

HOW I CHANGED MY LIFE

by Daniel Kojnok

Bedtime Reading, or Personal Pocket Book

for /name/ :

I dedicate this book to all my friends, acquaintances and unknown people as well. To all the people who are “open” to read these lines. To those who find the time to perceive and embrace it before going to sleep. To all who want to change something in their lives, but also to those who already have to make a change.

Daniel Kojnok

Introduction

It is a strange feeling to write these lines. It is particularly strange to me. I know very well who I was 20 years ago: a village boy who found it difficult to buy a ticket in a bus. I would not like you to think that I had a physical handicap. I was only scared. Scared of my own shadow. Scared that something would not come off well, that I would mess things up, that somebody would laugh at me, that everything would work out in a different way than I imagined. In spite of all the fear, I had a dream. I dreamt that I would achieve something. I did not know what. I only knew that I wanted something. My desire was extremely strong. Could you imagine what I had to go through, when addressing a stranger was for me as completing a bungee jump?

A lot changes in a person’s life in 20 years. My life has changed as well. I became a person who guides his life to his own goals. A person who savours every moment as the most precious treasure in the world.

20 years is a long time, you think. And you are right. But during those 20 years, I have discovered a secret of changing one’s life in 30 minutes. I found a way how a person with no purpose in life can find a way of self-fulfilment. I found a way how an unemployed person can find an excellent job. I found a way how a person living without love can find the love of his life. I found a way how a poor person can become successful and rich. I found a way how a small, unimportant person can perform miracles.

30 minutes is what you need to read this thin book. It means that 30 minutes is what you need, to make a decision. You need 30 minutes to decide if you try to make a change and try out the recommendations from this book or you go on living your life. Living it the way you did so far. These recommendations are so simple that it is hard to believe in the effects they have. They seemed too simple to me too. That is why it took me 20 years to believe in them and the same time till they started to have an effect on me. Do not make the same mistake!

Where Does the Secret Lie?

“Tell me what you are thinking about and I will tell you who you are.”

Do you sometimes think about your thoughts? Do you think about how your mind “spends free time”? Do you think about why some people live a stable, contented and successful life while others live in a circle of despair, depression and failure?

Many people do not know that they could be happy too. A lot of them say that they are never lucky, they are not born under a lucky star and that they are always in the wrong place at the wrong time.

It is exactly like that. Thanks to their thoughts, opinions and attitudes, they convinced themselves that that is what they are like.

I will try to explain why this is so.

Imagine a pilot who is getting ready for a flight. He gathers information about the weather conditions, the wind direction, the runway, the condition of the aircraft, the amount of fuel... On the basis of this information he will pilot his plane. He does it with a purpose. If, before the flight, he cared about football or Pop Idol winners instead, his flight would not be successful.

Our mind gathers information too. It does it with a purpose but also accidentally.

We gather information accidentally when we do not choose the people we spend most of the time with, when we fill our mind with sorrow and fear, when we do not care where we spend our time, when we do not sort our thoughts and let all of them enter our mind; including the ones that hurt us.

This way, our personal flight will not finish well.

When we feed our subconsciousness with negative thoughts, it results in despair and depression. After all, our subconsciousness is our servant. It is the best servant in the world. I do not know any better and more reliable. It works 24 hours a day and fulfils every little command we give; whether it is right or wrong, whether it is positive or negative. Each of them. Well, it is our best servant.

Many of you certainly know the feeling when you watch a film with a touching story in the cinema and your eyes start to glisten with tears. You accepted a moving thought or experience. And your subconsciousness provided a reaction – you were moved to tears. Nevertheless, you were not a part of the story. It did not concern you in any way. You only accepted a moving experience through your senses and your mind. This experience provoked a reaction. If you were a part of the story in real life, the same would happen. Subconsciousness is doing its job.

This is exactly how our mind and our subconsciousness work. In any case, at any time. When we consciously evoke cheerful thoughts, we feel happy and calm. When we let fear and sorrow slip into our minds, we are scared and desperate.

That is why it is necessary to decide which is better for us. If you decided for happiness and equilibrium, please go on reading the following chapters and their recommendations.

I. People, Environment, Thoughts

What influences our thinking the most? It is people. People we meet daily face to face, people we communicate with on the phone, or via the e-mail. People we see on TV, on the pages of newspapers, magazines, books or on the Internet.

Make a list of people you spend most of the day with. Add their qualities and their position – to their names. This list is your mirror. You are exactly like the people you spend the day with.

That is why I recommend you to read the following:

"I avoid negative people, although they can be very near me. I choose and meet pleasant people, people who do not gossip, do not talk about problems, disasters, obstacles but, on the contrary, about plans, visions, and progress. People who think that problems are to be solved and obstacles to be overcome. I spend the day with people who are like what I want to be.

I reduce the time spent on watching TV as much as I can. Time spent watching TV is a total waste. Am I here for ever to be able to waste my time this way? That is why I only choose valuable programmes. I spend the time, which I save this way, to fulfil my aims or I spend it with my family.

I read those newspapers, magazines and books that are sources of my personal development. I avoid the media that only present violence, disasters, gossip and primitive culture. I do not let my mind contaminate with waste."

The external input that forms our thoughts is the environment we live in. The environment can be motivating and inspiring. But it can also be the opposite – negative and demotivating. That is why it does matter where we live, where we work, where we have lunch, where we spend our free time, where we play with our children, where we spend our holiday. The environment shapes us.

After all, if the eagle lived in a henhouse, we would call it a cock.

That is why I recommend you to read the following:

“I create pleasant and inspiring environment where I live, work and spend my free time. I search for such environment around me but also afar.

I travel. I travel whenever it is a little possible. Travelling opens my mind. I discover beautiful places and cultures. Travelling is my inspiration. I bring new ideas, solutions and friendships from my travels.”

Our mind constantly produces thoughts, it shapes its attitudes and opinions. If our thoughts are troubled and fearful, epidemic emotions arise. They are contagious and aggressive. One germ is enough and an immense ill monster begins to be created. They include fear, jealousy, anger, envy, greed and many others. They create anxiety in our soul, depressions, physical disorders and overall desperation.

Stop this rampant process in such states of mind. Start to take action. Manage your thoughts!!!

That is why I recommend you to read the following:

“I evaluate every thought, which I let enter my mind. If I deal with thoughts that hurt me, I immediately take action. I identify their source and replace them by cheerful and progressive thoughts, which make me stronger and give me energy. I do not let my own thoughts hurt me. I manage my thoughts.

I cultivate a garden of pleasant incentives inside. Thanks to this, I pick the fruit of equilibrium, happiness and love. If I am not successful, I read this book again. I thus return back to my way, which leads towards my aims.

I look for noble thoughts tirelessly, throughout the whole day. Thoughts that form and change my life into a work of art.”

II. Self-Evaluation, Personal Assets

It may often seem to you that your situation is hopeless. It may seem that reading this book is, in your case, a bad joke and does not solve anything. It may seem that your problems are much bigger than problems of other people.

Maybe you have just lost your job and you do not have a clue how to go on providing your family, how to pay your bills.

Maybe you had an accident that has brought a radical change into your life.

Maybe you suffered a terrible tragedy in your life that filled you with despair and gloom.

Maybe your problem is long-lasting; you are unemployed for a long time, unhappy for a long time, ill for a long time.

Maybe you feel desperate and go through your life as a straw floating down the wild river.

And maybe you only lack your personal goals.

There is a solution to such a situation. Start to TAKE ACTION!

First, analyse your inner self. Find out what is left. Do not analyse what you miss, but what you have at your disposal. Maybe you have your hands left, maybe support of your family and friends, maybe love, maybe old unfulfilled dreams, maybe roof over your head, maybe education, knowledge, skills, good qualities, maybe you have property and maybe faith in God. There is always something left. As long as we exist, there is always something left. Always. We did not come to this world to resign voluntarily. We came to overcome the obstacles, to fulfil our mission and to be happy.

That is why I recommend you to read the following:

“I start to take action! I analyse my inner self, everything that I have at my disposal for my future life. I do not analyse what I miss, but look for what I have. I search and ‘mine’ all my personal assets as the gold miner digs for gold. It is important! It is my personal capital. I search in my knowledge, skills, qualities, interests, unfulfilled dreams. I identify the property that I have at my disposal. I do not forget to include the spiritual values – love, faith, friendship, relationships, family background and talent. I am writing everything down and completing it gradually.”

In this part, make a list of your personal assets. Write it with a pencil. When you need to change, alter or complete them, just erase them with a rubber and rewrite them.

My personal assets:

education, courses, knowledge, skills, experience:

personal qualities:

interests:

unfulfilled dreams:

love, friendship, faith, family relationships:

talent:

property:

other:

III. Vision, Mission, Goals, New Beginning

Every person has a mission in his or her life. Every person was born for a reason. We are obliged to solve this mystery. We are obliged to find out why we came to this world, what we should bring, what we should do to fulfil our existence, not to live in vain.

It is not easy. I, myself, have strayed for many years looking for my place in the sun. Living without a goal is like sailing through the heavy seas without a compass.

However, searching for the goal may be the goal itself. If you are not able to discover your talent, your mission, your goals, your life vision (name it as you like), accept searching for your mission as your goal. Make this searching your second job. Launch into new and new attempts. Involve passion, faith and enthusiasm in it. Analyse events and stories from your life that have stuck in your memory. Maybe they will guide you. They certainly did not happen by accident. Search and you will see the results. It is only a matter of time. And it is worth it. However, do not set goals that other people consider important. Only you know what is best for yourself. No one else does. When you discover the purpose of your life, magic changes will happen in your world. It is fantastic to live meaningfully!

Destroy the barriers of your thinking. A person can achieve anything he or she can imagine and believe in. If it was not like that, people would not use the bulb to be able to see in the darkness, they would not fly airplanes or drive cars. Everything around us was once just imagined or believed in. Everything was first in our minds. That is why I recommend you to read the following:

"I am a unique person who has a unique personal mission in life. No one in the world has got the same combination of qualities as me. I am useful for my family, for the environment I live in, for the whole society, for the whole universe. If I cannot identify my talent precisely, searching for it becomes my mission. I involve all my passion, faith and enthusiasm into this process. I look for inspiration in the events from my life, which have stuck in my memory. Apparently, they did not happen by accident. I will not stop till I find my place in the sun.

My mind is open. I remove all the obstacles and barriers from it. Anything that I can imagine and believe in is possible."

In this part, there is a space for you to write down your vision and goals. Write it with a pencil. Every time you read this book, read it as a part of it. When you need to alter, change or complete your vision, just erase the text with a rubber and rewrite it.

The goal of my life, my life vision, the mission in my life is:

My personal and professional goals for the following 1 – 2 years are:

My personal and professional goals for the following 3 – 5 years are:

IV. Action, Activity, Persistence, Concentration, Responsibility

If the eagle wants to fly, it has to flap its wings. If you want to reach your goals, you have to take action. Nothing will change without action or activity. So make a plan and follow it every day. You will always reach your goal. It is enough not to diverge, not to stop. Even little water drops can make a big hole into a rock. If they keep falling down on one place continuously and persistently. You can reach your goal as well, if you proceed persistently, step by step, according to your plan.

That is why I recommend you to read the following:

“I am active. I develop a plan to reach my goals; I develop a sequence of steps that I will follow. Every step, which I make in my life, is a step forward. Even a wrong step. When I am not sure if I should do something or stay passive, I choose to be active. It is better than to “stay in bed”. Wrong steps also push me forward. Thanks to them, I am stronger, braver and nicer. Thanks to them, I learn to overcome obstacles with ease. I appreciate wrong steps too. And when will I do all this? The answer is: NOW!

I walk towards my goal persistently, step by step. I do not diverge or stop. I do not give up when I can still do something. Nothing is finished until I stop trying. Until I live.

I concentrate on reaching my goals. I am not distracted with different pointless activities. I am not like a bulb dispersing the light throughout room. I concentrate on important things like a ray of light concentrates on cutting the iron.”

You are a product of your own past, but you do not have to be its prisoner. Your future is not set by your past. Your future is set by the present time. All the time, it is possible to begin.

That is why I recommend you to read the following:

“The failures of yesterday do not trouble me. That is already gone. Gone with the wind. I will not change the past, so I do not worry about it and do not lose time. I live in the present. The present is the mirror of my future. I live today the way I will live all the other days of my life.

I take responsibility into my own hands. I do not complain about anybody and do not blame anybody for my failures. Only I am responsible for my actions. No one else is. And I collect the fruit.”

In this part, there is a space for you to write down your plan – the sequence of steps that you have to follow to reach your goals. Write it with a pencil. Every time you read this book, read it as a part of it. When you need to alter, change or complete your plan, just erase the text with a rubber and rewrite it.

My plan – the sequence of steps:

(activity – deadline)

V. Forgiveness, Love, Good Deeds, Smile

Anger and hatred are negative emotions that were provoked by somebody else. Somebody insulted you, hurt you or, maybe, humiliated you. Deliberately or unintentionally. But whom does the anger hurt the most? Surely not the one who has caused it. You are the one who is devoured by anger. So get rid of it promptly and read:

"I do not expect that somebody will ask me for forgiveness. I forgive every one who ever hurt me in my life. I think about my distant past and forgive every one. I am getting rid of my yoke of bitterness.

I also forgive myself. I am not perfect, after all. The only thing, all of us have in common, is that we are not perfect. I also make mistakes. That is why I forgive myself and my life is changing.

I do good deeds. Every time, when it is possible. Every day, I do at least one good deed. I search for occasions to do it. A good deed also is to give this book to some one who needs it right now.

I give love. The fastest way to have love is to give it. The best way to keep love is to give it wings and the fastest way to lose love is to hold on too tight. So I give love and give it wings.

I give smile. Smile never disappears from my face. I welcome the day with a smile; every morning I have a 'God's morning cup of coffee' (after I wake up, I smile for 10 seconds and thank for another beautiful day).

I smile at my wife, at my husband, at my children. I smile at the shop assistant in the shop, at people passing by, at the bus driver, at my colleagues at work; I smile everywhere where it is at least a little possible. I always smile first. My life is changing. "

Every person has an enormous responsibility in his or her hands, because, with our behaviour, we also influence the lives of other people. Lives of our children, family members, friends, colleagues, but also people who only "stop" in our life for a moment. People who meet, exchange their attitudes and opinions. The bigger authority you have in your family or community, the bigger responsibility is in your hands. People take over your thoughts. You change people.

That is why I recommend you to read the following:

“I am an example of joy, decency and hope, which I spread around. I take responsibility to my own hands to influence people around me or distant people in a positive way, with my own example. I do not take over negative thoughts from people, but I give them the positive ones. I make the world better.”

VI. Habit

It is very difficult to get rid of a bad habit. Many people, who tried to do it, can surely confirm this.

Every bad habit is a product of bad thoughts that are deep-rooted in us. There is only one way how to get rid of it – replace it with a good habit. The worst habits, which are in control of us, are desperation, indolence, laziness, passivity, sourness, pride, bitterness, envy, and many others.

That is why I recommend you to read the following:

“I replace my bad habits with good ones. I am getting rid of all bad habits that I have. I replace them by new habits.

I replace my despair with the belief that my personal goals will be reached.

I replace my laziness and indolence with persistence and activity.

I replace my distracted behaviour with concentration and I focus on my goals.

I replace my sourness with good mood and a smile for every one.

I replace my pride with endless gratitude and joy of every moment of life that is at my disposal today.

I replace my bitterness with forgiveness to myself and other people.

I replace my envy with good will and interest in other people.

I replace my doubts with regular and detailed reading of this book.

I enjoy my life and I enjoy every minute of it.

My goal is important to me, but the way that leads towards it is as important as the goal itself.”

VII. Recommendations

In the introduction, I have mentioned that a positive change in life is a very simple thing. That exactly is the reason why it becomes difficult. So, throw away all your prejudices and try it out. Read this book every day before going to bed (possibly in the morning too) for at least three weeks. Read it gradually, you do not have to read it all every time. It is enough to read phrases in bold again and again, together with the text that you have written yourself. This way, 10 minutes will be enough. Be consistent. Do not miss out a single day. Be perceptive. Think about what you read. Sense what you read. Contemplate on what you read. Introduce it into your everyday life. And then, the change will come. That is something you can rely on. Your life will change in a positive way.

Throw away prejudices. Do not tell yourself: “I do not understand it, I do not believe in it, I do not need to read it.” Nor: “I am educated and adult, I am not going to parrot this.” Do not make the same mistake as the majority of people do. Be different.

Throw away prejudices and read regularly:

“Every day (for at least three weeks) I read the book “How I changed my life”. I am perceptive about what I read, I think about what I read. I introduce the impulses that I get from it into my everyday life. I am rigorous and consistent. Every time I read the book in detail, I note down that I have read it. I do not miss out a single day.

I consciously repeat the ideas from this books, they thus become a part of my subconsciousness. My subconsciousness is my servant and it carries out all the thoughts that are deep-rooted in me.

After reading the book, I always remind myself of the events of the whole day and think thoroughly about what I have done right and what wrong.

This book is my personal handbook which helps me achieve my goals.”

Every time you read the book, note it down with a pencil:

1 st week:	1	2	3	4	5	6	7
2 nd week:	8	9	10	11	12	13	14
3 ^d week:	15	16	17	18	19	20	21

Conclusion

Read this book as an inspiration to find and reach your wonderful goals that will change your life radically.

Read it as a medicine when you are full of doubts, when fear, anger, jealousy, envy and desperation win over you. Get rid of these emotions, as they bring mental and physical diseases, misfortune, sadness and depression. By reading this book, you can fight against them, even triumph over them. But be careful!!! Negative thoughts and doubts never sleep! They glide along like vipers in grass. They attack and bite when you do not expect it at all. Carry this „antidote” all the time with you. This book is small and you can carry it in your pocket, bag or handbag. Read it again and again.

If you want to do a good deed and give this book to some one as a present, definitely do not give your copy. It is your personal handbook and you do not know when you might need it. All additional information concerning the book “How I Changed my Life” can be found on the following website: www.zamestnanost.sk.

We will appreciate if you share your personal experience with us, if you tell us what this book gave you. They will serve as an inspiration and support to other readers. Please, write to the following e-mail address: info@zamestnanost.sk.

P.S.: How This Book Came into Existence

At the beginning of 2003, I took part in a 6-week language course in Ireland, in Dublin. At that time I worked as a head of a district labour office in Slovakia.

On a Friday afternoon, I wandered through the streets of Dublin. My coursemates dispersed in town and I was absorbing the Irish atmosphere. I walked aimlessly and I did not even know where exactly I was. And I did not particularly care. I watched the people, looked at the shopwindows, I tried to translate the shop notices with my poor knowledge of English. I stopped at a little café for a cup of coffee. I eavesdropped to catch a piece of conversation hoping I would understand something. I did not.

When it got dark, I noticed that I was passing a small church. It was surrounded by a forged fence, but the gate was open. I stepped into the courtyard. I tried the massive front door handle. The door was open too. I entered the vestibule of the church. I started to read through various announcements and posters hanging at the side walls. I was translating all the notices carefully, bearing in mind what my English lecturer often says: “absorb English wherever you go”. A huge decorated door and two simple narrow side doors lead to the main nave of the church. As I was standing there reading, one of the doors, the one on my right, opened. I looked around to see if this was caused by draught or by somebody coming out of the church. There was nobody and there was no draught. I dared to enter through the slightly opened door and stepped into the main nave of the church. I could feel the very peaceful atmosphere of the place, but it was deserted. I made the Lord’s Prayer and took a firm decision that, when such an event had happened to me and I was unable to explain it, I would come to the Sunday mess. And I did come. On Sunday morning at 9.30, I reached the church. However, I was disappointed. I got the hours wrong and came just before the end of the mess. In spite of that I came in. I said to myself: “when I am the last one to come, I will be the last one to leave.” After the service had finished, I was really one of the last people to come out of the church. Suddenly, a small van stopped in front the church. A young man ran out of it and started to pass out some magazines. He only managed to give it out to us, the last ones. He obviously came late as I did. I took the magazine with the intention to translate something from it at home. It was a colourful religious magazine.

When I came back, I met my landlady, Mrs Loretta, at the door. She gave me a lot of instructions and information hastily – where my lunch is, how to warm the meal, what I have for dinner and so on. I did not understand half of it, of course. She had to go to see her son urgently, so we could not have lunch together as we planned.

I went upstairs to my room and immediately started to flip through the magazine. There were many articles related to various religious topics. Somewhere in the middle I came across a grey page with about ten sentences. No heading, no connection to the previous article, no connection to the next one. My inner voice forced me to read those lines. So I tried, but I did not understand it at all. Those few words that I understood did not make any sense to me. So I took a dictionary and started to translate it word by word. It was very difficult because I could not even find many of the words there. I was translating the whole afternoon with an enormous enthusiasm. I do not know at all where that passion came from. I forgot about Loretta's lunch too. Towards the evening I realised that I was starving and I was exhausted from translating. I had spent several hours working out the phrases, but they still did not make any sense.

The next day, I borrowed a better dictionary at school, one with definitions. After my morning classes, I rushed back home to continue the translation with my new dictionary. I wonder where I took so much patience as I am normally very impatient.

I started to translate from scratch. I searched for other meanings of the words. And I started to be successful. The collocations started to make sense. I started to involve my logics. I found out that the text deals with life values. The phrases had a very positive connotation.

The third day, I rushed back home again. The text was already translated, I only needed to revise it and put the finishing touches on it. In the evening of the third day, my work was finished. I was already satisfied with the result. I spent hours and hours on it. Those phrases have passed my mind perhaps a thousand times. In fact, with no intention, I had pushed them into my subconsciousness with an enormous pressure.

After I finished my work, I felt a great relief. A relief that you feel after fulfilling a big dream. A relief a mountain climber feels when he reaches the top of a mountain.

All of a sudden the thoughts started to stream in. Answers to questions that I had been asking myself for several years started to stream in. Answers to questions, such as: What is my mission in life? What is the meaning of my life? What is important to me? What is not important?

It was a fantastic spiritual experience and I still draw energy from it.

When I came back from Dublin to Slovakia, the first thing I did was to resign from my post. I started to do something that fills me with pleasure, something I consider absolutely meaningful and useful. I help unemployed people return back to a full-value life.

On the basis of the ten phrases, which I translated from the magazine, and on the basis of my own experience, I wrote this little book called **HOW I CHANGED MY LIFE**.

By means of this book, I would like to hand on the torch that I have received, so that many other people can live through such spiritual experience as I did.

...so that many other people that go through their lives with no aim can find the meaning of their lives.

...so that many other people think about themselves and make an important decision.

Daniel Kojnok

About the author

[Daniel Kojnok](#) is the founder of the Employment Development Centre. His mission is to help people find their self-fulfilment. Since 1996, he has been working in the field of human resource development. He is the author of many projects concerning the return of the unemployed people to the labour market. Contact: www.linkedin.com/in/kojnokdaniel

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Author

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