

# Self Mastery September

a gift to you from [@crystalsquest](https://twitter.com/crystalsquest)

---

## Self Mastery September

*A month of topical tweets*

---

### **Introduction**

If you're anything like me, self help is closer to an addiction than an interest.

Twitter is also highly addictive.

Self Help September was an experiment in combining these two. All in all, I think the synergy worked well.

The basic format was: aiming for 6 days a week, I'd publish a tip, a quote on the topic, and if I found one that suited it, a link to something. You-tube videos, downloadable ebooks, anything and everything ended up thrown into the mix.

I had Sundays off, Australian time (you'll see very few Saturdays below – we're ahead time-zone-wise) That's also why there aren't 30 tips. Initially I was aiming for weekends off, but then I changed to 6 days.

You might also notice the times are a bit strange. I'm in Australia. We go to bed when a lot of the rest of the world is getting up, and vice versa. Basically, I'd put the tips & quotes out each morning, between 5.30 and 7am my time. (My job means I have to leave early for work).

I had a lot of fun, but in the process, I discovered that it was fairly labour intensive. My Sundays off were mostly spent finding the stuff to put out over the rest of the week. While I thoroughly enjoyed it, and will definitely do it again, it's NOT going to be an every month thing.

I'm now thinking "Nurture November". After all, the lead up to Christmas is all about everyone else, so it's probably good to go into that with a bit of self-care padding built up in reserve.

What do you think? Any ideas? Feel free to tweet me <http://twitter.com/crystalsquest> or email me via my contact form on <http://crystalsquest.com/contact-me/>

I look forward to hearing back from you!

# Crystal

PS Welcome along for the ride...

# Self Mastery September

a gift to you from [@crystalsquest](#)

---

## Tweets

**Mon Aug 31 2009 9:03:35 PM**

SelfMastery Tip #1: When you feel compelled to buy something, look within and question what need you're really trying to fill.

<http://twitter.com/crystalsquest/status/3673570694>

**Mon Aug 31 2009 8:04:30 PM**

Self Mastery September begins today. First challenge: finish 30 days of goal visualization to set new habit. On d27 today - nearly there!

<http://twitter.com/crystalsquest/status/3672556307>

*I had a board mounted on the wall and marked off my days 1 to 30, so I could cross them off as I did them. There's something intrinsically motivating about putting a mark through a number. Strange, but there it is.*

**Tue Sep 1 2009 11:49:39 AM**

Settling into new routines & even managed to get a post edited & live for my blog. 18hrs later, I'm ready to hit the doona. G'night all!

<http://twitter.com/crystalsquest/status/3686738445>

**Tue Sep 1 2009 8:59:54 PM**

SelfMastery Tip #2: Next time you're arguing, let go of your need to be right. Allow the other person to "win", and make a friend instead.

<http://twitter.com/crystalsquest/status/3696726842>

*This was before I hit on the idea of quotes, so it was just the daily tip at this stage. I was also having trouble with a colleague who was one of those people who just had to have the last word. I got wise. It wasn't worth the energy. They were never going to be convinced.*

**Wed Sep 2 2009 7:54:19 PM**

Morning world. Listening to Kookaburras laughing outside. Guess that means I bring my umbrella today.

<http://twitter.com/crystalsquest/status/3717474906>

**Wed Sep 2 2009 9:19:52 PM**

SelfMastery Tip #3: This morning, do your biggest, most daunting task first. If it's too big, do 15m on it. Then enjoy the feeling you get.

<http://twitter.com/crystalsquest/status/3719159657>

*PS I didn't bring my umbrella. I forgot. It didn't look overcast when I left. Come afternoon, though, it was belting down something shocking. Reminder to self: never ignore kookaburras.*

# Self Mastery September

a gift to you from [@crystalsquest](#)

---

**Thu Sep 3 2009 9:03:47 PM**

SelfMastery Tip #4: When you make a decision, make it firm and convince the world you mean it. Let go of doubts and keep moving forward.

<http://twitter.com/crystalsquest/status/3741992020>

*Sometimes the hardest thing is to believe yourself in the face of all the doubters out there. There's no shortage of them. There IS a shortage of people who charge on regardless. Become one of those. J*

**Fri Sep 4 2009 9:03:05 PM**

SelfMastery Tip #5: When you want to say 'yes' just so you don't have to deal with saying 'no', make yourself decline - without apologising.

<http://twitter.com/crystalsquest/status/3765331302>

*I'm shocking on this one, I have to admit. Probably why my workload keeps on growing to ridiculous levels. I'm getting better, though.*

**Sun Sep 6 2009 6:52:49 PM**

Found a free wallpaper that fits with my theme this month. Love the quote.

<http://tr.im/y20J>

<http://twitter.com/crystalsquest/status/3802971005>

**Sun Sep 6 2009 9:09:26 PM**

SelfMastery Tip #6: What is it you know you should get to, but haven't? Schedule something you like for immediately after you work on it.

<http://twitter.com/crystalsquest/status/3805184213>

*I did this. Got a fair bit done, but also got caught up in doing it and ended up missing a day. Oops.*

**Tue Sep 8 2009 9:06:04 AM**

SelfMastery Tip #7: Listen to your self-talk today. Try to catch any self-negativity and reverse it, or at least think "cancel-cancel"

<http://twitter.com/crystalsquest/status/3836982372>

*If you haven't heard 'cancel-cancel' before, I know it sounds weird, but there's plenty of people out there who swear by it. Seems to have helped when I've used it.*

**Wed Sep 9 2009 9:14:14 AM**

SelfMastery Tip #8: Set aside 5m tonight to reflect on what you've achieved today, and plan the most important thing to achieve tomorrow

<http://twitter.com/crystalsquest/status/3860010091>

# Self Mastery September

a gift to you from [@crystalsquest](#)

---

**Thu Sep 10 2009 9:21:22 AM**

SelfMastery Tip #9: When you face temptation today, see yourself as manager of your self & life. What is the right decision? Now do it.

<http://twitter.com/crystalsquest/status/3884163927>

*If you want to start attracting an executive level salary, you should start practising thinking of yourself in executive level terms. Can't hurt, can it?*

**Fri Sep 11 2009 8:57:41 AM**

SelfMastery Tip #10: Have you got a morning routine? Is exercise part of it? Hard as it is to get up earlier, you will feel better doing it.

<http://twitter.com/crystalsquest/status/3907810055>

*That one's on my list for the next 30 day challenge. Honest. ;-)*

**Sat Sep 12 2009 9:07:15 AM**

SelfMastery Tip #11: What motivates you? What de-motivates you? How can you use that knowledge to make the important things happen?

<http://twitter.com/crystalsquest/status/3931147110>

**Sun Sep 13 2009 7:13:55 PM**

Meanwhile: "The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart." ~ H Keller

<http://twitter.com/crystalsquest/status/3959988092>

*This is where I started finding quotes, and adding them into the mix. I love quotes. I collect them.*

**Mon Sep 14 2009 8:39:13 PM**

"A goal is not always meant to be reached, it often serves simply as something to aim at." ~Bruce Lee

<http://twitter.com/crystalsquest/status/3988070755>

**Tue Sep 15 2009 8:32:25 PM**

"It is easier to act yourself into a new way of feeling rather than feel your way into a new way of acting." ~G. D. Morgan

<http://twitter.com/crystalsquest/status/4012716107>

**Wed Sep 16 2009 7:23:14 PM**

New blog post: Where Your True Power Hides <http://bit.ly/4IZPLF>

<http://twitter.com/crystalsquest/status/4036136856>

*Some of the realisations I was coming to as I went through finding all the stuff for this month went into the post, so I've left it in.*

**Wed Sep 16 2009 9:00:03 PM**

SelfMastery Tip #14: Practise standing firm on something you believe deeply. More than just keeping silence, argue it and demonstrate belief

<http://twitter.com/crystalsquest/status/4038158245>

# Self Mastery September

a gift to you from [@crystalsquest](#)

---

**Thu Sep 17 2009 9:09:33 PM**

SelfMastery Tip #15: How often do you cheat yourself by letting an impulse push you to defer what you know needs doing? Keep count today.

<http://twitter.com/crystalsquest/status/4063229215>

**Fri Sep 18 2009 9:42:35 PM**

SelfMastery Tip #16: This weekend, decide on something you'll test your discipline by doing, even when there's no routine to hold you to it.

<http://twitter.com/crystalsquest/status/4088739102>

**Sat Sep 19 2009 11:54:01 PM**

Sept 21 is for peaceoneday.org - My pledge: No complaining to anyone, about anything they're not able to help fix. Please retweet ur pledge

<http://twitter.com/crystalsquest/status/4112936497>

**Sun Sep 20 2009 8:35:06 PM**

"Those who have conquered themselves...live in peace, alike in cold and heat, pleasure and pain, praise and blame." ~Krishna

<http://twitter.com/crystalsquest/status/4130791014>

**Sun Sep 20 2009 9:56:39 PM**

Free From Fear ebook gift via Evolution Ezine (a fave). <http://tr.im/zbav>

<http://twitter.com/crystalsquest/status/4132283691>

**Mon Sep 21 2009 9:18:29 PM**

SelfMastery Tip #18: Do something unexpected today, without regards to what others might think. The more you shock/surprise them, the better

<http://twitter.com/crystalsquest/status/4155766379>

**Tue Sep 22 2009 4:12:56 AM**

New blog post: Your Dream Life is Not What You Think <http://bit.ly/cSOM3>

<http://twitter.com/crystalsquest/status/4164802178>

**Tue Sep 22 2009 8:51:36 PM**

SelfMastery Tip #19: Whatever you're feeling most scarcity in (time, money, energy), find a way to give some of it today.

<http://twitter.com/crystalsquest/status/4297967159>

*counterintuitive advice, but it really works!*

**Wed Sep 23 2009 7:41:07 AM**

<http://tr.im/ztGx> Found an interesting recipe for a raw smoothie you can take on the road (just add water & honey) & looks like coffee.

<http://twitter.com/crystalsquest/status/4310782409>

*I took most of the personal stuff out of this, and a few of the non-relevant blog posts, but I'm really having amazing fun exploring raw food and this recipe rocks.*

# Self Mastery September

a gift to you from [@crystalsquest](#)

---

## Wed Sep 23 2009 7:28:01 PM

Morning world! No creepy red glow yet this morning. Yesterday's dust storm was amazing... <http://tr.im/zx9y> (Then again, sun's not up yet)

<http://twitter.com/crystalsquest/status/4323008672>

*You might have read about the huge dust storms in Sydney. There were heaps of really bizarre pictures. It looked like I was living on the set of Mad Max.*

## Wed Sep 23 2009 9:10:33 PM

SelfMastery Tip #20: Make a choice what you will devote the next 30 days to achieving. Write it down, read it daily. Take inspired actions.

<http://twitter.com/crystalsquest/status/4325256031>

## Wed Sep 23 2009 10:19:01 PM

<http://tr.im/ztPA> Great @zenhabits post on 3 ways to boost your willpower - and why it needs rationing!

<http://twitter.com/crystalsquest/status/4326722441>

## Thu Sep 24 2009 8:44:34 PM

SelfMastery Tip #21: Think on what your gifts are. Hint: it's likely to be the things you find easy & fun, NOT what you struggle to master.

<http://twitter.com/crystalsquest/status/4351097316>

## Fri Sep 25 2009 7:45:08 PM

New blog post: Self Esteem and Lost Happiness <http://bit.ly/zCs6X>

<http://twitter.com/crystalsquest/status/4376417989>

## Fri Sep 25 2009 9:16:47 PM

SelfMastery Tip #22: Know your weaknesses, and use the knowledge to motivate yourself (or prevent demotivation)

<http://twitter.com/crystalsquest/status/4378346749>

## Fri Sep 25 2009 10:28:24 PM

Steve Pavlina has a series of posts on self discipline that I just rediscovered. Well worth reading. <http://tr.im/zurK>

<http://twitter.com/crystalsquest/status/4379784188>

## Sat Sep 26 2009 11:39:26 PM

Sunday morning, writing for <http://crystalsquest.com>. Listening to the gale blowing outside, feeling very appreciative of 4 walls around me.

<http://twitter.com/crystalsquest/status/4404767004>

## Sun Sep 27 2009 8:28:51 PM

"What you have to do & the way you have to do it is incredibly simple. Whether you are willing to do it, that's another matter." ~P Drucker

<http://twitter.com/crystalsquest/status/4424958683>

# Self Mastery September

a gift to you from [@crystalsquest](#)

---

**Mon Sep 28 2009 9:11:49 PM**

SelfMastery Tip #24: Is there something you've been procrastinating on? If there's a decision to make, commit to one course and take action

<http://twitter.com/crystalsquest/status/4452769726>

**Mon Sep 28 2009 9:43:07 PM**

Just found: Starting 29 Sept, a free teleseminar series with some big names you're bound to know. <http://www.healingwiththemasters.com/>

<http://twitter.com/crystalsquest/status/4453458665>

**Mon Sep 28 2009 11:03:25 PM**

Reading: 5 Psychological experiments that expose humanity's dark side <http://tr.im/zV7z> - scary stuff. Important to know.

<http://twitter.com/crystalsquest/status/4455262714>

**Tue Sep 29 2009 8:26:00 PM**

"Never give up on what you really want to do. The person with big dreams is more powerful than one with all the facts." ~Lifes Little Instr...

<http://twitter.com/crystalsquest/status/4479028334>

**Wed Sep 30 2009 8:24:21 PM** (This was Oct 1 for me...)

Taking today & tomorrow off to compile the self-mastery ebook and decide on the new theme. I'll post the link here once it's done.

<http://twitter.com/crystalsquest/status/4506215160>

I hope you've enjoyed reading, and found some good stuff to work with.  
Looking forward to your suggestions for the next Focus Month,

Best Wishes,

## Crystal

<http://crystalsquest.com>

**Self Esteem Creates Success**

Do you believe in yourself? I believe in your right to.

Your value doesn't come from what you do, who you know, what you earn or own...

It comes from **who you are**. Believe in yourself, and the world will never be the same.