

---

# THE RECYCLED PIRATE

Life Awareness & Innovations

Genuine Storyteller, Coach & Creator

## Guidelines for self mastery

---



---

# Discipline.

Once you master discipline everything else comes easy.  
Discipline is NOT punishment. It's actually fun when you understand it and you accomplish your goals.

Discipline is seeing the importance of doing a task, or routine, to be better prepared and be more at ease with whatever comes your way.

---



---

## Focus.

Learn to focus, don't let the surrounding noise take you away from what you need to accomplish.

Learn the difference between what you **WANT** and what you **NEED**. Focus on your needs, but make sure to include things that you really want to keep your focus healthy.

---



---

# Complain.

Complain less, that's the first rule.  
But if you need to complain, complain till your bucket is empty.

Accept the issue and work on solving it.  
Don't stay stuck in what you can't change. When the time is right, you will earn what you deserve.

If you complain in a healthy way, you take the pressure off.

---



---

# Correct yourself.

Correcting yourself does not mean punishing yourself.

It is accepting you could have done something better. Once correcting yourself becomes a routine, you become your own teacher and your own student.

If you can correct yourself you reach a higher level of consciousness than the people weighing you down.

---



---

# Accept.

Accept yourself.

Accept the world around you.

Accept the situation the way it is.

This does not mean that you don't aim for improvement, it just means you accept what is, for what it is.

If you want to accomplish anything, you will need to meet the situation where it's at.

Accept that and you WILL accomplish greatness.

---



---

# Acknowledge.

Acknowledgement is the best healer.

Acknowledge your pain. Acknowledge your joy.

Acknowledge the task at hand and you will have a stronger foundation to build on.

---



---

# Believe.

Believe.

Believing is the beginning of the power to heal and to grow.

Believe in something.

It doesn't matter what you want to call it, God, Universe or energy.

Just believe you've been created for a reason and your reason is to live and to thrive.

---





---

# Respect.

Respect yourself and respect the people surrounding you.

Everyone has a reason and everyone has the right to live.  
Only by respecting others will you receive respect back.

---



---

Reach out to me:

THE RECYCLED  IRATE

Life Awareness & Innovations



Genuine storyteller, Coach & Creator

therecycledpirate@gmail.com • +59995187775 • @therecycledpirate

---

 BECOME A PATRON