

101 Magic Seeds:

How to Grow Yourself,
Stay Motivated and
Reach Your Goals!



Lim Jium Yeh

Lim Jium Yeh (Jimmy)

101MagicSeeds.com

GrowthExcellence.com

Like us at Facebook.com/101MagicSeeds

Sign up for my [FREE Personal Development eNewsletter](#) to receive tips and information to live your best life!

Disclaimer

This e-book has been written to provide information about growing and living an awesome life. Every effort has been made to make this ebook as complete and accurate as possible. While all attempts have been made to verify information provided in this publication, the author and publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein. Any perceived slights of specific persons, peoples, or organizations are unintentional.

The purpose of this ebook is to educate. This eBook is thus for informational purposes only and is not intended for use as a source of legal, business, financial or professional advice. All readers are advised to seek services of competent professionals in legal, business, finance and relevant fields. Therefore, this ebook should be used as a guide - not as the ultimate source.

The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by this e-book.

SPECIAL NOTICE

It is my vision to touch as many lives as I can, thus, I'm granting you the rights to give away this special eBook (**worth US\$47**) to anyone you deem fit, as long as everything (title, graphics, content etc.) in this eBook remain intact and unchanged. Thank you!

About the author



Hi, my name is Lim Jium Yeh, founder of personal development website GrowthExcellence.com and creator of *101 Magic Seeds: How to Grow Yourself, Stay Motivated and Reach Your Goals!* eBook. You may call me Jium Yeh or Jimmy, if it is easier for you to remember and address.

Firstly, I'd like to congratulate you for downloading this eBook. You now have before you an awesome, wonderful resource for personal growth and transforming your life to attain excellence. Use it well, as all the tips shared are like seeds, which would grow and transform your life, when you take action and allow it to happen, [with the right mindset](#).

Probably you may be wondering "Is this really so powerful that it can achieve so much for me?"

The only answer I can say is yes, it has worked for me.

How did 101 Magic Seeds help me

My life had been quite ordinary since birth. I was born into a working class family, with my father as the main provider for the family. Even though money was tight, I am thankful that my siblings and I were well provided for and I managed to get into university as well. Definitely there were a number of challenges, both major and minor, during the years.

I remember applying and volunteering for overseas posting duty during my National Service as there would be additional allowance, which I could save up for my University tuition fees. National Service is the act of serving in the Singapore defence forces by Singapore male citizens, as Singapore practises compulsory conscription for her defence forces.

The bursaries, scholarships and study loan that I managed to secure had helped me financially to complete my University education and I am very grateful for that. It greatly reduced the financial burden on my parents as they still had to pay for my sister's University education during that time and they did not have to fund my University education at all.

One of my more significant challenging event took place in January 2003.

I had then graduated from university, owned a car as my job required me to travel locally (cars are extremely expensive in Singapore), was working in a multinational corporation, earning a decent salary, had bought a place I call home (it still is), happily married and blessed with a one-year old daughter. Little did we know what was coming...

Things seemed to be going on well for me, both for my personal and working life. My family and I were looking forward to even better times ahead.

On 2nd January 2003, I was called into the conference room with a number of colleagues. It was there that my General Manager informed us that we were being laid off, and that very day would be the last day for us at that company. I was RETRENCHED, LAID OFF...

Imagine the impact the job retrenchment had on me and my life, amidst the gloomy economy. The region was going through the SARs epidemic, which started in Hong Kong, at that time. Times were bad and there was fear everywhere.

I then thought to myself, I could choose to dwell on this and stay down or I could choose to look forward.

I chose the latter.

Using the tips and principles laid out in this ebook, I managed to bounce back even stronger and better. I secured a job in another multinational corporation in a short time. You can read more about how and what I did during that period in [this blog post](#).

Another important thing I did all these while, even before the retrenchment, was spending time taking courses and learning from mentors. The amount of money I spent to-date is in the 5-figures range. They were invested in wealth, [personal development](#), skills building, motivational, certification, internet marketing books/audio/video products,

programs, seminars or courses. With the skills, I am able to help both adults and children through coaching, therapy and energy works.

I had my fair share of hits and misses as well. Whether they were lessons, experiences or successes, they all helped to shape who I am today and I am grateful for these events and the people who came into my life. I have certainly grown and become a better person through this journey.

With the knowledge and experience gained over the years, I have identified certain principles and tips that are useful in helping us to grow to be the person we are meant to be, to reach the immense potential in us that we ourselves may not even be aware of. Yes, [harness the power of your mind!](#)

There is always a fear, whether rational or irrational, holding us back from what we truly deserve. So, what is your greatest fear?

“Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light not our darkness that most frightens us.

*We ask ourselves, who am I to be brilliant, gorgeous,
talented and fabulous?*

Actually, who are you not to be?”

Our Greatest Fear —Marianne Williamson

Yes, every one of us is powerful beyond measure. We are all meant to shine in this world.

The tips in this eBook can be described as *seeds* that grow the magic within us and transform our lives, if we allow it to. Sow and you shall reap. Do it right, with integrity, and see it grow and multiply many folds over. Many have already benefitted from planting and growing these *seeds* in their own life.

Now that you've already seen how using these *magic seeds* which I'm about to pass to you has changed my life and those around me. It is your right to take action and see it grow.

I believe you've already started to realize and appreciate the power, potential and possibilities of the gem of a gift I'm handing you. You probably will also agree that now is the best time to let *101 Magic Seeds* transform your life too, right?

I believe you want to be successful in life.

I believe you want to live your best life.

I believe you want to contribute and help to touch lives.

I believe you want to make a difference.

I believe you want this world to be a better place because of you.

Naturally, we all want too.

It is my vision to reach out and touch the lives of 20 million people in the world by the end of year 2020 with this book and every one of you can help to spread the message and the *magic seeds* of personal growth to your friends and loved ones. You can make a difference!

We only live once. So, let us all grow together and help make this world a much better place for us and the generations to come!

Now, do turn over to the next page and start your journey...

As you read this book, we are all connected. Feel and accept the positive energy sent to you with the best intentions.

I look forward to hearing from you about your success stories!

**I WANT TO
INSPIRE
PEOPLE.
I WANT SOMEONE TO
LOOK AT ME AND SAY
“BECAUSE OF YOU
I DIDN’T GIVE UP”**

Table of Contents

INTRODUCTION	12
THE GRAND IDEA: The Essentials To Attaining Life’s Success	13
1 Have The Right Mindset	
2 Be Interested	
3 Be Healthy	
4 Use Your Common Sense	
5 Smile	
INDIVIDUAL HAPPINESS: Exploit The Freebies	14
6 Appreciate The Little Things	
7 Smell The Coffee	
8 Ride A Bicycle	
9 Walk Barefoot Once In A While	
10 Stretch Far Out While You Yawn	
11 Enjoy A Bubble Bath	
12 Scream For All The World To Hear	
13 Watch The Stars	
15 Sing To Your Favorite Track	
15 Have A Chat With A Toddler	
16 Connect With Nature	
GOAL SETTING: Hitting The Right Mark	16
17 Write Down Your Priorities	
18 Take Them Down One At A Time	
19 Be Realistic	
20 Admit Your Mistakes	
21 Recognize Your Support Group	
22 Mark Your Date	
23 Seek Help	
24 Accept Criticisms	
25 Engage In A Friendly Competition	
26 Rejoice In Your Success	

27 Do It For Yourself

MONEY MATTERS: Be Financially Stable..... 17

- 28 Identify The Source Of Your Income
- 29 Set Up Multiple Bank Accounts
- 30 Do Not Spend More Than What You Have
- 31 Saving Alone Will Not Add To Your Money
- 32 Balance Your Books
- 33 You Must Treat Money Differently
- 34 Give Loans Selectively
- 35 Get Insured
- 36 Money Do Not Grow On Trees
- 37 Practice Bargaining
- 38 Be Humble

HEALTHY LIVING: Eating And Drinking To Last You A Lifetime..... 20

- 39 Drink Eight Glasses Of Water
- 40 Eat Vegetables
- 41 Do Some Exercise
- 42 Quit Smoking
- 43 Eat Breakfast
- 44 Sleep The Night Off
- 45 Refrain Yourself From Drugs
- 46 Maintain A Clean Hygiene
- 47 Take Supplements
- 48 Go Natural
- 49 Watch What You Put into Your Mouth

LIFE IN GENERAL: Basic Survival Tips..... 22

- 50 Keep Calm
- 51 Face The Challenge
- 52 Be Strong

EMPLOYMENT CONCERNS: How To Become An Effective Worker..... 23

- 53 Check Yourself Out
- 54 Know What You Are Getting Into
- 55 Be Professional

56 Follow Through	
57 Get To Work	
58 Achieve Goals	
59 Be A Team Player	
60 Show Them What You Still Have	
61 Be Prepared To Ask For It	
62 Be Cool	
63 Be Respectful	
64 Learn From Your Predecessors	
RELATIONSHIPS: How To Make Them Last.....	26
65 Draw The Line	
66 Be Legal	
67 Be Involved	
68 Gain The Trust Of Your Customers	
69 Get A Feedback	
70 Be Ready To Compromise	
71 Be Committed	
72 Know When To Reciprocate	
73 Realize The Need To Communicate	
74 Be Creative	
75 Be Yourself	
76 Show Some Love	
77 Recognize The Purpose Of The Relationship	
78 Set A Time Frame	
79 Have An Open Mind	
80 Have Fun	
81 Be Generous	
When Your Ego Gets The Best Of You.....	29
82 “Watch Me, I Am So Good...”	
83 “ You Were Not Too Bad Yourself...”	
84 “I Am Better Than You Because...”	
85 Just Because You Can Afford It	
86 “Me, Me and Me...”	

Top Five Virtues You Must Adopt To Enjoy A More Prosperous Life.... 30

- 87 Devotion: An Enthusiastic Zeal
- 88 Grace: Keeping It All In
- 89 Idealism: The Pursuit Of Excellence
- 90 Love, Love, Love
- 91 Mercy: Knowing When To Show It

END OF THE ROAD: Zoning In On What You Have..... 31

- 92 Take Control of Your Life
- 93 Discipline Yourself
- 94 Tame Your Temper
- 95 Be Concerned
- 96 Take A Day Off
- 97 Eat Some Chocolate
- 98 Be Responsible
- 99 Accept Your Self
- 100 Dance With Your Father
- 101 You Are Enough

Conclusion..... 33

Resources..... 34

Free Bonuses..... 37

INTRODUCTION

We all want to succeed in life. And although success does not come on a silver platter, it is still what everybody wants. This is why people get up in the morning to work and drag their bodies back to bed at night. People simply want to be better – in everything.

There is only one reality and no matter how you would like to escape from that, it will always get you. So why not face it with a more realistic approach? No matter if it is flight or fight, reading this **101 Magic Seeds: How to Grow Yourself, Stay Motivated and Reach Your Goals** will actually get you somewhere.

You will find 101 tips inside that you can use to improve your life and prosper at whatever you intend to do. Even if you choose to remain status quo, you will find that your life will seem to be getting better. They may be advice that you have already heard before but have not paid attention to them yet. Now, the fact that you are reading this eBook shows that you are already taking some action, for yourself and your loved ones. Congratulations!

The sweet road to success is a path well taken, so let us take this journey together!



THE GRAND IDEA:

The Essentials To Attaining Life's Success

1 Have The Right Mindset

Whether you want to go to the classroom or build an empire, you have to have it in you. Having the right attitude is always the first requirement to getting things done. And, honestly it is the only credential that you will ever need.

2 Be Interested

Information and knowledge is power, and if you do not stick out your ear to whatever is happening, you do not stay current and will not know the trend and direction. You do not always have to know everything but it would matter a lot if you know what matters.

3 Be Healthy

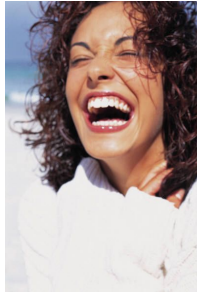
Do not be naïve and think that you can make solely through intellect prowess. Eating and drinking the [right amount of food and water](#), keeping yourself healthy is the only way that you can ever accomplish your goal.

4 Use Your Common Sense

It is unbelievable to hear or even read about it, but it is true. Statistics have been piling up on how many people lose everything just because they forgot to use common sense. It is hardwired in every individual and it actually makes things easier.

5 Smile

Sad but true! Smiling transcends almost all differences and just imagine how it would benefit your cause. You know it is a great gesture too, right? It is a formula that works and has been proven with time.



INDIVIDUAL HAPPINESS:

Exploit The Freebies

6 Appreciate The Little Things

Find a reason to be happy. It does not always have to be a person or something big. In fact, you would be astonished at how the little things can affect you in big ways. You can read my blog article on [being happy](#).

7 Smell The Coffee

Just the aroma of brewing coffee can be enough to rev up your nerves and create a more beautiful day.

8 Ride A Bicycle

The thrill of riding a bicycle never gets old. In fact, the idea can be likened to the aging of wine: it only gets better with time. Another thing is that, you will not only get to tickle your insides with it but also come out looking chic cycling all over town.

9 Walk Barefoot Once In A While

...and avoid stepping onto broken glass when you do so. Do this not only when you walk on the beach but also in and around your residence. Sure it will leave you with dirty soles but with a joyous experience to note.

10 Stretch Far Out While You Yawn

Stifling a yawn during a meeting is one thing but rising up from bed and stretching fully is another thing. Go all the way and extend your arms so far out that you can almost hear your muscles groaning.

11 Enjoy A Bubble Bath

No matter what your age or sex is, bubble baths can gratify the soul within. Light some candles too, to complete the picture. Allow yourself to revel in the pleasures that never fail to amuse.

12 Scream For The Whole World To Hear

Sometimes to draw positive energy, you must first release the bad ones. You can achieve this when you scream at the top of your lungs, sure you will scare the neighbors but you will also release negativity.

13 Watch The Stars

Celebrities may be good-looking people but the big dipper, Venus and all the other twinkling stars are better to gaze at. Lie on the ground, revel in the presence of a million stars and you would be happy to realize they might all be twinkling for you.

14 Sing To Your Favorite Track

Humming is safe but singing aloud is more satisfying than you imagined it to be. Just plug in your earphones and allow the rhythm and your voice to take over.

15 Have A Chat With A Toddler

Annoying aside (just joking!), kids are the funniest creatures on earth. Not only can they make a big deal out of the simplest things but they also can do it in a way that does not irritate you like your spouse does. They make everything ridiculously funny too.

16 Connect With Nature

Take a nature hike or go camping for a weekend. Enjoy nature's creation and marvel at the natural wonders of the world.



GOAL SETTING: Hitting The Right Mark

17 Write Down Your Priorities

It would help you significantly if you have your goals written down instead of just thinking about them. Create a list – it will help keep you on track and will also serve as a reminder on how many you have achieved so far. You may want to learn how to [set and achieve goals](#).

18 Take Them Down One At A Time

Do not be in a rush to cross out all your goals and dreams. Instead, accomplish your goals one by one as it would be more fulfilling that way. And remember, the longer you desire it, the sweeter the success will be.

19 Be Realistic

If you can spare more than \$20 million dollars, you can shoot for the moon. But if not, then better settle on something else, it would just be easier that way. Not that you are afraid of challenges but setting realistic goals would bring you closer to success.

20 Admit Your Mistakes

They say that to accept that you have committed a mistake is to be superhuman. Well, what do you know, another accomplishment achieved.

21 Acknowledge Your Support Group

Remember the people who helped you along the way. Thank them along the journey and then thank them again upon completing a goal.

22 Mark Your Date

Getting a promotion and getting a promotion within the year are two different goals. You must know which of your goals need to be accomplished within a certain amount of time. Procrastinating is the worst kind of company in goal setting.

23 Seek Help

Re-doing several times may be expected but failing at it more than a dozen times calls for help. Know when you need to call for help because the longer you try and fail, the more you will hate yourself for not succeeding. You can [read this blog article](#).

24 Accept Criticisms

It hurts more when people criticize your work but it is one fact of life that is inevitable. Rather than sulking, use the information to your advantage or better yet, prove to them that you are better and bigger than what they make of you.

25 Engage In Friendly Competition

As Darwin put it, the human race is built to outdo each other. Well, there is no sense putting a stop to it now and remember, make it friendly. It is healthier and simpler if you do it that way.

26 Rejoice In Your Success

Sometimes, people forget to congratulate themselves even after accomplishing a goal. It is a dysfunctional attitude that allows you the title but not the recognition.

27 Do It For Yourself

Run a marathon because you want to do it for yourself and not because everybody else is doing it. You will never get truly satisfied if you keep allowing other people or trends to dictate upon you.



MONEY MATTERS:

Be Financially Stable

28 Identify The Source Of Your Income

The first rule to becoming financially stable is to know where your money is coming from. In this way, you will know when you will have money, how much is coming and so on. Knowing that you are only living on your school allowance will discipline the way you spend your income.

29 Set Up Multiple Bank Accounts

You must have separate bank accounts for emergency, savings and daily expenditures. Setting a limit to each will not only secure your future but curtail unnecessary spending too.

30 Do Not Spend More Than What You Have

Credit cards are great to have but it only teaches people to chew more than what they have. Do not fall into the habit of swiping your credit card as it only swerves you away from being debt-free.

31 Saving Alone Will Not Add To Your Money

Venture into business, buy stocks or go into investment if you have to. There are lots of ways that you can do to add value to what you already have. Sometimes it is not all about having money but knowing how to generate an income out of it that makes it all worth your while.

32 Balance Your Books

Understandably, balancing your books and knowing your income and expenditure in detail is vital to maintaining good financial health. You can learn to do it yourself with the help of suitable software or engage experts to help you.

33 You Must Treat Money Differently

One of the secrets of the wealthy people is that they actually use their money to experience different things. Having a million in the bank is one thing but having it and not being able to travel, buy things or indulge in pleasures that money can buy is a poor choice.

34 Give Loans Selectively

There is a reason why you must not lend your money – you may or may not get it back. It does not mean that you have to be greedy either but it would really help to choose who to help.

35 Get Insured

Be financially protected by insuring your assets and yourself. It is a cheap move for a valuable asset.

36 Money Do Not Grow On Trees

Inherited or not, you simply must do something to keep the cash flowing. It does not do any good either by just leaving it with the bank. Explore the [science of getting rich](#).

37 Practice Bargaining

You would be surprised how frugal the rich people are when they go shopping. So when you find yourself with more money, do not be a big spender. Hustle with the vendors, learn the art of bargaining as it is not because you are penny pinching but you only want to get a reasonable price.

38 Be Humble

Money may buy everything but it does not mean that it gives the wealthy people the right to act snobbishly.



HEALTHY LIVING: Eating And Drinking To Last You A Lifetime

39 Drink Eight Glasses Of Water

Water is important to sustain normal body functions and because the body expels them easily through pores and bowel, each individual should drink at least eight glasses of water.

40 Eat Vegetables

Aside from vitamins and minerals, vegetables provide fibre that allows proper digestion. Chew on some greens to keep healthy and ward off diseases.

41 Do Some Exercise

It is easier said than done. More and more people love the sedentary lifestyle and unless you want to fall into the same rut, you had better start twisting and bending that flabby belly to extend another day. You may want to consider [doing Yoga](#).

42 Quit Smoking

A puff of cigarette lessens the capacity of the vessels to deliver oxygenated blood to various organs. The more addicted to nicotine you get, the more energized you feel but your innards will continue to deteriorate. You can learn to [quit smoking](#).

43 Eat Breakfast

If you really want to get through the day, you must take your breakfast every day. A bowl of cereal or 2 slices of bread will not only give you nutrition but will also ensure your brain and body has the energy to start off the day.

44 Sleep The Night Off

Doze off and do it at night. You may think that catching up on your sleep during the day is the same as doing it at night but you've got it wrong. Not only do you gain more weight but you also heighten your chances of getting a headache.

45 Stay Away From Drugs

Illegal or not, too much drugs in the system is a serious problem. It destroys the liver, incapacitates the mind and most of all, make you dependent on them. So, instead of popping a pain reliever, why not just rest your body until the pain goes away?

46 Maintain Good Hygiene

Wash yourself regularly, brush your teeth at least two times daily and change your clothes. These are the essentials to warding off diseases.

47 Take Supplements

Help yourself by taking in extra vitamins and minerals. Vitamin B will help with brain activities, Vitamin E will keep your hair strong and your skin tight while Iodine will regulate thyroid function.

48 Go Natural

Homeopathic therapy has become increasingly popular and more effective than before. Indulge yourself in a cup of tea, an hour of massage and a weekend of detox. These are all meant to rejuvenate and cleanse the body of harmful toxins that are included in the many foods that humans prefer to eat today.

49 Watch What You Put Into Your Mouth

You may be curious about exotic or wild food but curiosity kills the cat, and cats have nine lives, you only have one. When tasting and swallowing unfamiliar food, people do not really know that it is one of the leading causes of accidents and death.



LIFE IN GENERAL:

Basic Survival Tips

50 Keep Calm

There is always a 50% chance that things will always turn out differently as planned. And when faced with that, you must always tackle the situation with as much finesse as you can gather. Take a minute to breath, analyze what is happening and then make a decision.

51 Face The Challenge

There is no point avoiding the issue. Whatever is at hand and no matter how troublesome it is, facing up to it is often the only way to get it over with. What you do may not be the best approach but the ultimate thing is, you did not run away from it.

52 Be Strong

Not giving up often solves the problem. Muster the strength to make it work, employ the help of friends if necessary. Giving up is easy, so reserve a muscle to keep saying no.



EMPLOYMENT CONCERNS:

How To Become An Effective Worker

As An Applicant

53 Check Yourself Out

There is nothing else that can say it more than how you look. Appearance is everything and if you really want to get hired, then present yourself in a way that is both professional and appealing. Create the vibe that says you are a valuable asset.

54 Know What You Are Getting Into

Never step into an interview room without being prepared. No matter how great you look or how highly recommended you come, if you come lacking then you may never get the job. The hiring process is a two-way street: you check them out and they may just check you in. Learn and master the skill of [how to answer interviews](#).

55 Be Professional

Corporate or not, applicants need to be professional. And it is not just about how you present yourself but individuals who know their position during the process are the ones who are most likely to get hired.

As A Regular Employee

56 Follow Through

The management does not forget the words applicants say during the job interview. And if you really want to keep on the right track, better impress your bosses by accomplishing what you said you would do.

57 Get To Work

You do not get to be called an employee if you do not perform employee responsibilities and showing up for work is one of them. Whether you work in the real world or through the Internet, “getting to work” means the same thing.

58 Achieve Goals

It should not be all about the salary because you would actually be dragging your feet to work if you do that. One way of becoming an effective employee is to achieve pre-set goals. In this way, you will not only be getting lucrative bonuses but you get to satisfy your professional needs as well.

To Get A Higher Position

59 Be A Team Player

So you want to get a promotion? Well, it would only work if you show your bosses that you can work with your colleagues effectively. Rising to the top means knowing how to move around the guys well enough to produce results.

60 Show Them What You Still Have

It is no longer about your track record when you are seeking for higher office but more of what you have not done so far. Be ready to impress your company anew with ideas that are forward looking and atypical of what they know of you.

61 Be Prepared To Ask For It

Sometimes waiting for it is not the right way to go. If you really want to get promoted, be open to the idea of asking for it. Not only will it show that you are confident to take on the position but that you are actually ready to face the challenge of proving your worth in case the need arise.

How To Stay On Top

62 Be Cool

People with position should not only be elusive and intellectual but rather they must also be cool. It is the only way to keep competitors and the market guessing at what your next move would be.

63 Be Respectful

The best asset to own when you are on top is to look at ways differently but it could be the worst if you change how you regard other people. Being respectful to people, about opinions or tastes is important most especially when you have employees to answer to.

64 Learn From Your Predecessors

They say that the best teacher is experience and yes, it does not always have to be your own. Using the wisdom of others will not only save you resources but will also open you to ideas that you may never have imagined yourself.



RELATIONSHIPS: How To Make Them Last

Business Relationships: Partners and Customers

65 Draw The Line

The wrong kind of attachment often destroys the best working relationships. And that is why it is always best to define boundaries from the very beginning. It will not only keep things in check but will also prevent damage control.

66 Be Legal

Never mix business with pleasure. To make a business relationship work, partners must always seek the services of a lawyer and an accountant. Not only will they protect the company from failing but will also prevent internal disputes.

67 Be Involved

Do not simply invest financially, instead devote a percentage of your time to study the market, the position of your business or simply be present if you need to be.

68 Gain The Trust Of Your Customers

Well, investors are always suspicious of their fellow investors, so take the effort to build up trust. Businesses can only thrive if companies develop a trusting relationship with their clients and customers. You can only start one by delivering what you promised.

69 Get A Feedback

A response or any reaction from consumers is often the best indication of being existent. Flourishing businesses die for feedbacks and even successful enterprises need to be reassured.

70 Be Ready To Compromise

A poorly managed business relationship can easily be crushed by doubts about profit and other money matters. For a business relationship to work out, each partner must practice the art of compromise. It may not get you more income but it can produce the outcome you want and much more.

Personal Relationships: Family, Friendship and Intimate

71 Be Committed

All kinds of relationship need commitment because without it, a relationship will surely fail. May it be for work, in school or with families, individuals should oblige themselves to deliver their promise.

72 Know When To Reciprocate

Many personal relationships fail because partners do not know how to respond properly. There are no hard and fast rules to developing or nurturing a relationship, you only have to let go and allow your emotions to take over. Learn to understand more about [relationship for men](#) and [relationship for ladies](#).

73 Realize The Need To Communicate

If you really want your partnership to work, then better master the art of talking *and* listening. It is the single most powerful secret to every other kind of relationship that exists.

74 Be Creative

A boring relationship is an uninteresting kind of relationship. You simply must challenge yourself and look for ways to spark curiosity or inject life into what you have. Families need to go on a vacation, friends need to catch up and there are a lot of things that should interest any couple.

75 Be Yourself

Loving family members, friends and couples should never pretend with each other. Such relationships should create the most open of all environments.

76 Show Some Love

Sometimes it is not enough that you belong to one family. Children often long for their parents to hug them or pat them on the shoulder. Friends want more than having a good time and treat your lover the best way that you can.

Mentoring Relationships:

77 Recognize The Purpose Of The Relationship

Apprenticeship programs work best if parties involve acknowledge the purpose of the association. You must generate an approach that is welcoming, carefully thought of and well executed.

78 Set A Time Frame

To better achieve results, teacher-student relationships must create a schedule that is both fitting and achievable.

79 Have An Open Mind

You will not like every person whom you meet but in such kind of relationship, whether it is necessary or not, one must not pass judgment about others.

80 Have Fun

Do not be stiff, let loose and have fun.

81 Be Generous

Prod and encourage your subordinate by commending his or her performance. The only way to make a mentoring relationship work is by freely giving comments and suggestions in order to achieve goals more effectively.



When Your Ego Gets The Best Of You

82 “Watch Me, I Am So Good...”

If you want to be recognized for something, do not appear too eager and desperate. People would rather compliment the person who is not asking for it than those who already have it but still want more of it.

83 “ You Were Not Too Bad Yourself...”

If you are only saying this so that your peers would emphasize on what you did well, then you are feeding your ego very badly. Sooner than later, your friends will notice how you play the conversation and may even stop paying attention to you at all.

84 “I Am Better Than You Because...”

If suddenly you begin acting like you are better than your friends just because you got promoted or got an award is a big no-no.

85 Just Because You Can Afford It

You are so rich that you cannot dress simply for a casual Friday night out. You are so pretty that you always say that people are looking at you and that you are the prettiest. This will make you unpopular really fast. Humility is the preferred way.

86 “Me, Me and Me...”

When you always want to talk about yourself even if no one is interested, you also always inject a phrase or two about how well you did, is super annoying. You do not have to be beautiful, rich or intelligent to be doing this. If you notice that you are the only one talking at your table, maybe you just went on one of your famous monologues. Learn to listen and talk at the appropriate time.



Top Five Virtues You Must Adopt To Enjoy A More Prosperous Life

87 Devotion: An Enthusiastic Zeal

Devotion in a relationship keeps you away from being an infidel. It keeps your loyalty to your partner and of course, your eagerness to simply do better in life. Just look at the numerous nuns who have chosen a vocation of devoutness.

88 Grace: Keeping It All In

Despite all the heartaches and pains in life, individuals should strive to adapt to a life filled with grace. You need not be beautiful if you exude grace, as with it, everything seems to glow so easily.

89 Idealism: The Pursuit Of Excellence

Despite all other things, each individual should always pursue their ideals. In times of chaos, need or dispute, it may be the only virtue that will keep you sane. And after, idealism will allow you to keep your humanity too.

90 Love, Love, Love.

It is truly the purest of all emotions and exactly what you need to make you aspire for better things. This is because, "all you need is love."

91 Mercy: Knowing When To Show It

Understanding the concept of forgiveness is one thing but being able to show mercy is another. In this sometimes cruel world that we live in, mercy is a saving grace.



END OF THE ROAD:

Zoning In On What You Have

92 Take Control of Your Life

Enough with all the what-ifs and what not, and simply take your dreams and make them real. If you want a new job, then find one instead of procrastinating and spending all daydreaming about how well you are going to do in your interviews and evaluations. Read this article and [take action!](#)

93 Discipline Yourself

If you do not want to be fat, then watch what you eat. If you want a higher salary, then work on impressing the boss and if you want to start anew, better start acting on it.

94 Tame Your Temper

Have a hold on your annoyance over someone or something. Divert your attention to something else instead of dwelling on your growing irritation. It would be even better to know when to walk away.

95 Be Concerned

Wake up to the reality that you have to take the effort to find your niche. No matter how much you say that you can exist on your own, or that you do not care – you may just end up fooling yourself. The human society may not be as traditional as before but standards still exist and you have to know how to act appropriately.

96 Take A Day Off

One of the reasons why people fail big time is because they do not know when to take a break. If you are on your second shot at life, then take a day or two to catch your breath, relax and then see where you are going.

97 Eat Some Chocolates

Chocolates are simply the tastiest addictive substance there is. It releases endorphin and serotonin which helps you feel relaxed and happy. It feeds the ego, provides nutrients and of course, always brings surprises.

98 Be Responsible

You cannot blame it all on the economy, supervisors or family members. Make up for what you lack and double your efforts if you want to create a brighter future for yourself.

99 Accept Your Self

You may never ever get to succeed in life if you keep beating yourself down. Sometimes, you must simply accept who you are and work towards a better you.

100 Dance With Your Father

This may sound weird and out of place but whether you are dealing with personal, family, work-related issues or whatever, having someone to look up to provides a sense of direction. Dance, laugh, sing or fish with your father – sometimes, it is simply enough to know that someone wants you to have a better shot at life.

101 You Are Enough

Sometimes, you just have to accept that though you are not perfect, you have your strengths and are unique. You can [read this blog article](#). It is a realization that can change the way you look at life and give new meaning to starting over.

Conclusion

Success can be defined in so many different ways. In fact, your definition of success may be different from your mother's definition of success but on the second thoughts, it serves the same purpose. *For you to have a better life.*

No matter how challenging and unpredictable life can be, it remains to be a gift and people can only enjoy it once. Just like the satisfaction you get at the end of a good movie, you want to experience that with your own life too. You would want to excel in your chosen profession, live happily with your spouse and grow old satisfied. These are to be expected and I also want to share the following gems with you.

The biggest catch in life is not being able to outdo yourself at every turn but actually in being able to do things yourself. Sometimes, the soul, the body and the mind can only be accomplished through your own efforts while others can support and cheer you on.

It is my sincere wish that this e-book has helped to open your eyes and mind to the fact that there are so many resources in life that you can utilize to better your life. The best thing is that most of them do not come with a price tag!

If you haven't already done so, do sign up for my FREE Personal Development Email Newsletter to receive tips on how to use your eBook more effectively plus regular inspirational updates to help you grow and lead a better life: 101MagicSeeds.com

**To Your Best Life,
Lim Jium Yeh**

101MagicSeeds.com
GrowthExcellence.com (Personal Development Website)

Like us at Facebook.com/101MagicSeeds

Resources

The links below are some resources that you may find useful. You could visit my personal development site for a start.

You can also browse and check out the other resources, before deciding if it is suitable and helpful to you. I have personally gone through most of the program material and there are quite good testimonials for all of them. It is my intention to share helpful and beneficial resources with you.

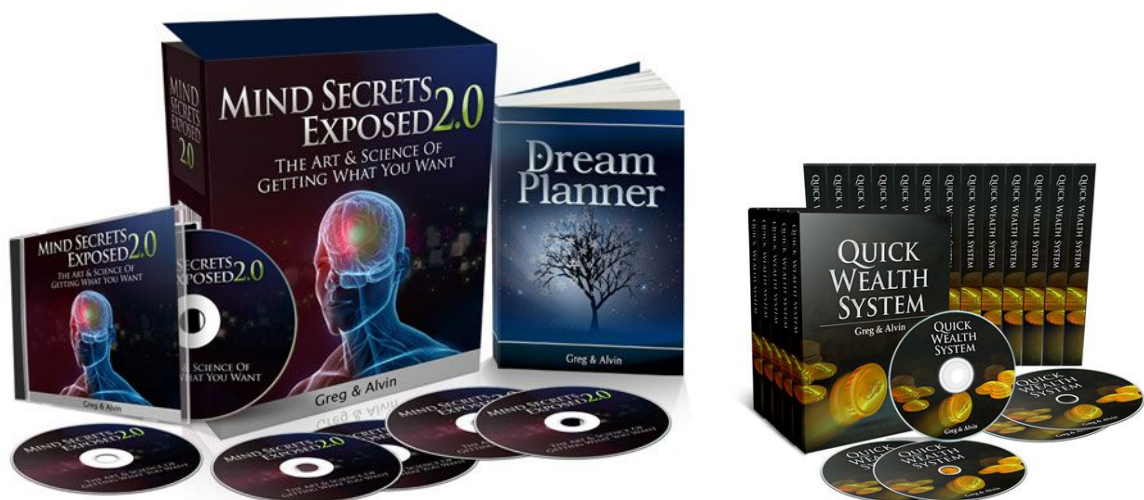
It is also my duty to inform that if you buy from some of the links, I may be paid a commission fee. I want to be upfront and open about this.

Regardless of whether you finally buy from the links, I still want to thank you for reading and finishing this eBook and doing something for yourself. Thank you!

My Personal Development Site – GrowthExcellence.com

You can find articles on self-help, personal development and my thoughts in this website. I also write about some of my personal experiences and learning, with the intention to share, and inspire readers.

Mind Power – [Life Changing Secrets](http://LifeChangingSecrets.com) of the most Successful, Happiest and Richest people in the world!



<http://GrowthExcellence.com/MindSecrets>

Good Reads – [The Success Principles Book](#)

Jack Canfield, the author, is also the creator of the now iconic “Chicken Soup for the Soul” series. It is a how-to book by Canfield for reaching the mountaintop, your goal. Reading this book, you’ll probably find yourself encouraged and energized.

<http://GrowthExcellence.com/SuccessPrinciplesBook>

Reaching Goals – [Personal Strategic Plan](#)

Gary, the program designer, has helped members of the Olympic team, professional athletes, and leaders in almost every field to create powerful strategies and highly detailed action plans to get and stay at the top. This powerful program can help you reach phenomenal achievements in life.

<http://GrowthExcellence.com/PersonalStrategicPlan>

Confidence – [Anxiety Management](#)

This is one of the most successful programs for treating panic attacks and general anxiety today and has touched the lives of over 150,000 people. See how you can gain more self-confidence.

<http://GrowthExcellence.com/AnxietyManagement>

Self Improvement – [Self Improvement Sessions](#)

This is an exclusive membership-site that gives members unlimited access to over 40 powerful transformational audio sessions, utilizing meditation and visualization technique.

<http://GrowthExcellence.com/SelfImprovementSessions>

Relationship for women – [Relationship Advice for Women](#)

Imagine how the two of you could just cuddle, staring into one another's eyes, and whispering sweet words into each other's ears? Learn how to become *the only woman he'll ever want*. <http://GrowthExcellence.com/MeltMansHeart>

Relationship for men – [Relationship Advice for Men](#)

This book teaches you to change the male mindset about women and become the man that is desired and craved by women. The information presented is powerful and practical for everyone.

<http://GrowthExcellence.com/MenDatingAdvice>

Health/Diet - [Energy Diet](#)

You want more energy. You want to feel alive. You want great health. The information is a step up from simply eating healthier and/or organic. Scroll all the way down to watch the last “sneak preview” video to know more.
<http://GrowthExcellence.com/EnergyDiet>

Health/Fitness – [Yoga](#)

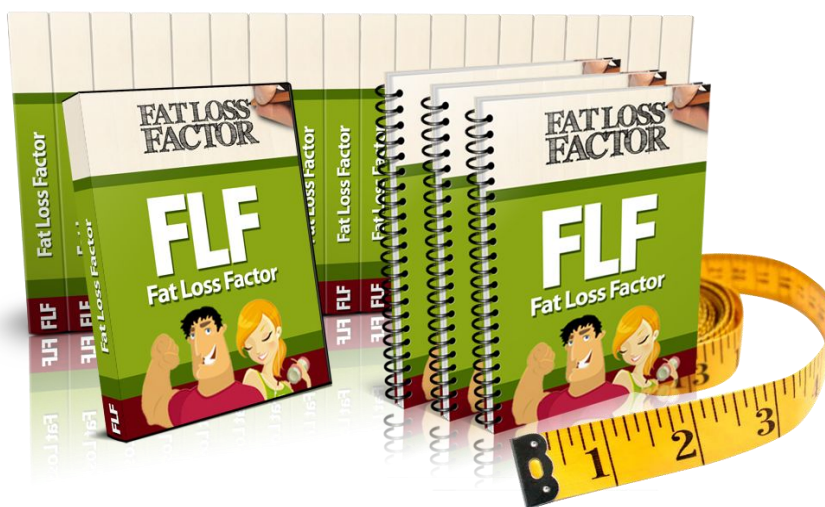
Yoga exercise program to help you relax, burn fat, feel energized, sleep well and have a stronger, leaner and more flexible body. Time to shape up your body and enjoy its benefits.
<http://GrowthExcellence.com/Yoga>

Health (Eyesight) – [Vision Without Glasses](#)

This is for those who are seeking an improvement in their eyesight and their overall emotional and physical health and happiness.
<http://GrowthExcellence.com/VisionImprovement>

Health (Weight) – [Fat Loss Weight Management](#)

In this weight loss presentation, you will learn a somewhat unusual weight loss strategy that can help you lose fats, get a flatter belly, while still enjoying your meals. The program is packed full of useful information to help you be a healthier you, even if you are already at your ideal weight!
<http://GrowthExcellence.com/WeightManagement>

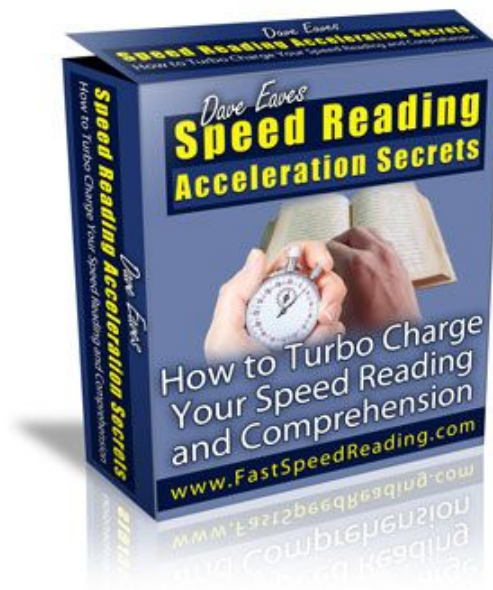


Free Bonuses

Free Speed Reading Secret Video - [Speed Reading Secret](#)

Imagine finishing all that you need to read in a much shorter time. What other important things could you do with the extra time? This short video reveals the number one secret to tripling your reading speed.

<http://GrowthExcellence.com/SpeedReading>



Free Music for the mind – [Mind Power Free MP3](#)

Use the link to get 3 music and sound MP3s for free to

- Enhance your learning, ESP and mind power
- Boost your energy and feel great
- Experience deep healing

<http://GrowthExcellence.com/MindPower3FreeMP3>

Free Financial Budgeting Website & Software - <http://www.mint.com>

Get a handle on your finances the free and fast way. Mint does all the work of organizing and categorizing your spending for you. See where every cent or dime goes and make money decisions you feel good about.