. You're able to get more done than you normally would have, so rise early.

18. Get the adrenaline pumping

Adrenaline is an amazing thing. Facing fears, getting pumped and having the thrill of your lifetime leaves you feeling stronger and more amazing than ever before. Go out of your way to do something that gives you a rush of adrenaline.

19. Learn to be observant

Observation is a key skill to learn. When you become observant, not only do you see everything going on around you, but you see things for what they really are. That's mental power right there.

20. Embrace embarrassment

Embarrassment, or the fear of embarrassment gets to a lot of people. It stops them from behaving the way they normally would or being outgoing and willing to try new things. You need to be able to embrace embarrassment and laugh it off.

21. Always have the last laugh

It's easy for others to laugh at your dreams, especially if they have no mental drive or imagination whatsoever.

When they laugh at you for trying the impossible, don't sink to their level. Prove them wrong and make sure you have the last laugh.

22. Show your loved ones how much they mean to you

To have someone love you is a very special thing that many of us may take for granted sometimes.

We have no idea how long these people will be in our lives for and it's important that we express our gratitude and love for them whilst we can.

23. Stop rushing things

We rarely feel good when we rush things, and can end up missing life completely. Slow things down and take the time to complete things properly and stop your life from becoming manic.

24. Meet new people whenever you can

Meeting new people presents endless possibilities. It can help you gain a lot of new connections and friends that may help you out when you need it, and give you the strength you need to get through something tough.

25. Face your fears sooner rather than later

It's better to face your fears sooner rather than later, or even just to face them at all. But facing them sooner will mean that you feel more confident, and stronger because of it.

26. Treat yourself to a new ride (something that isn't sensible)

This isn't a sensible option, as stated above. But I'll tell you what; cruising around in a car that isn't sensible or in other words a great classic that may be unreliable, with the windows down on the open road is a great feeling.

27. Help others out

Your life doesn't have much meaning if you never help anyone else out. Giving is the greatest feeling ever and it will leave you feeling ultimately good about yourself.

28. Adopt new skills

Improving the arsenal of skills you have at your disposal can only be a good thing. The more skills you have, the more powerful you are at what you set out to achieve.

29. Learn to control your anger

You're never thinking clearly when you're angry. You will make mistakes you regret, and you won't feel any better. If you can learn to control your anger it'll improve your daily mood and contribute to your mental strength.

30. Invest your money, don't save it

We feel very comfortable when we have a stack of money sitting in the bank, but you can feel even better when you invest that money in yourself and your dreams, to hopefully one day provide a greater return.

If you're working hard, you'll feel better about yourself by thinking to yourself that your investment in yourself is an incredibly wise one.

31. Experience different cultures

Your wisdom and awareness of what it's like for people in other areas of the world can easily be improved by throwing yourself into other cultures to gain a stronger understanding of how they live.

That's an important thing to consider in order to realize how other people may think and feel compared to the people you spend all your time with.

It's a completely different scene and it gives you a wider knowledge of what exactly life is.

32. Challenge your mind

You'll never grow stronger if you don't challenge and push yourself. Keep challenging yourself, and when you start to see the results from doing so, it'll give you that big boost in positivity you need.

33. Never live too many days the same

Living too many days the same is a waste. There are so many things to experience, people to encounter and places to go. You will never have time to do it all, so why aren't you making the most of what you do have time for?

34. Let death motivate you

The sad reality is that we will all die one day. The time will pass no matter what we do. So let that fact motivate you to live your life the best you can, whilst you can.

35. Push yourself towards growth

Don't just expect growth to come to you when you want it to.

You have to push yourself in the direction you want to go, nobody else is going to do it for you. Understand what you want and literally push, if not drag yourself through everything needed in order to get there.

36. Learn to accept what cannot be changed

Some things in life can't be changed. They're fixed in place and the best thing to do is to accept them for what they really are. You'll feel better about yourself once you accept certain things for how they are. The rest is up to you.

37. Change anything you cannot accept

Anything that you can't accept, change. For example, how skinny you are, the job you work in, the poor selection of friends you have, where you live. Do whatever you have to in order to change anything that you just can't accept.

38) Make mistakes

It may sound silly at first, but from making mistakes you become wiser, and in most cases you lose the fear of making them again, and that's an important factor in becoming mentally strong.

39. Believe in yourself

You'll notice a big difference in the way people who believe in themselves act, compared to those who don't. They're more confident and proud of who they are and what they're setting out to achieve.

40. Stop making excuses

Stop making excuses for yourself.

We've heard them all. 99% of them are pure garbage, and they're only used as a way for you not to feel guilty about passing up an opportunity. Every day is an opportunity so don't waste it by giving yourself an excuse.

41. Be persistent

Persistence is the key to success. If you're persistent you'll begin to see much greater results, and you'll have a higher chance of becoming the best at what you do.

42. Never give up

Never give up! Never back down! Great movie by the way. The people who never give up are the ones who succeed. And giving up is the easiest thing to do. So what's it going to be?

43. Remove negative people from your life

You're never going to feel strong, powerful and proud if everyone around you is negative and starting to be that way towards you and your goals. You can't help that.

The only thing you can do is remove them from your life. They say you become like the 10 people you spend the most time with.

44. Keep in mind that anything's possible

This needs to be the basic ground of how you think. Anything is possible if you're prepared to put the work in, and truly knowing and believing in this fact has a powerful effect on what you think about life.

45. When you want something, go out and get it

There's nothing else to it. You're a beast, you're unstoppable. Nothing can defeat you. If you really want something, go out and get it. Never settle for less. You deserve the best.

Stay Strong. Be Proud. Become Powerful.

What happens next is up to you...

THANKS
FOR SUBSCRIBING
TO
WEALTHY GORILLA