

UNLEASH THE DRAGON IN YOU



**108 LAWS OF NATURE TO
AWAKEN YOUR INNER DRAGON**

JESPER XU

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BY JESPER XU



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TESTIMONIAL

“Thanks for the book. It is truly entertaining and inspirational. Now I’m gonna start writing my ‘7 WHYS’ and then construct my ‘love list’ then go from there. You made me laugh with ‘Procrastination is like masturbation!’”



Jimmy Lee,
Founder of Singapore's Top Men's Apparel "[Snort Label](#)."

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DEDICATION

To my dearest wife, soul mate, shining star, and best friend.
Thank you for always supporting me through the good times and the bad
times.

To my Mom and Dad.
Thank you for teaching me about life and treating people with respect and
love.

To my mentor Yee Shun Jian.
Thank you for inspiring and bringing out the best in me.
To all who are experiencing difficult times at this moment...

Including you.

Thank you for taking the time to read this ebook.
Together we can make attaining your Greatness possible.

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INTRODUCTION

Steve Jobs asked an executive this question when he invited him to join Apple.

“Do you want to spend the rest of your life selling sugared water or do you want a chance to change the world?”

Some people know who they are and what they are born to do (like Steve Jobs who changed the world).

For us mere mortals, it can be a scary thing when we can't even identify the ONE thing we want to do for the rest of our life.

Before I touch on that, I have some questions for you:

Have you ever wondered WHO you are, besides having a physical body, living in a world with 7.6 billion people?

Or, have you ever experience a moment when you come in touch with your TRUE SELF, the soul residing deep inside you?

And you felt this overwhelming positive strength, the DIVINE self-power source inside you, like never before!

This divine self-power feels like a dragon awakening from its 1000 year slumber in a cave.

This dragon stood up, stretch out to its full height, raised its head up high, unsheathe its claws, blast out an unholy roar, and scorch the surrounds with fire!

That is your inner dragon.

When you awaken your inner dragon, you feel invincible. You feel strong, powerful, and mighty.

You say, "To hell with this life I'm living right now! I'm going to begin a new life doing what I love!"

You feel UNSTOPPABLE, fearlessly creating your own reality and living the life you truly deserve.

PART I

**HOW I AWAKEN MY
INNER DRAGON
&
WHY I WANT TO HELP
YOU LIVE THE LIFE YOU
TRULY DESERVE**

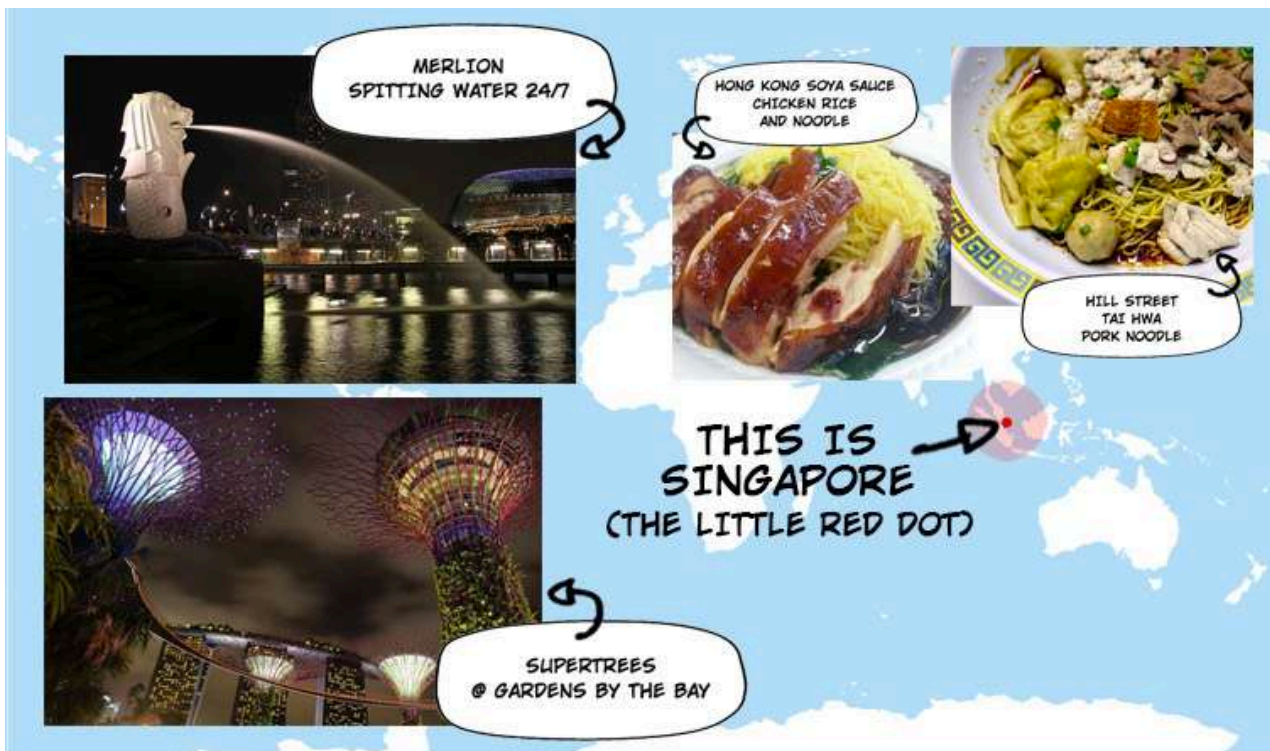
CHAPTER 1

ME

Hi, my name is Jesper Xu. I'm the typical run-of-the-mill Asian guy you'll meet on the streets. I was born in Singapore, a country in South-East Asia that has a nickname "Little Red Dot" because we are really tiny.

Despite our size, we have two hawkers (street stalls) that are awarded Michelin stars for the first time in Michelin history.

We also have a mythical creature with a lion's head and the body of a fish that is called "Merlion." Plus, we have enormous walkable Supertrees that light up in the night. I'm proud to be a Singaporean.



I was a quitter since I was a young kiddo. I quit so much in life that life nearly left me a few years back.

The near death experience turned my life around. For the first time in my life, I understand what I need, want and love to do. We'll talk about it in a while.

I was brought up in a middle-class family. My dad had a decent job and earned enough to support the family. He went out in the morning, came back really late and worked on weekends. I did not get to spend much time with him growing up.

My mom was a homemaker, and it was a tough job. It was no mean feat bringing up two boys when the big brother had a nickname "The Destroyer" with the young one (me) his sidekick brewing destruction everywhere we went.



I was known to be a quitter growing up.

As I was the younger child, I was showered with love growing up. Maybe just a little too much love. I was taught that it was okay to give it a try and quit when it was not working out.

I was a brat, a bad tempered quitter boy who hated to lose. If I lose, I quit. I would throw a temper and quit when I lost in video games. When I was having a race with my cousins, and I lost, I would throw a tantrum and cry.

I wasn't good in sports, and I hated competition. As I couldn't get into the school team, I quit the school basketball club when I was 9.

The same thing happened when I was 13. I quit the National Cadet Corps (a military cadet corps youth organization) when the training got too tough. I was the only quitter from that year of first-year students.

The "If I don't win, I'll take the easy way out" mentality was deeply rooted into my brain.

When I turned 17, I wanted to join the rugby team in high school as I thought rugby is cool. I mean look at the All Blacks!

I was invited to a practice match, and the live experience was entirely different from what I saw on TV. The stench of sweat, the sound of bodies splashing against each other, the sound of big boys slamming against the ground, that was the real deal...

I was trying to appear calm, but it was scaring the sh*t out of me. I knew there was no way I would be joining the rugby team. I was afraid of battling with the big boys, and I quit before I even started!

In fact, I was so good at quitting that I got myself fired just two weeks into an internship program. I was 23 at that time.

Okay, the boss was a jerk constantly screaming and stressing his staff out (including me), but that was not an excuse to perform so badly at work and got myself fired. The experience was a bad memory [I wished to erase](#).

Talking about nasty memories, I remember that time he put me in charge of designing a marketing collateral. I was confident of doing a good job since I have a knack for designing (I did this book cover. Pretty sweet right?).

I thought I did a great job, knocked on his office and went in with a big smile on my face.

In my mind I was thinking, “Come on, praise me for a job well done.”

“WHAT IS THIS!”

Those were the first three words that came out of his mouth which I will never forget. After that, I got berated for the content of the collateral. Ok, he made some good points, but I was put down so badly in front of my colleagues that tears swelled up in my eyes. I was trying really hard not to let those tears drop.

After that incident, I couldn't sleep at night and suffered from panic attacks in the mornings when I woke up.

Every morning I awakened to waves of fear and apprehension, and my heart was beating so fast that I felt like I couldn't breathe.

If you are suffering from panic attacks like I used to, try using this [FREE "Rapid Relief" audio](#) to quickly stop anxiety and panic attacks.

Come to think of it; it was a blessing I was asked to leave as I did not have to live in fear for 8 hours every day.

A year later, I got my degree. But that was just the start of how everything went from bad to worst.

I changed three jobs in a year. I was unhappy, tired and burned-out just months into each job. I wasn't happy, and I decided to quit, thinking "I have plenty of years ahead. Why stay in a job that wasn't making me happy?"

However, I wasn't happy even though I quit my job. There was a sense of relief to escape from doing something I did not enjoy. But it did not last long.

I was suffering mentally. Insecure thoughts hung around in my brain all day long, and the panic attacks return. Anxiety from the panic attacks exacerbated my issues of insomnia.

[Thank God for science. Now, you can cure insomnia with these [scientifically proven methods](#) to slow down activity in the wake center of your brain so you can fall asleep quickly.]

By the end of the year, I was penniless, out of a job and clueless about what I really wanted in life.

I was an out and out QUITTER. But, everything changed on that fateful day.

The day I nearly died.

CHAPTER 2

I NEARLY DIED

I remember that day. I was at my university campus making use of the free wifi writing posts for my blog. I was out of a job and running low on cash after quitting my third job in a year, so, I was learning to use blogging as a platform to earn some money.

The campus closes at 10 pm. It was around 950 pm when I packed up and made a trip to the gents. My routine was to walk to the bus stop that was about 1km away to take a direct bus home.

At around 1015pm, I walked pass the gates of another institution, and I notice the main gates were half-closed.



I did not check if there were any cars before crossing the road, thinking there would not be any since they were not able to pass those half-closed gates.

Big mistake.

The next thing I knew, lights shone from my left. I turned and saw this motorcycle coming towards me at incredible speed.

I tried to dash forward to avoid the bike, but it was too late. The bike crashed into me, and I was knocked down.

Then, things went from bad to worst. The strap from my backpack got tangled with the motorcycle handle bar.

I was dragged along the asphalt road for about 5m (16ft) before I was freed.

You know the well-known phenomenon in books and movies - seeing your life flashing before your eyes at death? The entire past spooling out before you, a replay of all the most significant moments.

No, I did not experience that.

Neither did I experience any of the popular near-death phenomena. I did not feel my soul leaving my body. I did not enter a tunnel with lights at the end. I did not see any of my loved ones who have passed away.

The whole accident happened in seconds. Maybe that explains why I only had two things on my mind when I was dragged by the motorcycle.

1. **Dang, I'm going to die.**
2. **No, I don't want to die.**

After being dragged for a distance, the bag strap was freed from the motorcycle, and I was left there lying on the road as the vehicle sped away.

I picked myself up. Yes. It was a miracle I was able to stand up.

The first thing I did was to touch and feel my head. I wanted to make sure there's no blood pouring out from my cracked skull (the results of watching too many action movies). It was another miracle my head was intact, no wounds whatsoever.

Then I checked my body. I had some wounds on my knees and arms. That's all.

“I can't believe it. I am alive.”

CHAPTER 3

I AM ALIVE, PLUS THE MOMENT OF TRUTH

I braced myself for death the instant I was knocked down by the motorcycle. But I did not die. After I had checked my wounds, I walked over to the side of the road and sat down.

I was in disbelief.

The whole experience was surreal. Getting knocked and dragged by a motorcycle, and then survived with minor scratches? It was a miracle on top of miracles.

I sat on the curb beside the road for a good five minutes absorbing everything that had happened.

The first emotions were anger as the motorcyclist did not stop to render help. After I had calmed down, the angriness melted away, and I felt this sense of relief that I was still alive.

It felt good to be alive.

Then, the moment of truth struck:

**Life is so precious and yet so fragile.
It can all go away in an instant!**

Wow, what a revelation. In my mind, I knew I did not want to die because there were so many things I wanted to DO.

And then it got me thinking.

If I knew that I would die on this day, would I do the same things five years ago?

The opposite of death is life. It's interesting to think that one day, out of nowhere, you came into existence. **What was your purpose?**

That night, I started researching about life's purpose and near death experiences, and I found this recommended book "Tuesday with Morrie" on Reddit.

Inspired By Morrie

"Tuesdays with Morrie" is a biography that tells the tale of a friendship between an old professor, Morrie, and his former student, Mitch.

Mitch is thirty-seven and working as an award-winning sportswriter. His days were full, **yet he remained, much of the time, unsatisfied.**

He found out that his old professor and friend, Morrie, was dying and soon he started visiting Morrie every Tuesday again.

Here're some of Professor Morrie's wise words (an excerpt from the book) to Mitch that hit me like a ton of bricks.

"Dying," Morrie suddenly said, "is only one thing to be sad over, Mitch. Living unhappily is something else. So many of the people who come to visit me are unhappy." Why?

"Well, for one thing, the culture we have does not make people feel good about themselves. We're teaching the wrong things. And you have to be strong enough to say if the culture doesn't work, don't buy it. Create your own. Most people can't do it. They're more unhappy than me even in my current condition."

Morrie, true to these words, had developed his own culture-long before he got sick. Discussion groups, walks with friends, dancing to his music in the Harvard Square church. He started a project called Greenhouse, where poor people could receive mental health services. He read books to find new ideas for his classes, visited with colleagues, kept up with old students, wrote letters to distant friends. He took more time eating and looking at nature and wasted no time in front of TV sitcoms or "Movies of the Week." He had created a cocoon of human activities-conversation, interaction, affection-and it filled his life like an overflowing soup bowl.

I had also developed my own culture. Work. I did four or five media jobs in England, juggling them like a clown. I spent eight hours a day on a computer, feeding my stories back to the States. Then I did TV pieces, traveling with a crew throughout parts of London. I also phoned in radio reports every morning and afternoon. This was not an abnormal load. Over the years, I had taken labor as my companion and had moved everything else to the side.

I thought of something else Morrie had told me:

“So many people walk around with a meaningless life. They seem half-asleep, even when they're busy doing things they think are important. This is because **they're chasing the wrong things**. The way you get meaning into your life is to devote yourself to loving others, devote yourself to your community around you, and **devote yourself to creating something that gives you purpose and meaning.**”

“That was me...”

These were the words I murmured when I finished this part of the book. It was like this “AHA” moment of life slapping you on the head. Why was I living so unhappily? Why was I tired of my life?

“Devote yourself to create something that gives you purpose and meaning.”

This sentence kept playing on a repeat mode in my head. I couldn't sleep that night because I was afraid and excited at the same time.

Maybe, just maybe, I found the REASON to discover and create something that would give me my purpose and meaning to continue living.

(For your information, I did make a police report. Without witnesses and CCTV footages, the investigations came to naught in the end.)

CHAPTER 4

AWAKENING MY INNER DRAGON

That morning after the accident, I took out a paper, wrote down all my dreams and goals, and asked myself if they were what I wanted to do if I were to die five years later?

I started to look at job sites and classified searching for jobs that would resonate with who I wanted to be.

It did not go well. I went to some interviews, but they were not what I wanted. This went on for months, and it was difficult not to be tempted by a well-paying job that I knew I wouldn't love.

Then I realize something has changed inside of me. There was this POWERFUL inner voice telling me:

“Jesper don't be afraid of things failing. Be fearless. Create your own reality and live the life you truly deserve.”

The near-death experience has awakened my burning desire to do things that resonate with who I am.

In short... I have awakened my inner dragon.

Around 3 months after I begin my job search, I was approached by my friend (we taught in the same swimming school during college) to be a swimming

teacher. He had some inquiries which he couldn't handle and wanted to pass them to me, and I became a Swimming Teacher.



This is a job that I loved, and I did it for six years. But at the start, I was worried about money as I only has a few classes. Thank God, I held on to my dreams and my coaching business blossomed shortly after.

During these years, I also continued to developed my interests and learned video editing skills, Photoshop, setting up websites and setting up e-commerce businesses.

Of course, there were huge failures along the way; **my first online business went bust.**

[How I wish I had discovered Rob Cornish's Gain Higher Ground community before I blew 20k down the drain in my e-commerce business. Ron has a

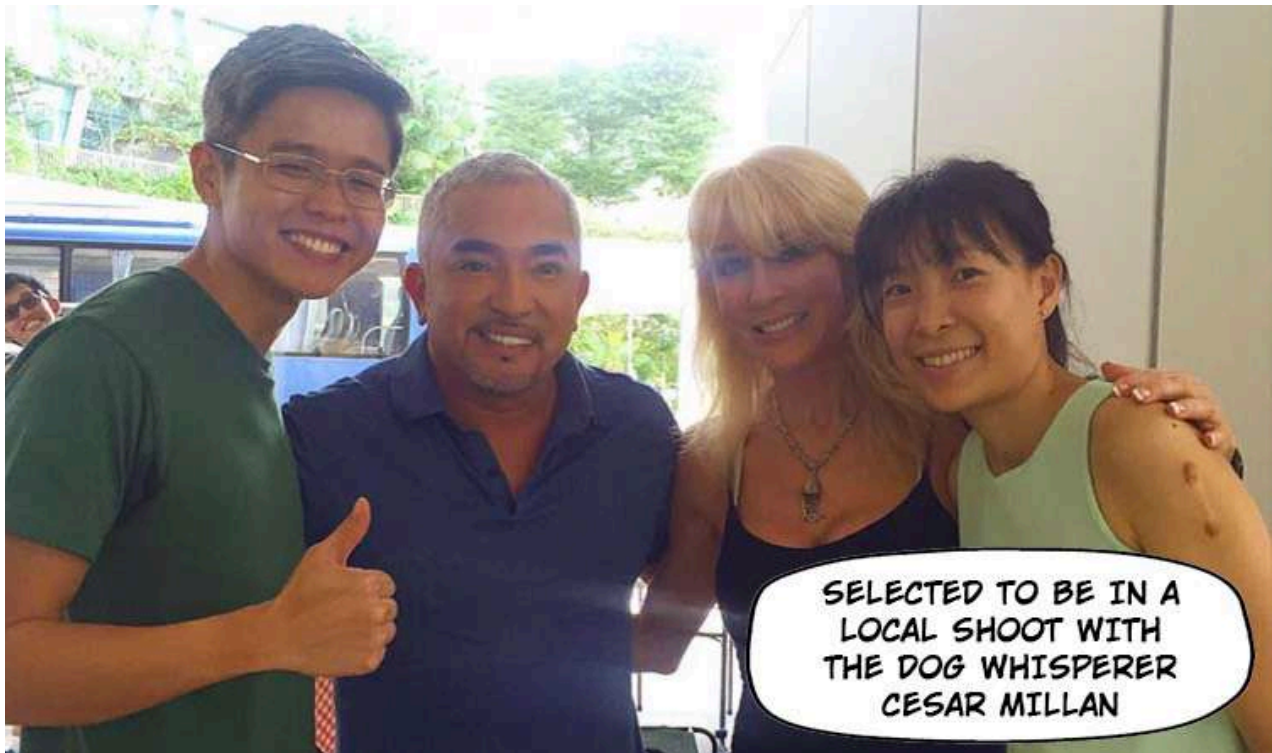
STAGGERING 98.1% Customer Satisfaction Rate. So, no uncertainty here, instead you know you are in safe hands. [Check him out here.](#)]

But every failure was a lesson learned. I have learned that to live a life I have never lived; I had to start doing the things I have never done.

It was during this period that I experienced an extraordinary amount of excitement, fulfillment, and happiness in my life doing the things I love to do that I got a revelation:

Every one of us can create our own reality and live the life we truly deserve.

When you are happy, fulfilled and excited about life, you attract equally exciting, happy good things and the blessing flows.





AMAZING EXPERIENCE
ADMIRING THE FRANZ
JOSEF GLACIER IN AN
OPEN-COCKPIT BIPLANE



BROUGHT MY IN-LAWS
TO UNITED STATES



In six years, I transformed from a poor guy with no dreams to a blessed man with big dreams, making a difference in people's lives.

□-----□

Quick Tip: Do you know you can earn good money with just a few hours a week? Businesses of all sizes right from McDonald's and Coca-Cola down to your local hardware store are trying to get a presence on social media sites such as Facebook and Twitter. Think of how many 'Fan pages' and advertisements you have seen on Facebook recently for businesses in your local area.

With a few spare hours per week, you can earn good money helping these companies post Facebook comments, comment and 'like' YouTube videos, or tweet special offers and promotions. You can head over to Paidsocialmediajobs.com to find out how it works.

If you want to earn big bucks online - I mean really BIG - then you need to check out Affilorama. They are the largest affiliate marketing community (Don't worry if you don't have a clue about affiliate marketing. They will teach you everything.)

The important thing is, their membership is FREE! Don't we all love freebies? They have the best tutorials, quick start guides and over 120 video lessons to get you started on affiliate marketing.

□-----□

Now, back to my story. Over the past few years, I have been inspiring kids not only to do well in swimming but also sharing precious life lessons like not giving up when life gets tough - those laps training, just thinking of them can make your legs wobble.

I also shared with my students to respect their parents and know that they care - you have no idea what your kids are complaining about so make sure you find one who's on your side.

These past few years, especially the past year, I felt this calling to inspire people to do big things. I wasn't aware what I could do or how to go about it until I attended a course by my mentor Yee Shun Jian.

He blew my mind on how I can be a difference to the world. I am deeply inspired by his goal to bring love, hope, and joy to 1 Billion people in the world.

After attending the course, I went back to a few sleepless nights pondering about my mission. After writing down several mission statements, I've decided on my life purpose, and this is my second calling:

**Inspire a generation of dream chasers
doing things they love to do**

CHAPTER 5

WHY I WANT TO HELP YOU LIVE THE LIFE YOU TRULY DESERVE

The reason why I wrote this book is to inspire you to take action and manifest your greatest dreams.

You don't need to spend years doing things you don't like and live for the weekends. You are happy for two days and miserable for five. It doesn't make sense.

When you do things that make you unfulfilled, they eat away your soul bit by bit, till that day when you finally give in and acknowledge this implausible statement on life:

“This is life. Welcome to the world.”

What many didn't know is that creating your own reality and living the life you truly deserve isn't necessarily about making tons of money, or becoming a famous YouTuber, or directing a billion dollar film, or becoming a President.

Your calling is unique and different from anyone else.

Here comes the “AHA” slap about holding on to your GRANDEST, BIGGEST, GREATEST DREAM.

It is getting a clear idea of what makes you feel the most alive, what makes your life exciting, and what makes you the happiest and fulfilled with your life.

Then, go CREATE it instead of pretending you can't have it because you think you're not worth it, don't deserve it, or listening to your Dad and do things you don't love for a ton of money.

The majority of people are accepting life as it is not because they chose to, but because they fall into the following 3 groups:

1. They are unaware of their gifts.
2. They follow the societal trends blindly.
3. They know they are on the wrong unhappy path, and yet, are reluctant to follow their instincts to use their gifts because they are fearful of the "what-ifs."

I wrote this book to correct the wrong culture of aiming to be happy while doing unhappy things. To live is to use your gift to impact the world, and understand this is the real purpose and meaning of who you were born to be.

This is the reason why I'm writing this book and an email newsletter to encourage people like you to build a career doing the things you love. And while you're working hard chasing your dreams, you can also enjoy more health, wealth, love and happiness.

This newsletter contains all the tips, tricks, and tools to transform your life massively.

If you haven't opted into the newsletter, you can do it right over at www.greatiply.com.

Go ahead and forge an exclusive path that unleashes your inherent greatness.

PART II

108 LAWS OF NATURE TO AWAKEN YOUR INNER DRAGON

CHAPTER 6

DISCOVER WHAT YOU WANT TO DO FOR THE REST OF YOUR LIFE

LON #01

ACKNOWLEDGE THE PRESENCE OF YOUR SPECIAL GIFT

Think of your special gift like electricity. We know that Benjamin Franklin discovered electricity in 1752 followed by Thomas Edison who manifested the use of electricity with the invention of the lightbulb in 1879.

Does electricity exist before Benjamin Franklin's discovery in 1752? YES! It is always there! Your special gift is like electricity; it can power your dreams, attain your goals and deliver you to greatness, and it is always there.

You just need to manifest and use it!

LON #02

TURN YOUR GIFT INTO A CALLING

Your calling is something special that has been bestowed on you. A gift that you want to benefit and help others, and when turned into your career makes you excited, happy and fulfilled with your life.

This is what happens when you've discovered your calling:

1. You're inspired every day.
2. You want to share your calling with the world and make a positive difference
3. Time flies when you're engaged in this activity.
4. You are happy and excited about life.

However, although there are cases of instant fulfillment, I cannot ensure that you'll find your calling immediately on the first try. You need to go through the process of trying it out and then judge for yourself if it is something you love when you're living it.

LON #O3 **DO FIRST THINK LATER**

Instead of thinking about what exactly is your gift and the perfect execution plan, a better move would be to start doing it first. You're wasting time thinking of the what-ifs because they are just going to stop you in your tracks.

Let's take a class of graduates from a Social Marketing Mastery Course for example. With the same tools, course materials and guidance, there will be more people who fail than those who succeed.

The ones who succeed are usually those who believe in themselves and take instant action, compared to the others who are always doubting and procrastinating.

You attract to your life whatever you give your attention, energy and focus to, whether wanted or unwanted.

Energy attracts like energy. If you are emitting positive vibes, you will draw good things.

Because you are a living magnet, and you can attract what you want when you move in the correct energy flow.

Expect doors to open and opportunities to present themselves when you take the first step.

So, open your eyes and your heart to the opportunities that are present right now.

LON #04

FOLLOW SUCCESSFUL EXAMPLES

Another way to get ideas on your calling is to research on the people who you want to be.

If you have a deep desire to be like Tony Robbins, your calling could be to impact lives positively, just like he has done to millions worldwide.

It is important that you break down the things that your successful example do and put yourself in his or her shoes and think if you would love to do the same things.

You might think that your calling is to inspire millions like Tony Robbins, but you wouldn't want to travel that extensively like him as you like to spend time with your family.

Then your successful example might be Leo Babauta. Leo is a well-known blogger who owns one of the most popular self-help website Zen Habits. All he needs is an internet connection, and he can work anywhere.

The more specific you get, the clearer the picture becomes.

LON #05 **TRUST YOUR GUT**

Do you have a gut feeling about someone you shouldn't trust but ended up going along with it and then realize it was the wrong decision?

It's good to be clear-headed and objective in your decision-making process when you're faced with a difficult choice.

However, when it comes to the pursuit of your calling, it is important to act when your gut is screaming "YES, YES, YES!" although you are not exactly sure if it's the right move.

Remember earlier we talked about taking action? Act on it and be patient and keep listening to your inner guidance. Your inner calling will lead you to the right direction.

Les Moonves was an actor before he discovered his calling for the production and business side of TV and became the President and CEO of CBS Corporation. Here's what he has to say:

“Things sometimes come at you and hit you in the face. If your path is rigid, you'll likely miss out on

opportunities... I shifted from acting to producing theater and realized it felt great. Before long, I shifted again and got my first job in TV as a development executive at Columbia Pictures Television.”

LON #06 **COMPILE A LOVE LIST**

Take a pen and write down all the things you love doing. I want you to be completely honest. Sleeping in late or watching YouTube are activities that should be listed down if you love to do them.

This is what I did after the night of my death brush. I list down all the things I love to do and gave it a reality check.

My love list

1. Traveling and exploring a new country
2. Be a really great cook - learn how to cook a steak
3. Writing inspiring books
4. Taking travel videos
5. Swimming
6. Interacting with kids
7. Driving
8. Watch YouTube videos
9. Watch movies
10. Tech stuff
11. Spending time with my wife
12. Spending time with my family
13. Eating chicken rice/good food
14. Catching up with good friends
15. Playing card games
16. Work from home
17. Exploring cafes with my wife
18. Inspiring people
19. Sharing about my near death experience
20. Drinking Starbucks
21. Making a positive difference

- | | |
|----------------------------|------------------------------------|
| 22. Waking up late | 27. Going to church |
| 23. Flexible working hours | 28. Sharing Jesus |
| 24. Be my own boss | 29. Bring my parents for a holiday |
| 25. Reading manga | 30. Playing video games |
| 26. Chilling out to music | 31. Designing beautiful things |

If I want to develop a fulfilling career from the things I love to do, I have to make sure they can put food on the table. My list looks bleak because 70% of them don't make money.

Then an idea struck, why don't I try combining these activities to see if they can make money?

1. **Travel Blogger/Vlogger** = Travel to Europe + Writing inspiring books + Taking travel videos + Design websites with WordPress = (4 activities)
2. **Food Blogger** = Eating chicken rice/good food + Taking travel videos + Food Blogger + Exploring cafes with my wife + Work from home + Be a great cook (6 activities)
3. **Swimming Teacher** = Swimming + Interacting with kids + Inspiring people + Flexible working hours + Be my own boss (4 activities)

As you combine these activities, you'll be surprised to see some are eligible as your new "discover your calling" project.

Remember, you don't need to go all in from the start. Try engaging this project as a freelancer for a start. If you love it and it's working out, then you can upscale it into a full-time career at a later stage.

LON #07
**YOUR CALLING IS GREATER
THAN YOUR PASSION**

Great. Now that you've identified what you love to have as a career, I need to clarify something:

Your calling is greater than your passion.

Many people misunderstand their passion for being their calling. Are you a good dancer, or do you want to be a dancer that inspires millions worldwide?

For example, your calling could be to use dancing as a platform to spread love, hope, and joy to troubled teens all over the world.

Lava Heights Academy in Utah USA uses dance as a powerful therapeutic tool to help troubled teens, both boys and girls.

Ask yourself, "How do I use my passion to contribute to the world?"

Don't work for your passion, make your passion work for you.

LON #08
**SHARE YOUR SPECIAL GIFT
AND MAKE A DIFFERENCE**

Do you know why your calling is also known as your Special Gift? A gift is meant to be given away to others.

This is what Oprah Winfrey said about Maya Angelou describing her a mentor, mother/sister, and friend.

"She was there for me always, guiding me through some of the most important years of my life," Winfrey wrote. "The world knows her as a poet but at the heart of her, she was a teacher. **'When you learn, teach. When you get, give'** is one of my best lessons from her."

LON #09 THE JOY OF GIVING

I remember that day when I bought my wife the perfect birthday present. It was an Instax photo printer wrapped up beautifully with her favorite colored wrapper and a large shiny ribbon on top. I couldn't wait to see her reaction.

That day finally arrived, and she took the present and then proceeded to open it in the slowest way possible. I'm not exaggerating when I say a sloth probably tears it open faster. She was searching and peeling away the edges of the tapes in order not to "destroy" the wrapper, and the anticipation was driving me nuts.

I felt like snatching over the present and tore it open like how I would tear open a bag of chips after starving for three days.

This is how we are wired: The joy of giving is so strong that the giver's level of excitement, joy, and anticipation is greater than the receiver. You feel like it is in your genes to share your gift with the world.

So, when you have discovered your calling, design your life in such a way that you can serve specific audiences who are going to benefit the most from your gifts. This will make you feel like a superstar.

“Happiness is only real when shared”

- Jon Krakauer -

LON #10
DON'T BE AFRAID OF
SHARING YOUR GIFT

I have a college friend who has an excellent voice. When he sings, the birds hide in embarrassment. Ok, I'm exaggerating. But he has this voice that hooks up to your soul and melts your stress away. It is Therapeutic with a capital “T.”

Who am I to say that he can have a career in singing (I was tone deaf), but I told him to have a shot at the Singapore Idol auditions. Who knows...he could be the next Adam Levine of Singapore. Long story short, he did not go for the auditions, and today, singing remains a hobby.

Can you imagine Adele keeping her voice to herself and choose to just sing in the shower?

Or Colonel Sanders keeping his secret fried chicken recipe a secret? Or Daisuke Inoue keeping his invention, the karaoke machine, to himself?

If you have discovered your calling, you need to share it with the world because you will never know who needs it. Somewhere out there, some

could be crying for help, and your beautiful video on how you overcame bullying in your school channels hope to that soul.

LON #11 **YOU ARE CHANGING THE WORLD**

Johann Gottlieb Fichte wrote this in The Vocation Of Man:

**“You could not remove a single grain of sand
from its place without thereby...
changing something throughout
all parts of the immeasurable whole.”**

Have you heard of the butterfly effect? How might the flap of a butterfly's wings ultimately cause a tornado? Small changes can have significant consequences in the way nature works, like how a small pebble can send ripples from one end to the other end of a pond.

Every person you touched when you share your gift is a life changing experience, for you and for that person. Treasure it.

LON #12 **YOU CAN MAKE A LIVING**

Zig Zigler once said,

**“You can have anything you want in life
if you help enough people get what they want.”**

I know it is hard to serve your purpose in helping people when you're worried about earning enough money. Instead of going full-time right from the start, you can do it as a part-time project and evaluate your options at a later stage when you are earning enough to fulfill your calling full time.

The world is always in need of educators, coach, teachers, people who are apart to impart their skills and the Internet has made it a level playing field for many people.

On YouTube, you can do song covers, shoot mini-movies, live stream how you play video games, teach people how to photoshop... The possibilities are endless. If videos aren't your cup of tea, there's Instagram, Udemy, Patreon, and many other platforms that allow you to share what you are good at doing and get paid for it.

There is money to be made, so get out there, choose a platform you like and start sharing what you love to do and save that extra cash to help fund your dream in the future.

LON #13

INSPIRE AND INVEST YOUR GIFTS IN PEOPLE

We have limited time on this earth, and because of this short time you have, your goal should be to inspire as many people as possible before your time on this earth is up.

You have the ability to spread love and joy to people, push someone to realize their dreams, inspire people and make the world a better place. All you need is to take the first step.

I know many people who are afraid to live up to their calling because of one reason. They tell me, “Jesper, I’m not good enough.” But nobody told them that. The reason they feel inferior is that they did not trust that their gift has the power to change someone’s life.

**"No one can make you feel inferior
without your consent."**

- Eleanor Roosevelt -

You are good enough. I am good enough. We are good enough. Sharing your gift doesn’t require you to have talents as formidable as the acts you see on “America's Got Talent.”

What is more important is the heart to love people and be genuinely concerned about how you can use your gift to make a difference in their lives.

CHAPTER 7

WHY YOU NEED THE LAW OF ATTRACTION

LON #14

INTRO TO THE LAW OF ATTRACTION

The Law of Attraction is the belief that anyone can determine their destiny through the power of their minds.

"The Law of Attraction attracts to you everything you need, according to the nature of your thoughts. Your environment and financial condition are the perfect reflections of your habitual thinking."

- Joseph Murphy -

Before we go too deep into the modern applications of the Law of Attraction, it is important that you understand that this isn't simply new age nonsense (most descriptions refer to it as a product of a New Age Mentality). The principles of the Law of Attraction date back far beyond the new-found popularity of the New Age.

The theory behind the Law of Attraction is the belief that energy attracts like energy in the vast expanse of space and time. Each person's being is constantly radiating energy out into space; the type of energy being emitted is determined by the emotional state of the individual in question and may differ from day to day-sometimes even hour to hour!

The Law of Attraction began to gain popularity in the western hemisphere in the 19th century, as people began to appreciate the power of positive thinking and apply it to their life.

This new concept was first introduced to the public by William Walker Atkinson, the editor of New Thought magazine, who published a book called Thought Vibration or the Law of Attraction in the Thought World in 1906.

As you can see, the Law of Attraction isn't new. The concept that thought can have a predominate effect on the course of a man's destiny has been taught by wise men throughout the ages and has given rise to a whole new era of beliefs.

LON #15 **YOUR THOUGHTS ARE REAL**

The key to keep in mind is that thoughts are as real as any physical thing.

We also know that thoughts are real because everything that has ever been invented or created in our physical world began with a thought. The manifestation of the "thing" from the invisible plane into our physical world is enabled by the persistence of thought.

You must be completely convinced that it is so just as you are convinced that the earth is round. Hold your thoughts long enough, and in time you'll see them manifest in your reality.

LON #16 **YOU ARE A LIVING MAGNET**

You're a living magnet, attracting what you want.

You have seen this principle in practice before. Have you ever known someone who was always upbeat and positive and seemed to be too lucky to be true?

On the flip side, you have certainly known someone who loved to complain and look on the darker sides of life that always seemed to have something new to complain about because things were always going wrong in their life. These examples show people attracting the results of the energy they are giving off.

"Remember, you attract to your life whatever you give your attention, energy and focus to, whether wanted or unwanted."

- Michael J. Losier -

LON #17 **REFUTING THE ARGUMENTS OF LOA**

Since the Law Of Attraction states that you attract what you want, does this mean that all the bad things that happen to you in this life are because you subconsciously wanted them to?

This is one of the most common arguments against the concept of the Law of Attraction and it often the hardest to refute because people have not yet

recognized that the Law of Attraction isn't a pipe dream or something that someone dreamed up while sitting on their porch one hot summer night. It is a fact of life, and its effects are far reaching.

In answer to your question, no, not everything bad that happens in your life is a result of you subconsciously wishing for it to happen. Sometimes it is a result of someone else wishing for it to happen.

To quote an example from a website about the Law of Attraction: A child or a spouse who is abused isn't abused because they wished for this abuse to happen.

This abuse happened because the abuser allowed their negative thoughts concerning their child or spouse to creep across their subconscious until they eventually began to dictate their actions.

The mind is a powerful thing, and where the mind goes the feet will soon follow. The foundation of any success you're going to encounter in life isn't the ability of your physical body to overcome the obstacles, but of your mind to believe that a way lies around them. "Where there's a will, there's a way." Where your mind can believe that there is a way for the body to achieve its heart's desire a way does exist.

LON #18

UNDERSTANDING VIBES AND HOW YOU CAN BE AFFECTED

Your emotional energy is what is commonly known as a "vibe" and is referred to as a vibration by scientists studying the law of attraction.

Have you ever been with someone who is so happy they seem to be radiating a glow which inspires happiness in all those around them?

By the same token, have you ever spent time with someone who was so critical and unhappy that they consistently gave off a "negative vibe" which seemed to suck the life and happiness out of all those around them?

You don't have to possess psychic powers to be able to feel the vibes that people emit; this energy is very real on a psychological plane and will affect anyone, anywhere at any time.

Our vibrations are usually an unconscious response to some form of environmental stimulus; something has happened which has caused us to feel happy, or sad, or scared, or confused, or stressed, etc., and our subconscious response to this (because vibes are generated and projected from the subconscious rather than the conscious) is something that is beyond our control.

LON #19

IDENTIFY NEGATIVE VIBES

Chances are the person who is emitting a negative vibe doesn't choose to be unhappy, nor do they wish to inflict their unhappiness on all those around them by the simple fact of their presence.

Misery does love company, and there are many who take a great deal of delight in inflicting their pain on other people. It is important to understand that this isn't usually done in a desire to cause others pain but out a desire to not feel so alone in their unhappiness.

There are many feelings which lead to positive and negative vibes being emitted, and it is important that you understand what each of these represents.

Positive vibes, ones generated from good feelings, such as:

- Joy
- Love
- Excitement
- Abundance (of anything that causes a positive response)
- Pride
- Comfort
- Confidence
- Affection

Negative vibes, ones generated from negative feelings, such as:

- Disappointment
- Loneliness
- Lack (of any of life's necessities or luxuries)
- Sadness
- Confusion
- Stress
- Anger
- Hurt

Learn to identify the negative vibes and quickly stop them from occupying your mind. This will help you tremendously when you practice the Law Of Attraction.

LON #20 **AFFIRMATIONS**

Affirmations serve many purposes when trying to manifest the things you want. Applying the law of attraction can be hard when you try diligently to maintain positive uplifting thoughts.

It's almost impossible to monitor your thoughts twenty-four hours a day but when you create clear affirmations with details they become a great tool in controlling your thoughts and in turn influencing the law of attraction in your favor.

The first step to using the affirmations is to become very clear about what you want.

To become clear, you would need to write out all the details that you would like to see and experience in the thing that you want. The clearer you are about your intentions the more power you give to your affirmations.

Write a clear positive affirmation in the first person stating your desire as if it is already complete. Never make statements such as, "I wish I could be" or "someday I can have, or I don't want to do."

The affirmation must be created with power and faith to fully shift the law of attraction in your favor. You must omit any words that tie you to the thing which you do not want. If you want to stop thinking negatively, it is best to state, *"I now think and feel in the most positive way. My thoughts are happy and positive every moment of the day."*

CHAPTER 8

USING THE LAW OF ATTRACTION TO MANIFEST YOUR CALLING

LON #21 ASK FOR IT

If you want something, all you have to do is ask for it. Since we've established what you would love to do for the rest of your life in Chapter 6, now is the time to ask for it.

The key is knowing how to ask, and knowing what to ask for.

You can ask for anything you want. But asking for a new car when you really want a Porsche, doesn't mean you'll be satisfied with just "a new car." And just saying "I want a Porsche" and then going on about your life as usual probably won't get it for you.

Focusing your thoughts on getting that new Porsche, picturing yourself driving it, truly believing you deserve it, and allowing it to come to you is the way to get it.

The same goes for your calling. Asking for a job that makes you happy is different from asking for the manifestation of your calling that can impact lives. You need to be clear on what you're asking for.

Just asking is only the first step in the Law of Attraction. Feeling and acting as if you've received it is the second, knowing you deserve it and allowing it to come to you is the third.

LON #22

DON'T DOUBT YOUR WORTHINESS

Having doubts about your worthiness produces negative energy.

Negative energy produces negative results. If you don't think you deserve a new Porsche, you won't get it. If you don't think the Law of Attraction works, it won't work for you.

Positive energy is the only way to get positive results. And positive energy is only produced by positive thoughts.

“We are unlimited beings; We have no ceilings.”

- Michael Beckwith -

LON #23

BE CONFIDENT

The same principle can be applied to the opening of a new business as well. If you have ever gone to high school, you have probably received the lecture on what to do and what not to do in an interview. One of the biggest don'ts in interviewing protocol is to let the interviewer notice you're nervous.

By showing the interviewer that you have confidence in your ability to handle any job which they throw at you, you're increasing your value as an employee in their eyes.

The same can be said of any attempts to open a business. It is essential when approaching prospective investors that you have one hundred percent confidence in yourself and your business in order to guarantee that they will be willing to take a chance on you.

Is this need for absolute confidence a coincidence only, or is it the Law of Attraction at work?

By having confidence in your abilities, you're sending positive energy, and consequently drawing the positive energies back unto yourself.

LON #24

IMPORTANCE OF POSITIVE ENERGY

It is impossible to over-emphasize the importance of vibrating positive energy when you're talking about the law of attraction, and you will see this theme repeated in any and all conversations pertaining to it.

The release of positive energy is what allows you to chart the course of your destiny on a strong route to success rather than a wavy road of uncertainty that will eventually lead you to unhappiness, either through the failure to achieve the goals for which you have worked so hard or through the constant up and down flow of your life, never being certain which is going to dominate.

LON #25

DON'T THINK OF YOUR FEARS

Your thoughts are yours. They can be your faithful servants or your masters. Whichever you allow them to be. You have the control, you make your choice. You determine which course your thoughts take.

Thinking about your fears and saying "I don't want that" is probably going to result in your fears being realized. Cosmic energy is literal. It doesn't understand "I don't want".

It produces results based on energy. So, if you're producing more negative energy than positive, your results are going to be negative. Training your mind to concentrate on the positive instead of the negative is a necessary, but often difficult process. People are worriers.

LON #26

WAIT FOR IT

If you've been waiting for that one golden opportunity, visualize it, then sit back and wait, secure in the knowledge that the universal Law of Attraction will bring it to your doorstep.

It might not be today, it might not be tomorrow, but it will.

Let's say that you're satisfied with the job you have but, you're seeking a promotion.

To get the promotion, the first thing you must do is remove any doubt from your mind. Know that it'll happen and keep putting in your best effort at work.

When you're emitting positive energy, expect results to come and they will.

CHAPTER 9

LOVE, FAMILY AND THE LAW OF ATTRACTION

LON #27

YOU CAN MEND BROKEN FENCES

You may be asking yourself, “Can the Law of Attraction really help me to build relationships with the people that I love, and to mend broken fences?”

The answer is, absolutely! The people you love are governed by the same ebb and flow of energy as you are, and as such their energies will naturally be attracted to like energies emitted from another person.

If you’re vibrating positive energies and emotions, they will respond in kind. They will not be able to help themselves; it is simply the way of the world.

Regardless of the reasons you and your family may have had for your falling out, it is never good to leave relationships festering like that.

You need to fix them to achieve true serenity and harmony in your life (have you begun yet to notice how closely the Law of Attraction interacts with other laws which govern the universe?).

LON #28

BE TRUE TO YOURSELF

To fix a relationship that is broken, you must first be confident in the fact that you not only are going to be able to mend the broken ties but that you truly want to.

It is very easy to utter lip service to the people around you, telling them that you want to mend your broken fences (and often blaming the fact that they are broken on the other party involved, of course) when you continue to carry the stain of dislike that you hold towards the other person in question.

You don't really want to mend your fences, or if you do, you have not yet let go of what has caused the separation in the first place.

LON #29

LETTING GO OF RESENTMENT

Letting go of your resentment is an essential ingredient in finding harmony, for the Law of Attraction to be able to work to smooth your way you must first rid yourself of all of the negative energy you have been sending towards them so far.

It is important that you accept the fact that you can forgive and forget, allowing the two of you to move on with your life with a much happier relationship than you have experienced to date.

LON #30

ATTRACTING LOVE

The process of attracting a significant other is much the same; however, for the Law of Attraction to be able to attract them to you, you must be very

specific when making your request regarding exactly what it is that you're looking for in a relationship.

This doesn't mean that you should outline the color of their hair, their eyes, or their political position in society.

Remember, the Law of Attraction means that your subconscious mind is going to be drawn to their subconscious mind.

Focus on the kind of values you wish for them to possess, the type of relationship that you're looking to share with them (do you want to get married, date casually, etc.), as well as personality traits which you feel, are especially important. Then allow yourself to believe that you're going to find this paragon of virtue.

The last step here is the most important. The belief that a relationship with the person of your dreams is beyond your reach is going to result in it happening.

Remind yourself that every day hundreds of men and women are building a life with the person of their dreams; there is no reason for you to be excluded from this number.

CHAPTER 10

ATTRACTING WEALTH

LON #31

FLOW WITH THE LAW

Does the Law of Attraction really work when it comes to attracting more money?

That's the question on the minds of many people. Sure, it does, but there are rules and secrets to attracting money that will change the flow of money in your direction once you know how it all works.

Right now, you may be feeling scared, frustrated, or just stuck. There is a whole wide world of possibilities to be lived and experienced, but it's all out of your reach because you're short on money.

Well, you think so anyway. None of what you believe about money is true. Not even the belief that you need money to live the life that you desire.

There is a powerful way of attracting, and it requires that you first become aware of yourself; your very own nature as a magnet.

When you become aware of your own inner void and how to use your divine center, you can attract money or anything you desire. The Law of Attraction becomes effortless and your ability to manifest increases.

LON #32

THE MONEY PORTAL IS YOU

Have you ever noticed that the things you seem to have the most difficulty with are those things which have power over you? Money happens to be one thing in physical reality that has power over most people.

If you understood the nature of reality and how it works money would cease to be a problem. It does not have to be this way when you know the most powerful cosmic tools that govern reality.

You can get the Law of Attraction to bring you what you desire when you learn how to draw intense magnetic power. That is the true secret. First, you become magnetic then you draw what you want.

Think of a magnet and how it draws metals from all various angles. It doesn't draw from one side alone, it magnetically attracts from several sides, and it does so very fast. It is irresistible to all other forms of metal.

That is the true secret to applying the law of attraction. Most people have the Law of Attraction in reverse. You must first become the portal for raw power. It's a cosmic power so great that you can manifest anything.

Think of yourself as the money magnet and convince yourself that you are a money magnet. You can attract wealth from all areas of your life.

Focus on what you CAN have, not what you DON'T have.

If you understand the nature of energy, you will understand that all things are alive in the universe, including the things we consider dead. Energy can never be destroyed; it is always moving and changing form.

Money is also energy. As you increase in your magnetic power, money will be drawn to you.

Tell yourself this every day, *“I am a magnet for money. Prosperity of every kind is drawn to me.”*

LON #33 **BELIEVE YOU DESERVE IT**

If you believe you don't deserve it, you won't get it. This “I'm not worthy of it” assumption about money is a self-limiting belief that keeps people hostage to their financial situation.

Some think that their education was not good enough, they believe they lack the talent and the abilities, or that simply there is not enough time for earning more money.

When you see the successful, wealthy people like Bill Gates and Warren Buffet, understand that money, wealth, prosperity, and abundance are just reflections of these people's beliefs, opinions, and attitudes.

As you change your attitude and beliefs and learn to accept that you are worthy of having more money and you are allowed to enjoy financial abundance.

When you believe you deserve it, your positive thoughts produce positive vibrations and helps you to get what you are capable of receiving.

LON #34 **YOU ARE THE MASTER**

You become the Master and money become the Servant. Switch your perspective and your world will change.

Money is an entity which is here to serve you.

You are the divine one, here to experience life in this physical body. You should never be a slave to money rather should become master above money while money serves you.

LON #35 **AFFIRMATIONS FOR MONEY**

Research has shown that we have between 45,000 and 51,000 thoughts a day, and most of these 51,000 thoughts are “subconscious” thoughts.

Subconscious thoughts are below our conscious cognizance level. You don't feel them. What affirmation does it to make your sub-conscious thoughts conscious.

Affirmations are powerful. They are more than just words. To affirm means to state something positively. It means to announce firmly and assert something to be true.

They will overwrite your limiting beliefs and replace them with positive thoughts and thus instill powerful beliefs. Repeat these 10 affirmations and expect an abundance of wealth to manifest in your life.

1. I am a magnet for money. Prosperity of every kind is drawn to me.
2. Money comes to me in expected and unexpected ways.
3. I move from poverty thinking to prosperity thinking and my finances reflect this change.
4. I delight in the financial security that is a constant in my life.
5. My actions create constant prosperity.
6. I am open and receptive to new avenues of income.
7. I now receive my good from expected and unexpected sources.
8. I am an unlimited being accepting from an unlimited source in an unlimited way.
9. I am the master of my wealth.
10. I am at peace with having a lot of money.

LON #36

EXPANSION IN MIND & MONEY

The more experiences you have from affirmations and Law Of Attraction, the more expanded you become. Money flows to one who is in an expanded state.

The more experiences you have, the richer you feel and the richer you act. You value life and the uniqueness of experience much more than you value things.

In that state, you are not wanting money, but money will come and come abundantly. The law of attraction honors that state of being and rewards you

for it. As you increase your life experiences, you will begin to increase your vibration.

CHAPTER 11

YOUR POWERFUL MIND

LON #37

YOUR MIND IS THE POWER STATION

To fully master the Law of Attraction one must become aware of how the mind works in relation to our physical reality. The mind is the power station for all our experiences.

It can be compared to the hard drive of a computer. It stores all the impressions that you experience throughout your life time. Whatever you have witnessed growing up, the stories that others have shared with you, all these impressions are imprinted on your mind.

Whether those impressions are good or seemingly bad, they remain in the mind of the individual and influences that person's life experiences. For example, how you experience money is directly influenced by the information you have been fed about money.

One of the hardest applications of the Law of Attraction is in trying to attract wealth. Most people can attest to having a very hard time in attracting the amount they desire.

However, if you understand how the mind works, you can then learn to override whatever impressions that are blocking you from attracting what you desire.

LON #38

AN EXCITING SELF-INQUIRY

To truly gain results with the Law of Attraction you must learn to examine yourself. See yourself and your thoughts as a massive amusement park, be excited to explore yourself.

The more you investigate the reason behind your feelings and the actions that you take, the more you can exert control over your thoughts. Before you can start to change any part of yourself, first, you need to be aware of your actions and the reason behind them. No one else can do that for you!

Get a journal and begin questioning yourself:

- What are your thoughts about money?
- What feelings do you experience when you think of your present financial situation?
- How do you feel about your financial future?
- What was your first impression you had a lot of money?

When you have the answers, eliminate those limiting beliefs that are stopping you from attracting the things you desire.

LON #39

APPLYING MENTAL TRAINING

One of the biggest failures in applying the Law of Attraction is the inability to train the mind on a consistent basis. An untrained mind has very little magnetic power.

See mental training like the training of your physical body. The more you train, the better it performs and the more power it has.

Taking money as an example, it's necessary to train the mind to also see it in your present environment. It's easy for people to complain about their financial woes but very rarely do they draw the impression of wealth into their mind.

If you just sit for a few moments and observe the lifestyles of those who are successful at attracting wealth you will slowly find your old impressions beginning to change. The mind will receive these positive impressions and begin to replace the old worn out impressions you have of money.

LON #40

WHY YOU NEED RITUALS

The human mind is like a wild horse and without proper training and cleansing it can be a weapon used against yourself.

This is where rituals help in training the mind so that you can best use the law of attraction to create success.

Rituals are an important part of the manifesting process. To successfully apply the laws of attraction you need to create a steady ritual of learning and manifesting practices at different periods in the day, as well as the special milestones in your life.

Some people misunderstood rituals as visualization. Although they are similar, rituals involves many other things such as celebrating success, calming fears, or kickstarting the day with an empowering morning ritual.

LON #41

THE CLEANSING RITUAL

This is a powerful ritual that can erase bad experiences.

Picture yourself standing under a huge waterfall, and feel the waterfall gushing down on you, washing away your negative experience. Alternatively, you can picture the waterfall to be quiet and gentle, softly erasing your negative thoughts.

I find it especially effective when I'm doing it in the shower, listening to the sound of the water splashing on my skin.

LON #42

THE CELEBRATION RITUAL

A celebration ritual is perfect for reminding yourself of your abilities and your potential to achieve great things.

When you reach a milestone, celebrate with your friends and family. But, do remember to have a quiet moment with yourself and affirm your success with positive thoughts and gratitude.

Go like, "I believe in myself and my ability to succeed. I am grateful for all my skills and talents that serve me so well."

LON #43

THE NEGATIVE MOMENT RITUAL

Say you encounter a setback in your work, and suddenly, your brain is filled with fear and insecurities.

How do you take the negativity and turn it around?

You can use music to calm your nerves, scent to invoke pleasant memories, or even do a self-talk to encourage yourself.

The bottom line is you need to have a “negative moment ritual” to stop yourself from spiraling deeper into the negativity.

LON #44

ACCEPTANCE TO BETTER YOUR PERSONAL LIFE

Do you have the knack to accept the things you can change and the things you can't change? Can you accept the numerous changes that occur in your life?

When you are able to accept things in life, including you and other people you find a way to take charge. When you're in command, it helps you to see how you are able to better your personal life. When you learn to accept you'll learn to discover you.

Many individuals in the world believe that when we act the same way at all times, we have instituted our identity. Politically incorrect!

We have emotions, thoughts, behaviors, actions, and have been infested by a world of influences both great and foul. Every day we will feel something new, which causes our personality to reflect these modifications.

We live in a world that desensitizes us. We're surrounded by 1000000000000s of influences on TV, in the media, on radio, in homes, government, schools etc. Each to their own, but everybody is judging somebody at some time, which is something we have to accept.

We can't alter these people's behaviors and way of thinking, but we may change ours. This is a component of learning and accepting. The best way around the world is become your own influence and let other influences make another persons life misfortunate.

Once you learn to accept you'll be eager to laugh. For example, if somebody makes you crazy you'll see the humor in his or her actions. You might see the humor in your actions if you make an error and feed into their stupidity. Once you begin to see the humor in life, you'll feel better inside. When you learn to change to better you, others might follow. Good conduct has proven far more effective than words to promote others to change.

As you grow you'll feel a fresh hunger, and that hunger will guide you to discover fresh ways to better you. In time as you begin to feel better, you will see a need to exercise, eat correctly, and hang out with positive influences and so on. Once you feel this hunger, you'll feel inspired to labor to accomplish your goals.

LON #45

GREAT INTENTIONS

Great intentions are the ultimate choice for bettering your life. If you've bad intentions, it's a sign you're filled with greed, envy, detest, etc. You want all these damaging influences out of your life. Intentions are mighty. Intentions

tell other people where our goals are heading. Intentions are our motive that helps us to accomplish our objectives.

Occasionally you'll feel bad-tempered, and grit your teeth, yet as you continue to learn, you'll see the light at the end of the tunnel. So what if some of your intentions are foul? Welcome to realism, humanity, and imperfection. You can change those foul intentions to great thoughts.

It always helps an individual to put down their intentions. When you put down your intentions on paper, it helps you to discover you.

Discover what alternatives you have available. Pull up resources. As a matter of fact, build resources. Resources are the key that unlocks the doorways to success. Check your intentions. What is the ideal career for you? Pull up your assets and utilize them to your benefit. Do a job search to help you discover a new vocation that makes you happy. Always follow through with your plans. Never quit and demand results.

LON #46

LISTEN TO YOUR INSTINCTS

Go over the inner pictures you develop and listen to the voices that tell you how you are able to better your personal life. Learn to train your conscious to live healthier.

We have instincts inside us. Learn to restore your instincts and listen. Listening is the key to help you better your personal life. Learn how to acknowledge your bodily needs as well.

CHAPTER 12

WHY YOU NEED AN ATTITUDE OF GRATITUDE

LON #47

MORE THAN POSITIVE & NEGATIVE THOUGHTS

Very often people ask, “Why is it so hard to apply the Law of Attraction to my life?” Perhaps you’re one of the many people who feel frustrated with the results you’re getting.

Most people believe that attraction begins and ends with negative or positive thoughts. While your thoughts do matter, there is more to the attraction process and much more to understand about the nature of thought.

You see negative and positive thoughts do have a charge. A negative thought has a much weaker charge than a higher more positive thought.

Success with the Law of Attraction depends on you having higher thoughts not just because they affirm what you want to attract but because the higher your overall thought frequency, the more you'll attract.

For most people, it is quite hard to elevate their thought vibration to a higher more powerful frequency. It’s not as easy as simply saying, “Today, I am going to think positive thoughts.”

After many years of negative thinking, a person's overall frequency is low, and it will take a little extra to change that overall frequency.

The lower your frequency, the harder it is for you to attract what you want. The Law of Attraction will simply keep you at the same level where you presently are. One or two positive thoughts will not automatically make you a magnet for attracting what you want.

That is why you need to develop an attitude of gratitude to be more positive in your life.

Be grateful for where you are. Even when your life seems difficult and frustrating you can begin to see all the good that you presently have. You cannot transcend a situation that you resist. The moment you begin to look at your present condition with acceptance and gratitude you are better able to shift and make changes.

LON #48

LEARN GRATITUDE

Being grateful what we have is necessary for attracting the things we want.

Be thankful each time you wake up. Think about the good things in your life you should be grateful for. Appreciate your job (even if you don't like it - at least you have one!).

Be grateful for a place to live, food to eat, water to drink, and friends to laugh together.

A lot of people in this world don't have basic things like food, water and their own place to live. It's natural that you want more, that you want to improve your standard of life, but first you need to feel gratitude for what you already have.

When you feel blessed, then you'll be in a state capable of receiving more blessings.

LON #49

VISUALIZE WHAT YOU WANT

Write down the things you want. Use the present tense, visualize the things you want, be grateful for them, and think of them as yours.

At first, you might feel strange that you're using present tense for the things you want to have in the future, but it's important to train your mind and force your mind to think about them in present tense.

After some time of playing such "mental ping pong" your mind will obey and will help you to achieve the things you want.

Affirmations can be helpful, but mindless affirmations alone have no real value. On the other hand, once an affirmation becomes part of your belief system the subconscious goes to work attracting opportunities. It is not the success itself we attract, but the opportunity to succeed.

LON #50

THE SUBCONSCIOUS MIND

The subconscious mind is working tirelessly 24 hours a day. It doesn't analyze; it doesn't judge; it simply accepts and attracts more of what the conscious mind focuses.

Are you attracting problems or solutions? By focusing on your desires and showing gratitude for what you already have, the subconscious mind is given the necessary material to provide a constant stream of opportunities. Whether we take advantage of these opportunities or not is another story.

It's impossible to operate outside the law of attraction. Consciously or unconsciously your thoughts, feelings, and emotions affect what you attract into your life.

Stay focused on your success and continue to reach for your goals. As one success leads to another, success will become a habit. Problems and obstacles are seen as no more than stepping stones on the road to your ultimate goal.

CHAPTER 13

THE POWER OF VISUALIZATION

LON #51

VISUALIZATION IS A POWERFUL TOOL

I've talked briefly about visualization earlier. But, I need one full chapter to talk about visualization because it is such a powerful tool to manifest your dreams, your goals, and your wants.

Visualization is producing a detailed picture of what you want and then visualizing it happening again and again with your five senses.

1. Sight - What do you want to see in the next five years?
2. Touch - How do you feel when you've achieved your goals?
3. Hear - What do you hear when you've succeeded?
4. Smell - How does your victory smell like?
5. Taste - Does achieving your goal taste sweet?

The idea is to surround yourself with positive images and picture yourself manifesting what you want in your mind.

If you see it, and believe it, then, it will become real in the future.

An example is actor Jim Carrey who wrote himself a check of 10 million dollars. He dated it 'Thanksgiving 1995' and put in the notation, "for acting services rendered."

He kept the check in his wallet, and each time he pulled out his wallet, the check reminded him of his dreams.

5 years later, before Thanksgiving in 1995, he got what he visualized day and night. He received a pay check of \$10 million dollars for his role in Dumb and Dumber!

LON #52

HOW VISUALIZATION WORKS

The mind is made up of 2 parts:

- 1.) The conscious mind
- 2.) The subconscious mind

We think with our conscious mind. The images that appeared in our conscious mind are then transferred to our subconscious mind.

The subconscious is like a computer. It can't think on its own, it can't differentiate between good and bad, between true and false. It takes your thoughts at face value.

When you think about the same thoughts over and over again, the same mental images are transferred repeatedly to the subconscious and are locked in. Your subconscious mind then begins to take the thought seriously and sets out to bring it into existence.

We can say that “mental pictures” is the main language of the subconscious. That's why visualization is so effective when it comes to delivering your thoughts from your mind to reality.

Also, while you are visualizing, think about the results and visualize them happening. Don't try to picture the procedures. Tell the subconscious only what you want to happen in the end, and leave it to decide the procedure of how you are going to get it.

LON #53

THE VISUALIZATION PROCESS

The visualization process goes like this:

- 1.) Determine a quiet and calm location.
- 2.) Define your intent.
- 3.) Focus on exhaling and inhaling.
- 4.) Start your visualization.
- 5.) Feel your visualization with our five senses.

The best times to complete your Visualization are in the morning, and in the night just before going to bed.

The process usually takes a few weeks before you can see positive results. But, many individuals find calmness, peace, and positivity after the very first time. To increase your chances of success, be specific when defining your intentions.

And most importantly, believe that it is going to work and keep visualizing the same results even when it's not manifesting yet.

LON #54

VISUALIZATION BOOSTS TOTAL WELLNESS

The human brain is divided into 2 sides - the left brain and the right brain. The left brain is in charge of logic, and the right brain is responsible for creativity.

Most of the time, we only utilize the left brain and neglect the right brain. When you practice visualization, you work your right brain, and this creates balance.

This balance helps the natural healing procedures of the mind and body.

Visualization utilizes imagery to change your emotions, which then turns into a physical sensation that may relieve or eliminate symptoms.

Positive emotions boost the immune system and make the brain work in a balanced mode which is conducive to change.

That's how you get your mind-body connection.

With the mind-body connection, it fixes the balance of the brain and opens up to positive change and replenishment.

LON #55

RELAXATION BEFORE VISUALIZATION

If you find it difficult to get into the right mindset for visualization, you can try the following relaxation technique.

1.) In your quiet location before starting your visualization process, sit straight in a chair with your feet on the floor, your back supported and your hands resting on your lap.

2.) Close your eyes and take 3 to 5 deep, abdominal breaths. Breathe in deeply through your nose and allow your stomach to rise with each breath. This loosens up your diaphragm and helps more air to enter your lungs.

3.) Hold your breath for 3 to 5 seconds and then exhale slowly through your mouth, letting your stomach return to its original position.

4.) Mentally count down from 20 breaths to 1, while maintaining the deep breathing technique.

5.) Next, think about your possessions. Picture your car, your house, your family, your job. Note how your body and mind react to having something with such certainty. You don't feel any tension, worry, or uncertainty. You don't feel insecure not knowing where it is - just the serenity and stillness that comes with knowing.

Allow yourself to experience this state of knowing, what it means to have something.

6.) Repeat this exercise regularly, and you'll soon learn how to believe and how to re-create and transfer the feeling of trust to those things you intend to experience during your visualization sessions.

LON #56

MIND MOVIES

A mind movie is a series of visualizations that act as a representation of your perfect life. Your greatest self. Your peak self. The life that you'd truly love to be living.

There are a lot of ways of creating your mind movie. You can reenact your dream life, with a scrap book, or on a cork board, or power point slides, or even movie/video clips.

For the images/footages, you'd want to mix and match positive affirmations, brief statements of intent, goals, dreams, and visions.

Picture yourself impacting the world and people thanking and recognizing you for helping to change their lives. Find photos or videos associated with your imagined success and put them into your mind movie.

Then, watch your mind movie frequently. I like to do it after my visualization sessions in the morning. It keeps my dreams fresh and my heart pumping with adrenaline.

Here's one tip. When you are viewing your mind movie, try to engage it with your five senses. They can strengthen the visualization power.

CHAPTER 14

MANIFESTATION

LON #57

WHAT IS MANIFESTATION?

Manifestation is taking what we picture in our mind and making it a reality using tools like visualization and the Law Of Attraction.

It's all in your mind, really.

The previous example of Jim Carrey visualizing and then manifesting 10 million dollars is the perfect example of what manifestation can do for you. (Visualization and Manifestation often work hand in hand).

Everybody has the natural power to manifest anything they want. Remember when you were young, you kept thinking about a certain toy and then you got it in the end?

When we grew up, we were unconsciously programmed with so much data that we forgot our innate manifesting attractive power.

The truth is we are all overflowing with this energy. It is just "sleeping" inside you right now. Now it's the time to awaken your manifesting powers.

LON #58

THE NUMBER 1 SECRET OF MANIFESTATION

While Manifesting is a gift, it can be a dangerous gift if we manifest the wrong things.

What do I mean by manifesting the wrong things?

For example, you are afraid of failing your test as you did not finish your revision. In your mind, you know the exam will be difficult because of your incomplete revision.

After the exams, you think you'll fail. You hold the image in your mind and prepare for the worst outcome. When the results are announced, you are not surprised that you have flung your exams.

When you focus on the WRONG things, you are visualizing them in your mind.

If you keep thinking about things that you don't want to happen, it can manifest in the future because your brain will search for ways to manifest these negative thoughts.

The number 1 secret of Manifestation is to only think about positive things that you want. Catch any negative thoughts and turn them into positive thoughts.

I'm not telling you that you'll pass the exams simply by visualizing. When you don't know how to answer more than half of the exams questions, chances are you'll fail.

So, instead of thinking about passing while knowing that the chances of you clearing the exams are lower than ever, think about how this failure is not

going to affect your future. See yourself going to the college of your choice. See yourself acing your next exams. Picture how successful you'll be in the next 10 years.

Remain centered, peaceful and focused on what you DO want to think, feel and experience. That's the secret of Manifestation.

LON #59

FOCUS ON WHAT YOU WANT TO MANIFEST

Now you know the secret of Manifestation, you will think that the Manifestation process is picturing what you'd like to achieve, set your mind to the task, and wait for it to happen.

To some extent, this is true. It is a robust and powerful force when you focus your intention and take massive actions towards your goal.

However, the statement is misleading as it fails to mention the difficulty of focusing and centering your mind on a particular goal.

Our brain is like a maze of pipes. When you're focusing the water flow only through one pipe, some of the water will flow into the other pipes, and this is when doubts form.

You go like, "Am I really going to become a millionaire in ten years?"

If you wish manifest what you want, stay focus be clear and believe that it will happen.

LON #60

WHAT SHOULD YOU MANIFEST?

Most of us believe we know what should we manifest. But do you know what you 'really' want to do for the rest of your life?

(Tip: We went through this topic in Chapter 6 - Discover What You Want To Do For The Rest Of Your Life.)

Knowing specifically what you want in your life will make Manifestation easier.

When you are not sure of your path, your intentions aren't focused and clearly identified. Your mental success picture can become blurred when things don't go according to your plan.

Consider this example.

Jeff wants to change his job because he wants a higher pay. He is not sure of his path and the job he wants.

Since Jeff doesn't understand which path best fits his skills and personality, so he doesn't resolve to follow any certain path. He is willing to try other careers as long as they can bring him more money.

However, as soon as he runs into hardship and setbacks, he decides that path isn't for him and moves on to a fresh solution.

Jeff's actions aren't centered. He works hard, but his efforts do not build on one another. Instead of building one giant impenetrable sand castle, Jeff has established 20 little ones that are easily toppled. He winds up confused and disheartened. Finally, Jeff's lack of focus leads to failure.

LON #61

THEY KEY IS TO MANIFEST YOUR CALLING

Yes. Money can be your ultimate goal, and you can manifest wealth into your life. But you need to have a clear path and a set of goals that'll lead you to achieve your calling.

Once you're aware of your calling, determine your path that'll lead you to where you want to be in the future. Create a clear set of goals and visualize them happening.

A set of goals is easier to accomplish and manifest when compared to a vague end goal like getting rich.

Also, another thing to take note is that MONEY doesn't guarantee HAPPINESS.

Most individuals do not fit neatly into any path they choose. Forcing yourself into one might lead to success; however, it likely won't make you happy if you keep pushing yourself to do things that you don't like to do.

CHAPTER 15

RECEIVING HEALTH

LON #62

YOU ARE ALREADY SLIM

If you're trying to lose weight, remember this:

You are already slim.

Bear this thought in your mind that you are slim. Before you say I'm teaching you to lie, I need to assure you something.

You are what you think you are.

Remember how visualization works? If your brain says that you're a liar, and tries to tell you something else, throw that thought out of your mind and take deep breaths to calm yourself down.

When your mind relaxes, start visualizing you're slim. Don't worry if your brain keeps saying the opposite things. It will take a bit of time to train your subconscious.

Spend a few minutes "knowing" that you're slim and enjoying your healthy day. See yourself enjoying healthy breakfast, going to work and having healthy snacks, and then enjoying some exercises after work. You don't crave for sweets. And hunger isn't an issue either because you eat healthy food when you're hungry.

Picture that leading a healthy lifestyle is effortless and easy. With the right visualization, you can bolster your self-control, your metabolic rate and positive feelings about slimming down.

Remember, visualization only work when you take action. If you think and do nothing, it's like trying to eat a banana while imagining it to peel itself.

LON #63

DEVELOPING A HIGH FUNCTIONING PSYCHOLOGICAL IMMUNE SCHEME

Don't neglect your psychological immunity. If you do every thing right on the physical level and your psychological immune scheme isn't functioning well, your health is going to suffer.

Every morning after waking up, start with claiming your personal power and put on your mental, emotional and spiritual armor.

Your mental armor includes having a positive mental attitude. Be grateful for all things; be forgiving to yourself and others; stop comparing yourself with others; be humble with your achievements; appreciate every small thing that is going to happen today.

The truth is we are vulnerable. Do you ever feel like you have the entire world under control when you leave for work and come back defeated like you're glad your day is finally over?

When you are exposed to negative thoughts, they will grow and manifest your life with negativity. The media likes to pollute your brain with facts of how many people are dying each day due to certain diseases. Protect

yourself from these “news” because they will make you emotionally sick and weaken your psychological immunity.

The positive attitude you embedded in your head acts as armor. It will repel the negative things that will cause you to be unhappy and vulnerable. Each time a damaging thought tries to enter, you push it away. This ensures your psychological immunity remains strong.

LON #64

THROW AWAY YOUR IDEAL WEIGHT

It is crucial to have the right attitude for losing weight. Don't lose weight because you want to look good, or you want others to compliment your looks.

Rather, think about having more energy to do the things you like when you're constantly in the prime of your health.

Your body is like a car. It may look good on the outside, with the glossiest paint and the shiniest rims. But, if the engine inside is rusty and old, it is unreliable, and mark my words, it will break down and fail you one day.

When your intention is internally directed, you become healthier, and you lose weight because you want to be healthy.

LON #65

COOK MORE

Try to cook and eat at home more. Here are 5 reasons why you should cook more:

1. **It is healthier** - When you eat at home, you can select the ingredients. They are fresher, and you can go for lean proteins, whole grains, and your favorite vegetables.
2. **You get to determine the size of your plate** - How many times have you been served an oversized platter and felt the need to finish everything? This can lead to “greater incidences of obesity, high-cholesterol and heart disease.”
3. **Save money** - It is cheaper to prepare your meals. Also, you don’t have to face the temptation of adding another side or ordering a large soda.
4. **It is rewarding** - You can feel a tremendous amount of satisfaction when you receive compliments for a meal well cooked.
5. **You get to enjoy it** - You might actually enjoy cooking because it is fun!

Here’s another tip: Try to add a fruit or veggie to each meal. Adding fruits and vegetables will help fill you up quicker and give you healthy nutrients that you don't commonly get.

LON #66

EAT WHEN YOU ARE HUNGRY

Eat when you're hungry. Don’t try to skip meals as it will only make you overeat in the long run. If you’re afraid of gaining weight, learn to manage your portion sizes and choose what you eat. Also, you don’t want to feel deprived, so feel free to give yourself a “treat” once in a while.

On the other side of hungriness, control what you eat when you don’t feel your stomach growling for food. Most of us have a habit of munching even

when we are not hungry. How many times have you succumbed to the chocolate bar, chips or ice cream?

Try not to let snacking become a habit because it can cause unnecessary weight gain. If you really love snacking, go for healthier options like fruits and nuts.

LON #67 **GET PHYSICAL**

Set aside a 30-min period each day for physical activity. It can be as simple as taking a walk around your neighborhood, Or you can pick up a physical hobby like rock climbing, dancing, cross-fit, or yoga.

Take exercises as a part of your life and enjoy it. Enjoy the sweat and the muscle aches because that's your body reacting to being alive.

LON #68 **LOVE YOUR BODY**

To love your body, you need to maintain a positive mentality about your current body.

Stop yourself every time you think or say something negative about your weight, eating habits, and body. If you happen to trip up, counteract that negative thought or statement with a positive one (out loud).

Loving your current body is a huge stepping stone to reaching your health goals, so go ahead and thank your body for being such a wonderful friend.

7 Levels Deep Exercise

Q1. Why are you reading this book?

Ans: _____

Q2. _____?

Ans: _____

Q3. _____?

Ans: _____

Q4. _____?

Ans: _____

Q5. _____?

Ans: _____

Q6. _____?

Ans: _____

Q7. _____?

Ans: _____

CHAPTER 16

DON'T GIVE UP

LON #69

WHAT IS YOUR ULTIMATE “WHY?”

As much as I would like everyone to read my book to succeed at transforming themselves into powerful individuals who achieve great things, the truth is, not everyone will make it.

Some will give up.

Along the way, they doubt and tell themselves “Maybe this is not my real gift after all. Nobody wants to listen to me.”

If you read this book and get motivated and excited for a couple of weeks and then fall back to your old ways, then you will never live a life that celebrates your gift.

If you fall back to your comfort zone, then one huge reason is this:

You did not find out what is your ULTIMATE “why.”

Your ultimate “why” can get you through the toughest of times. It is the reason why you will not give up on your gifts and your dreams when you fail.

You need to have a POWERFUL and CONVINCING reason that is strong enough to push you over the challenges and the setbacks.

LON #70

7 LEVELS DEEP EXERCISE

7 levels deep is an exercise to help you discover your real “Why.” In this exercise, you move deeper into answers by asking “why” questions seven times, and at the end, you’ll discover your real “why.”

And because you went through 7 thought-provoking questions, the ultimate “why” sticks to your head like glue. Every time you encounter a setback, your true “why” will be your strongest encouragement and supporter.

This exercise is critical. Please complete this exercise before moving on to the next chapter.

Here’s my 7 Levels Deep exercise.

Q1. Why did you write this book?

I want to help people to discover their hidden gifts so that they can live fulfilling lives.

Q2. Why do you need to help people discover their gifts and live fulfilling lives?

I went through a near-death experience and had a revelation that everyone has a gift that they can use to make a positive impact on the world.

Q3. Why do you want people to make a positive influence on the world?

I believe we need more people to make a difference in the world and all we need is a spark to brighten the dark sky.

Q4. Why is making a difference in the world so important to you?

I was brought up in a society that encourages quitting, and I want to change that.

Q5. Why do you want to change the societal norms?

I believe everyone should be able to pursue their dreams with full support from their friends, family and the society.

Q6. Why are dreams/goals important?

Dreams push people to greatness.

Q7. Why do you want to push people to attain greatness?

I get a real sense of achievement and fulfillment when I impact lives. It makes me feel alive. I want to be happy doing things I love.

As I went deeper, my ultimate “why” surfaces - I really want to be happy by making other people happy, helping them to fulfil their hidden potential. It makes me feel alive.

I can say I want to make the world a better place...blah blah blah, but ultimately I just want to do things that make me happy and alive. Doing this exercise is a revelation and an affirmation of what I want to do in my life.

Your 7 Levels Deep Exercise:

Start off by asking why are you reading this book. Then proceed to ask the seven “why” questions, with the previous answer rehashed each time.

You can refer to my example above to get the hang of how I asked the questions.

A copy of the “7 Levels Deep Exercise” is available next page

Now you got your 7 “whys” that will help you to overcome the biggest obstacles in your calling. Stick it on the wall and take a look at it when you’re discouraged... it’ll sparkle a glimmer of hope and turn the whole situation around.

LON #71

ACKNOWLEDGE ANY FORM OF RESISTANCE

Resistance is the act that accepts instant gratification over the discovery of the greatness in you. Some resistance traits include fear, procrastination, self-doubt, not taking risks, laziness, distraction, over-analyze, being pessimistic, etc.

Before every performance, Rihanna takes a sip of liquor diluted with soda water or orange juice to combat stage fright.

Here's what she told Esquire magazine,

"I have to have it. I take [performing] very seriously, so there is a level of anxiety, always."

Resistance never sleeps. This means that fear doesn't go away. You can be sleeping and dreaming about failing. You can wake up at 3 am in the morning and worry about the presentation the next day.

The first step to eradicate any form of resistance in your life is to acknowledge it's existence. When you accept it's presence, that's when you can take measures to repel it.

LON #72

MEDITATE AND REMOVE RESISTANCE

Meditation is a good way to reduce fear and other forms of resistance.

Jennifer Aniston starts her morning with Transcendental Meditation, and it brings her stress levels down. There are simpler forms of meditation such as [guided sound healing meditation MP3s](#). Just play the MP3 and let the music do its job. It's that easy.

When you meditate, you are clearing your mind of any negative thoughts. It melts away your resistance and prepares your mind for positive images.

I recommend you to practice meditation in the morning just before the visualization process. It primes your mind for a clear and powerful visualization.

LON #73

ALTERING BAD HABITS

Habits, oh those foul habits. Habits are acquired from training, influences, observance, and practice. We acquire a lot of habits throughout our life, which some are goodness and others are foul.

Good habits we may keep, but if one wants to better their life the foul habits have to take a hike. Eliminating bad habits however isn't simple, especially if a dependency is involved.

Do you think negatively? I can't alter this. My life is full of bunk; I can't swing it any longer. Why me? If you spend your life believing negative and stating negative connotations, attempt changing your ways today.

For example, state, I may change something and I'm going to. Rather than stating life is full of bunk, accept it as truth yet move forward to make your life better.

Once you begin to make changes to improve your life, begin small. Rather than jumping the gun, take little steps to success. Too many times individuals try to change overnight. This only leads to frustration.

When you're working to alter your life and habits make certain you seek support and feedback. You don't have to walk the road to success alone. Ask somebody you trust to support you and provide you feedback when required as well.

LON #74

BUILD ENERGY

If you wish to live happier, you'll need to build your energy. To build energy, you'll need to eat right, exercise and take great care of yourself.

You'll need to associate with positive individuals and learn to help others as well as yourself. The more effort you put forth, the more you'll get back from your efforts.

LON #75

EARN YOUR COMPETENCY

An individual with competence will take what they learn and utilize it to solve different states of affairs in their life. A competent individual always sees the new light at the end of every tunnel.

To better personal living you have to discover competence to take charge. In life, we have coaches, counselors, etc. that help us to accomplish things in life. We likewise have helpful authorities in the world who will take the time to help those who find it hard to help self. You have a lot of options and resources available to you.

Go and learn important skills to label yourself as an expert.

CHAPTER 17

FEAR IS BULLSH*T

LON #76

MY REPELLING DOWN THE WATERFALL STORY

I remember that time when I went to Ipoh, Malaysia, with three of my good friends. At just 21 years of age, we were young and wild, and we booked ourselves on this 2 days outdoor adventure camp rafting down the rapids, exploring limestone caves and rappelling down waterfalls.

I had fun falling into the rapids and getting stuck in the small caves. As I was heading to the final activity over the 2 days, I was pumped up and ready to go.

I was thinking to myself, “Let’s do it. It’s just water gushing down a cliff? How difficult can it be.”

And when I saw the waterfall, I was flabbergasted. Water gushing down the cliff was an understatement. It was more a raging Poseidon plunging down hundreds of gallons of water over the cliff to drown his enemies.

My first reaction was, “What if I fall?”

The first person of our group started descending the waterfall. I was anticipating him to fall, but he landed perfectly at the bottom of the waterfall.

Then the second person started the same journey. In the middle of the waterfall, he slipped, fell and disappeared under the waterfall for a second before emerging again. Thanks to the harness, he was hanging there in midair. In my head, I was like, “Oh my gosh... YOU CAN FALL!”

It was my turn after a couple of people, and I tried to psych myself up.

**“Jesper, you will not fall.
You will conquer the waterfall.
You will not fall.”**

As my foot touched the water at the start of the waterfall, I felt the strong current pushing me towards the edge. “I can do this. I can do this.” I kept repeating to myself, and I started my abseiling down.

Towards the middle of the waterfall, I was gaining confidence and abseiling down like a boss. Somehow, my foot got caught in the ropes, and I lost my footing. The thing I dreaded happened.

I fell.



I fell backward and hung there upside down slamming against the rocks. With the water smashing into my face and rushing into my eyes and nose, I felt like I was choking.

**The more you're afraid of failing,
the more likely you will fail.**

I was stunned, hung there for a few seconds before I grabbed the rope, pulled myself up and abseiled down the waterfall. What a life lesson on fear of failing.

If you're afraid of failing, you will fail. Then, when you fail you go, "I knew it! I should have listened to Dad and not run a business. I'm not cut out to be an entrepreneur."

LON #77
FEAR IS PART OF THE GAME
UNTIL YOU DEEMED IT TO BE BULLSH*T

We were brought up to avoid risks and danger. We were taught by our society to play it safe and conform to the societal norms. If you do anything outside these standards, you are treated like you are out of your mind.

Imagine Elon Musk telling his friends he wants to build an empire of electric cars with hundreds of superchargers in the country.

Imagine the reaction when Walt Disney told his investors in 1955 that he wanted to build a theme park for both adults and children. A place that is as

clean as anything could ever be, and all the people in it are first-class citizens and treated as guests.

Imagine people's reaction to Evan Spiegel rejecting Facebook's bid of \$3 billion to buy his 2-year-old Snapchat. Here was what he had to say:

**"Don't feel bad if you sell out.
Just don't stop there.
Find something you aren't willing to sell."**

When we see a person taking a leap of faith, the first reaction goes like, "Wait a minute. That's risky as hell." We see it as a natural thing for us to plaster fear and disbelief over each other.

We mask our fear with concerns over the person making the wrong decision although we have never gone through the same experience.

But, do you realize fear is bullsh*t?

Because the things we fear hasn't even happened yet. It only exists in our minds.

LON #78

DON'T BE AFRAID OF YOUR FIRST STEP

We have zero guarantees that what we fear is going to happen. The what-ifs are your biggest hurdles stopping you from attaining greatness.

Are you afraid of failing the auditions? So what if you fail? Just pick yourself up and try again. Elvis Presley auditioned as a vocalist, and he was told: “You ain’t goin’ nowhere, son. You ought to go back to drivin’ a truck.” He went on to become the “King of Rock and Roll” selling 600 million records worldwide.

You’re afraid of starting a business because of the fear of failing and getting into debts, but guess what, it hasn’t happened yet! Henry Ford started Ford Motor Company with \$28,000, and most of the money was borrowed from investors. Ford's market value is about \$45 billion today.

You want to write a book, but you’re afraid of it not selling? If you stop now, then your book would never make it into the bookshelves, and you will never know if your book could be a success. Stephen King’s “Carrie” was rejected 30 times by publishers before it became a bestseller. Today, he has sold more than 350 million copies of his books and many of which have been adapted into films and TV shows.

**If you’re afraid of the first step,
then,
you will stay in the same spot.**

LON #79
**EVERYTHING YOU’VE EVER WANTED
IS ON THE OTHER SIDE OF FEAR**

I experience an incredible moment of thrill and excitement when I say to myself, “Screw this. I’m going to write the best book on helping people achieve their greatness.”

Am I fearful? Yes.

But it felt more like an adventure of challenging my limits, my beliefs and the possibilities of what if I succeed. I felt like I was a kid all over again and I was at the most beautiful beach in Maldives building the biggest baddest sandcastle ever.

Do you want to build a sandcastle that's so awesome that your "5-year-old self" goes, "Wow, I knew I could build this awesome sandcastle when I grow up!",

Or...

Do you choose to sit there and continue to build castles in the air?

**“Power is given only to him who dares
to stoop and take it ...
one must have the courage to dare.”**

- Fyodor Dostoyevsky -

LON #80 ESTABLISHING COURAGE

Once you establish courage, you begin to better your life. Constructing courage will help you take risks to a brighter future that you usually wouldn't take.

When you establish courage, you put fear behind you. Bravery is the process of admitting that you have dreads, yet you're willing to determine a

way to defeat those fears and not let these fears take charge of you. It's ok to experience your fears at suitable times.

When you establish courage, you'll learn to self-direct you in life. You'll learn to accept punishment and rewards graciously. A courageous individual will frequently feel motivated to accept blame and responsibility while critiquing their actions and utilizing what they learn to move forward.

Brave individuals will step to the front, instead of stepping back when opportunities come their way.

LON #81

SET YOUR PRIORITIES STRAIGHT

Do you have your priorities straight? Do you have all your plans in perspective? Reassess your plans to make certain that you're on the right path to improve your personal life.

If you notice areas you can improve, do not be afraid to take action. Taking action is the last steps you'll take in anything you do that helps to improve your life.

CHAPTER 18

PROCRASTINATION

IS COMPLETE GOBBLEDEGOOK

LON #82

PROCRASTINATION MAKES NO SENSE

Procrastination makes no sense. There are a ton of things you can do to procrastinate, and while it is addictive for a moment, eventually it wears off, and you ask yourself at the end of the year why isn't anything happening? Why didn't I take more action?

That happened to me in 2016, and the year before in 2015, and 2014, and 2013....you get the idea.

Most of the time it is not a lack of planning that's impeding us. It is the lack of determination, conviction, and dedication to the plan that's holding us back. Think about how far we can get if we stick to our game and push onto the finishing line.

I don't mean to be rude, but the quote below is just amazeballs (pun intended).

**“Procrastination is like masturbation.
At first it feels good, but in the end,
you're only screwing yourself.”**

Have you ever thought about this:

[Do billionaires like Warren Buffett, Steve Jobs, and Richard Branson procrastinate?](#) If they don't then how do they do it?

LON #83

STOP TRYING TO BE PERFECT

PERFECTION is like procrastination - a complete gobbledegook. There is no way one thing can be 100% perfect. So instead of chasing the impossible, just launch your app, start your website, meet your publisher, and take a step towards the finishing line.

**“Nothing's perfect,
the world's not perfect.”**

- Hiromu Arakawa -

It is better to launch your project and then improvise along the way. It is like testing a race car. If you don't start the engine and run a few laps around the track, you'll never know what is wrong with the car.

Once you step on the accelerator, the engine kicks in, and you're off the starting line. Now, increasing your speed is only a matter of flooring the accelerator and working your engine harder. After the first lap, you will get the hang of things and find it easier to continue. You just need to start.

LON #84

BREAK HUGE COMPLEX PROJECTS INTO SMALLER TASKS

One of the reasons why we procrastinate is because the project ahead is too overwhelming. If that's the case, you need to break it down into small manageable tasks. If you still find it difficult to start after breaking down your project, you need to break it down further.

**“A small daily task, if it be really daily,
will beat the labors of a spasmodic Hercules.”**

- Anthony Trollope -

If you're setting up a goal to lose 10 pounds, plan your monthly routine and break it down into daily goals. Chop it into smaller tasks like morning, afternoon and night routines.

The idea is to make it incredibly easy to kickstart your morning routine, focus on it and get it done, without thinking about what will happen in the afternoon. When it's done, rest and get ready for what you're supposed to do later.

LON #85

THE ENVIRONMENT MATTERS

Does your work environment distract you from working? A messy workspace makes you sluggish, whereas an organized work desk improves your productivity and makes you want to start doing something.

Also, you want to get rid of all the distractions that are tempting you to break your flow of work. Leaving your smartphone and tablet in your bag or another room prevents you from messing with YouTube, Facebook, and other distractions.

LON #86

CREATE TIME BLOCKS

Similar to breaking huge projects into smaller phases, I use the Pomodoro Technique break down work into intervals, generally 25 minutes for one block followed by a 5-minute break.

These are the steps I use for the Pomodoro Technique.

1. Decide what I want to achieve for the next 2 hours.
2. Set the timer to 25 minutes.
3. Focus 100% on task until 25 minutes is up.
4. Draw a smiley on a piece of paper.
5. Repeat Step 2 to 5.
6. Accumulate 4 smileys and take a 30 minutes break.
7. Do an assessment on what you've done for the past 2 hours.
8. Start from Step 1 again.

LON #87

THE CARROT AND THE STICK

Remember the Pomodoro Technique earlier? I use a reward system for collecting 4 smileys. It can be an ice cream break, 30 mins of YouTube, Facebook, Snapchat or anything that you feel like doing when you procrastinate. Now you have a legit reason to procrastinate without feeling guilty.

If the carrot doesn't work, then it means you need a kick in the butt. Find an accountability partner who is not afraid of kicking your ass. **Set a deadline**

and a goal. He or she must be merciless and not scared of dealing out the penalty for failing to meet your goal.

As for the penalty, make sure it's painful enough to act a push factor. Another point to note is your penalty cannot be unrealistic. For example, if you're a guy, a severe penalty can be getting your leg waxed.

An unrealistic penalty for a lady is getting a manicure at the most expensive salon. It is expensive, and you'll feel the pinch, but, it is also a reward. You might be motivated, but not much when compared to a penalty of not wearing makeup for a week.

**"Procrastinating is number three on my Stupid List.
You still end up exactly where you didn't want to be,
doing exactly what you didn't want to do,
with the only difference being that
you lost all that time in between,
during which you could have been
doing something fun.
Even worse,
you probably stayed in a stressed-out,
crappy mood the whole time you were avoiding it.
If you know something is inevitable,
do it and get it over with.
Move on. Life is short."**

- Karen Marie Moning -

CHAPTER 19

STICK TO THE PLAN, BE RELENTLESS, BELIEVE IN YOURSELF AND TAKE RISKS

If you type www.relentless.com into your browser, do you know where it will lead you?

Yes, it will lead you to Amazon.

Jeff Bezos registered the domain name in 1994, and he nearly called his company [relentless.com](http://www.relentless.com).

Now, I'm sharing beautiful success stories that inspired me and how we can learn from these successful entrepreneurs.

LON #88 TAKE RISKS

Successful people are willing to get uncomfortable. They are always moving through challenges instead of compromising. They welcome new challenges and keep pushing through obstacles. They keep taking risks and keep evolving.

Do you know Elon Musk saved Tesla by taking a huge risk and be relentless about it?

Here's the story.

Daimler is the manufacturer of Smart cars, and they were interested but not entirely convinced with Tesla's technology in batteries. In September 2007, Daimler execs informed Elon they were heading over to California in 6 weeks, and they were willing to take a look at Tesla's technology.

Elon knew this was an opportunity too good to miss as they needed investments. So, he took a huge risk to pull his engineers from developing the Roadster and focused on making Smart electric car in 6 weeks.

There were 3 problems that he faced:

1. Tesla was extremely cash-strapped at that time and developing an electric smart car was a burden to their finances.
2. The deadline was tight as putting a new engine and batteries into another car was a big project.
3. The Model S, Tesla's make-or-break vehicle, was facing production problems and pulling human resources from the project could result in further delays.

Here was what happened:

Elon took the risk and went all in.

He got his CTO, Straubel to import a Smart car from Mexico for \$20,000. He pushed his engineers to work on the project until they were so tired they napped underneath a staircase. The result was a fully electric-powered Smart car engineered in five and a half weeks.

The result?

The Germans were impressed, but they did not make a deal on the spot. This put Tesla in an undesirable spot.

About one year later, through the fall of 2008, the subprime mortgage crisis began to spiral out of control. Tesla's cash was burning out fast, and there was less than \$500,000 in the bank. They were in danger of not able to pay their employees and Bloggers were waiting to see the Tesla death march.

Also, Elon's personal fortune was wiping out fast due to SpaceX (another company of Elon's) and Tesla. This was the situation - he still had \$20 million of his fortune left, and he had two choices:

1. Continue to believe in himself and throw everything in, or
2. Walk away with the cash.

If he held onto his \$20 million and walked away, and at the age of 37, he had plenty of time and money left to explore other projects. That was the wise thing that everyone would do, right?

But Elon was relentless. He knew he had to give it his last shot.

LON #89 **BALLS OF STEEL**

He called his brother, who made millions selling a company they found in 1999, and his brother asked Elon, "You really think it's rational to put more money in?"

**“We’re so close,” Elon replied.
“Daimler’s almost there,” he said.
“The Roadster’s almost there.
We can’t quit now.”**

On a side note, then, his marriage had fallen apart, and one of his SpaceX rockets failed in a botched launch, and yet despite all these negative news, he wanted to take on more risk.

Why? Because he knew if he hung on for a little longer, his plan for Tesla might succeed. It was a risk worth taking.

Below was his plan for Tesla:

1. Make the Model S (the roadster) successful and use the money to produce battery packs for Daimler.
2. Use the revenue generated from selling batteries to stay afloat long enough to get loans from the government for an IPO.
3. Launch Model X, a 7-seater sedan, and then Model 3, the first mass-market autonomous car.

Because of his relentless effort, he convinced his brother and the existing investors to shell out \$40 million as an emergency fund. Just as he predicted, the fund was sufficient to last till the first breakthrough.

A few months after fall in January 2009, Daimler was finally ready and bought 1,000 battery packs in a deal worth more than \$40 million for Tesla.

Then, in May of that year, Daimler invested \$50 million for 9% of the ownership of Tesla, giving Tesla a valuation of more than \$500 million.

A pioneer of the internal combustion engine vouching for the tiny electric car startup. This happy ending wouldn't be possible if Elon did not take the risk and be relentless in solving a problem which many when put in his shoes, would have given up.

**“Elon has huge steel balls,”
his ex-wife notes on her blog.
“He truly does.”**

**LON #90
BELIEVE IN YOUR DREAMS 100%**

Elon Musk had a plan for Tesla before he dived in and took the risk. His vision for Tesla is not to manufacture electric vehicles, but for Tesla to be an equal parts automaker and energy company.

He wants to revolutionize our energy system with batteries, and with Tesla's recent acquisition of Solar City, he is taking a huge step towards that dream. He believed in his dreams 100%.

Are you free or are you being held prisoner by your own beliefs? Are you ready to [break apart your limiting belief](#) and make a full 360-degree life transformation?

LON #91

SHORT-TERM GOALS

Be sure to start your plans with short-term goals. The short-term goals should lead up to your long-term goals. Short-term goals should include what you want to accomplish in the next few years.

Do you plan to open a business? Do you plan to move? Do you plan to start a new job? Each question will lead you into a good direction as you find answers.

For example, I plan to open a business in the next few years. How do you plan to open that business? What business are you considering? How will you get the money to start your business? You have many options, so check your resources, learn new resources and continue building your dreams to improve your personal life.

LON #92

LONG-TERM GOALS

After you layout the plans for your short-term dreams, start working toward your long-term goals. For instance, in the next ten years what do you see yourself doing? Use your visions and voices inside to cultivate a plan. Brainstorm your ideas.

To set up long-term plans keep them realistic. Be sure that your long-term falls in accord with your short-term goals.

For example, if you plan to start a business in the next few years, build upon this dream and plan to become productive and established in the near

future. Start saving money to back your plans. You will need to set up a budget that allows you money to save. You have many options so spread your wings and reach for the sky.

LON #93 **YOUR NEXT 10 YEARS**

Mark Zuckerberg came under fire for acquiring WhatsApp for \$22 billion in 2014, that's two years after buying Instagram for \$1 billion, and this deal is the largest ever made for a venture capital-backed startup.

Facebook's shares fell as much as 3.4% in early trading after the announcement of its purchase as investors questioned the move. WhatsApp is the fastest-growing social messaging app, but there lies a huge problem - it is unprofitable.

Here's what Mark has to say in the 3rd Quarter earnings call in 2014:

“When you consider the progress of our community and our investments, 2014 was an important year for us and a good sign of how we're thinking about the future. In the next **decade**, Facebook is focused on our mission to connect the entire world, welcoming **billions of people** to our community.”

He did not defend his move or try to appease the shareholders. Instead, he showed everyone his plan. That means Facebook will focus on growing assets like Messenger, WhatsApp, Search and Instagram until they each connect at least 1 billion users.

Now, let's fast forward to three years later in 2017. How is Facebook faring now?

1. 1.2 billion people actively using Messenger every month.
2. 1.2 billion people actively using WhatsApp every month.
3. 1.9 billion people actively using Facebook every month.
4. 700 million people actively using Instagram every month.

Zuckerberg has met his goals in three years with three of the four most popular apps in the world. Instagram is growing faster than ever, and it's only a matter of time before it reaches 1 billion users.

This is an update from the man himself on 3rd May 2017:

“We just announced our quarterly results and gave an update on our progress connecting the world. Our community now has more than 1.9 billion people, including almost 1.3 billion people active every day.

Our next focus is building community. More than 100 million people on Facebook are members of "very meaningful" groups -- like parent support groups or illness support groups that are an important part of their lives. My hope is to help more than 1 billion people join very meaningful groups to strengthen our social fabric over the next few years.”

LON #94

WHAT IS YOUR 10-YEAR PLAN?

**“If you don't know where you are going,
you might wind up someplace else.”**

- Yogi Berra -

You don't get into the car and drive around without knowing where is your destination. You need to know where you're going to end up. If not, you will just waste your time and effort driving around aimlessly.

Now, go and prepare a pen and paper and get ready to write down your ultimate goal and your ten-year plan. It's alright if you're not exactly sure if your plan will work. The important thing is to write it down and keep moving on.

My Ultimate Goal In 10 Years

Now, work out your first-year plan.

My 1-Year Plan

Develop a 3-year plan.

My 3 Year Plan

Note down your plan of progression from 3 to 5 years.

My 5 Year Plan

Finally, pen down how you're going to reach your ultimate goal.

My 10 Year Plan

Take an honest hard look at your goals and plans. Are they achievable or are you aiming too low? You don't aim to run a marathon in a decade, and neither do you want to lose 50 pounds in 10 years.

97% of people who set goals fail to achieve them... what do the other 3% do to guarantee their success? Well, not everyone can be like [Bruce Lee who defied the odds and earn \\$10 million dollars in Hollywood](#) when Asian actors were not popular at that time.

It's all about goal setting.

With all the plans in place, know that every action you take pushes you closer to your decade goal. Keep investing in yourself and keep pushing. Your marvelous future awaits.

P.S. Yes. I did say "do first think later" earlier in the book. That's for people who are unsure at the start. As you continue your path, learn to set goals because that will bring you to the next level of success.

“We’re going to prepare for the future

by investing aggressively,”

Mark Zuckerberg -

LON #95

DON'T BE HUNG UP ON OTHER PEOPLE'S EXPECTATIONS

Many times, individuals stay hung up on other people's expectations of what it is to be successful.

Each of us has another idea of what makes us content. It's important to acknowledge that if we spend most of our time and effort trying to reach another person's goals, then we find ourselves perpetually searching for meaning and continue to be distressed.

LON #96

BALANCE IS THE KEY TO SUCCESS

Balance is the key to success. Some individuals don't see the concept of success beyond their own needs. Frequently we're caught up in serving a dominant function, which overshadows our natural strengths. This results in stress and imbalance in one's life.

Learning to do things for yourself and your own needs are vital to improving your personal life. If you're always doing for others, and seldom take time out for you, then you're building stress rather than improving life. Your happiness should come first. Finding it hard to say no to others becomes more common and we find ourselves so engulfed by the needs of others.

Learn to have an even balance in your life with everything you do and center on what you want is another way to improve your personal life.

CHAPTER 20

LOVE THYSELF, LOVE THYSELF, LOVE THYSELF

LON #97

BE YOUR OWN BIGGEST FAN

Imagine a perfect world, everyone loving themselves and loving each other. There's an abundance of love spreading around. Wouldn't it be the perfect place to live?

Here's what Chief Bogo said to the rookie cop, Judy Hopps, in one of my favorite movies, Zootopia:

**“The world has always been broken,
that's why we need good cops. Like you.”**

Chief Bogo's words hit me hard. Our world is indeed broken, and we need good loving people to fix it.

However, the people living this broken world can be ruthless, selfish and merciless with their words and actions, and this means you need to be your own biggest fan and love yourself.

This is so important that I have to repeat myself three times for the title of this chapter.

LON #98 **SELF-LOVE**

When I talk about self-love, I'm referring to the ability to forgive yourself and let go of the past, erasing all the negative emotions that have been pulling you back and making you miserable.

Take a piece of paper and scribble all the past events you wish they haven't happened. Then crush it, tear it up, burn it, whatever you need to do to tell yourself they no longer affect the present you.

Self-love is to live in the present. Enjoy the moment and don't allow the past to upset you, nor the future to worry you. You might have a bad hair day in the morning, had drivers cutting into your lane, and said the wrong things to your kids.

You acknowledge your mistakes, make it a point not to repeat them in the future and don't feel beat up about what happened. You stay cheerful and choose to spread happiness and joy to the rest of the day. That's living in the present.

Self-love is to be positive and excited about the future. Know that you are being placed in this world to make a difference.

When you love yourself and [own your true wondrous nature](#), you couldn't be bothered by what other people think and say about you. You have renewed strength and courage to go after your dreams because you know that no matter the outcome, you have your own back.

In the event of failure, it doesn't change your self-worth. What you love about yourself isn't measured on external actions but about valuing your inherent worth as a person. You're not dependent on how people see you. You know that you're great. You love yourself.

It's a lot like the saying: success does not bring happiness; happiness brings success.

I have learned that success doesn't bring self-love; self-love brings success.

- Elyse Santilli -

LON #99

SEE YOURSELF DIFFERENTLY

The next time you look in the mirror, take a second and look at yourself in the mirror. Who do you see?

Do you see the imperfections - bag under your eyes, wrinkles, under-eye circles, or large pores?

Or do you see "you"? The person who loves what he or she sees?

1. Do you go: "Oh no, look at my wrinkles. I'm aging so badly."
2. Or do you go: "These wrinkles aren't so bad after all. I'm aging gracefully!"

How you see yourself determines how much value you place on yourself.

So, the next time you fault yourself for screwing things up, replace “*Oops I did it again*” with “*Ok, this is the last time I’m making this stupid mistake. I’m going to learn from it and not repeat it anymore.*”

Don’t hold on to the disparaging comments you make about yourself and tell yourself you are not worthy of self-love.

Instead, embrace your mistakes about who you are and throw in some encouraging words. You ought to love yourself more because you are the most awesome person you’ve ever met.

LON #100 **DON’T EVER COMPARE YOURSELF TO OTHERS**

This is tough. I’m a huge culprit of comparing myself to my peers. Singaporeans are famous for being “kiasu” - a term that can be described as “afraid of losing out” and I’m brought up in a “kiasu” environment where we compared everything from grades to who’s dad drive a better car.

Come to think of it, each one of us has our unique gifts which make us uniquely different from each other, so there’s no point comparing yourself to others. All that matters is that you [choose to be happy](#) with what you are contributing to this world.

“Accept yourself, love yourself, and keep moving forward. If you want to fly, you have to give up what weighs you down.”

- Roy T. Bennett -

LON #101 **TRUST YOURSELF**

To get successful and better your life you'll need to learn how to trust you. When you trust you, you are able to trust others also. Regrettably, we live in a world where trust is difficult to find, yet when you trust you, you can't blame other people when things go wrong.

Acceptance is your key to happiness. When you are able to learn to accept the good with the bad, you are able to learn how to live happier and better your life.

LON #102 **SUSPEND YOUR JUDGMENTS**

You'll have to learn how to suspend judgments of self and others. You're not the Man in control. Only one spiritual being has the right to call judgment down on anybody. Let this Man take the weight on His shoulders. You might need to pray often to cease judging self and other people.

It's ok to have views, but when you don't have facts to support your claims, why speak. Too many times individuals suspect, offer opinions, speculate, or jump to conclusions, which has caused major issues in the world. If you don't have facts behind you, or to support what you say, be quiet. Allow somebody else in the world to make the next error.

LON #103 **SURROUND YOURSELF WITH ENCOURAGING INDIVIDUALS**

Surround yourself with encouraging, not discouraging individuals. Some people can be parasites. They suck out your happiness, energy and maybe some of your tangible resources as well.

When you surround yourself with positive influences, you're surrounded by life. You'll be less stressed and find more joy in daily things. You will have positive impacts on the way you think, act and feel every day.

CHAPTER 21

BE AMAZINGLY GOOD AT WHAT YOU LOVE TO DO

LON #104

KNOW YOUR WEAKNESSES BUT FOCUS ON YOUR STRENGTHS

On 2014, veteran boxer Bernard Hopkins, 49, defeated Beibut Shumenov, 31, to unify the IBF and WBA light heavyweight title. Bernard was 18 years older than Beibut, but age did not deter him from winning that fight.

Bernard went into the fight knowing he could not outbox his young opponent, so he did not go in trying for a TKO.

Instead, he showed his tactical genius, slowing down the fight and aiming to land the last punch to score with the judges. He won the fight with a 12-round split decision becoming the oldest boxer in history to unify titles in a weight division.

We were taught to improve on our weaknesses since young. Schools told us to buck up on our failings all the time. If you're bad at math, your teacher tells you to do more math and improve.

The truth is when we focus on our weakness, we end up feeling inferior and it murders our confidence.

What if I tell you instead of spending time improving on your weakness, use the time to improve on the things you love to and make them so good that they are your greatest assets.

LON #105 **PLAY TO YOUR STRENGTHS**

When this boy was in school, he had difficulty focusing and his teachers considered him lazy. Little did they know that this boy had Dyslexia as it was not well-known at that time. He grew up to become the only entrepreneur in the world to have built eight billion-dollar companies from scratch in eight different countries.

His name is Sir Richard Branson.

How did he do it? He credits his success to keeping it simple for himself and his companies. He played it to his strength. Here's what he has to say:

“I need things to be simple for myself. Therefore Virgin, I think, when we launch a financial service company or a bank, we do not use jargon. Everything is very clear-cut, very simple. I think people have an affinity to the Virgin brand because we don't talk above them or talk down to them.”

He did not focus on overcoming his learning disability. Instead, he focuses on what he loves to do - building businesses.

You know your weakness but don't let it bring you down. You can never be good at everything you do, but you certainly can be good at doing what you love to do.

Be amazingly good at what you love to do.

LON #106
YOU ARE BORN TO PUSH AND GROW

When you arrived into this world, it wasn't an easy process of just slipping effortlessly out of the birth canal. Your mom pushed you out of the birth canal with great strength, determination and pain. Not to mention the amount of blood, sweat, and tears lost in the process.

During labor, moms would mention that they felt the baby kicking or pushing during a contraction. Although the baby is not able to do much at this point, he has a mission to get through, and out of the birth canal, so, his reflex action is to kick his little legs and rotate his head. While of mom does the most work, the baby is playing a part too.

We are born to push and grow.

So, if you're in a situation that's stressing you out, do you respond by pushing through the problem, or would you just give up? Can you imagine the baby saying, "I'm giving up. It's taking too long to get out of this tunnel."

From your infancy journey to adulthood, we are constantly exposed to new environments, new problems, and situations, new challenges and we keep growing. From learning new languages to mastering our studies to learning

how to make friends, to working our dreams, to getting in love, to graduating... We kept growing.

LON #107 **DON'T STOP GROWING**

Do you realize the only time we stop growing is when we become adults and are not involuntarily placed in situations that push us to break out of our comfort zone?

We stop taking exams and lectures daily, and we stop learning new things. We stop reading and stop exploring our dreams. Do you know why?

When we first started our studies as young as 4 or 5 years old, we have been taught to have only one goal - to get into college and graduate with good results. So we slogged and worked hard, got into college or whichever institution and the finally, you graduated.

Finally, I made it!

Those were the first words I say to myself after graduating. It was the biggest relief I experienced in 25 years... And then, what's next?

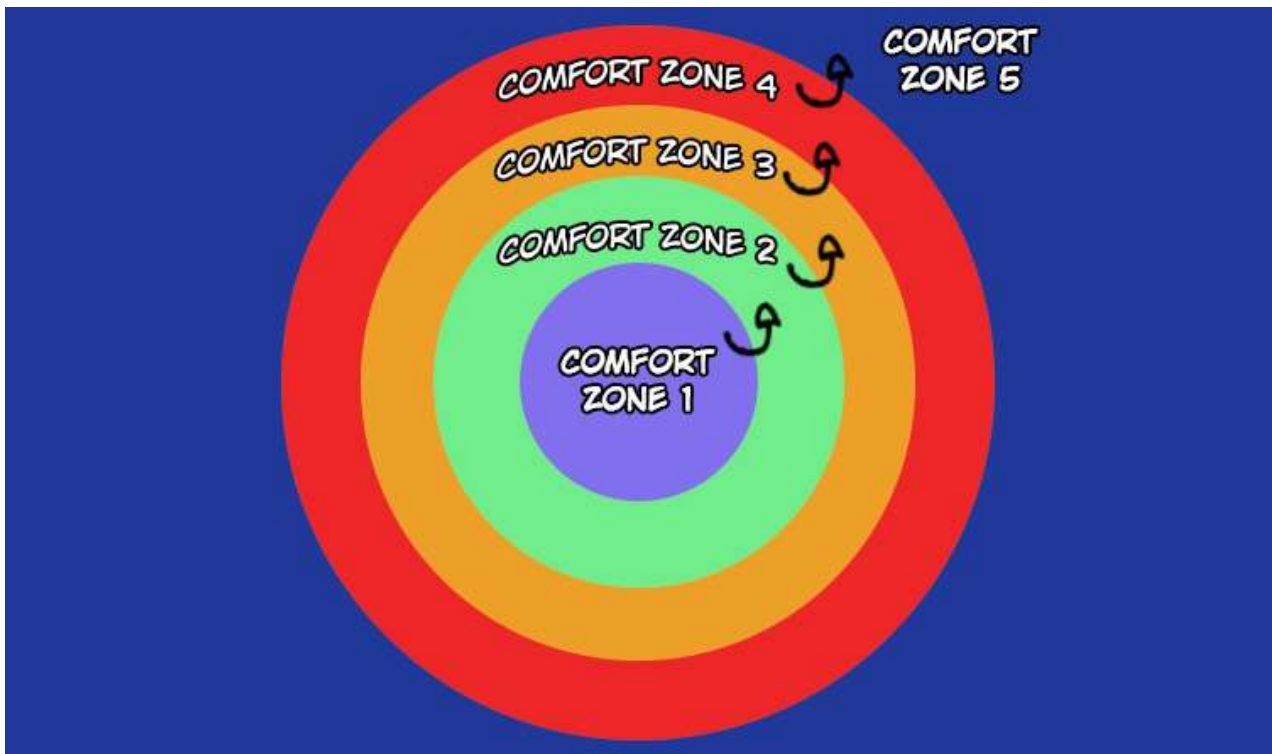
There are plenty of choices, and for the first time in my life, I'm able to choose my path. Now it's the time to loosen up, settle into a 9-to-5, Netflix and chill over the weekend.

This is the time we stop growing. That's because we are no longer being placed in an environment that helps us to push our limits.

LON #108 **KEEP CHALLENGING YOURSELF**

If you want your life to head in a new direction, you got to keep challenging yourself to grow, and move forward. Pushing is part of the game to grow, and you will be uncomfortable when you challenge yourself.

Each time you learn something new and grow, you arrive at a new comfort zone, and then you challenge yourself and arrive at a new comfort zone again.



The process of learning and growing and facing new challenges will keep repeating itself. This is the trait that separates the top 5% from the top 20% and the rest of the world.

PART III

**OPEN UP
YOUR MIND
AND REALIZE
ANYTHING IS
POSSIBLE**

CHAPTER 22

ANYTHING IS POSSIBLE

100 years ago in 1917, there were no disposable diapers, hairdryer, electric kettle, pop-up toaster, and television.

This means that you have to wake up 60 mins (or even hours) earlier to wash the diapers, bathe and dry your hair. Then, you have to boil your water over the stove to have a hot cup of coffee. After that, you have to time your toasts perfectly to prevent them from being burnt. Lastly, you have to listen to the news as there are no TVs.

How about today? The world has transformed massively in the last 100 years. Today's smart technology enables the coffee machine to make coffee at the same time each morning, and when it is ready, it sends an alarm to the owner's phone to wake them. Now, I'm just waiting for a machine that can cook my bacon, sausages, and eggs and deliver them to my bed.

Let's talk about the last 20 years, and you're be surprised at how fast our world is changing.

20 years ago, Facebook wasn't around. iPhone wasn't around, and iPod wasn't even invented yet. Tesla wasn't around. YouTube wasn't around. GPS was just getting started. Gameboy was the best handheld game console.

Can you believe how much the world has changed in the past 20 years?

Do you want to be at your 70s and 80s, and look back at the past 20 years only to see yourself doing the same things day in, day out while the world is evolving at a rapid speed?

I want to end the book here by encouraging you to do one thing.

**Pursue your dream with the belief
that anything is possible.**

Do not stop yourself from living the life you want because you think you're not good enough. Do not stop yourself from chasing your dreams because of the opinions of others.

You are here in this world because you are given this gift to shine like a giant ball of fire to ignite your future and light up the world! Your greatness is waiting for you. All you have to do is to search deep within yourself and BELIEVE. Believe that what you want is available and is waiting for you, and you shall have it.

Keep Living Your Greatness!

Jesper Xu

Founder and Chief Motivator,

www.greatiply.com

www.facebook.com/greatiply (Official Greatiply Community)

CHAPTER 23

FINAL BONUS TIP

WHAT HAPPENS IN YOUR HEAD AFFECTS WHAT HAPPENS IN YOUR LIFE

Sometimes, do you feel drained at the end of the day, so depleted you don't have the energy to do anything?

You procrastinate. You let yourself off the hook, thinking it's okay to leave the next chapter of your book for tomorrow. It goes on for a week, and then you feel discouraged, fearful, scared, and dejected, saying "Writing a book is too tough for me. I was never cut out for this. I give up!"

This is what happens when your brain is running low on positive energy and negative thoughts flood your mind. You make bad decisions based on an awful frame of mind. You talk yourself out of achieving your goals.

What do you do when your smartphone runs out of juice. You plug it into the charger. What if your car is low on gas? You stop by the gas station after work to pump it up. How about when you're hungry? You grab that delicious beef sandwich and gobble it down in minutes.

What do you do when your mind is running low on positivity?

One of the reasons why I'm able to step out of my comfort zone to pursue what I believe and finish writing this book is because of the things I feed my mind - personal development courses and books.

“A man should keep his little brain attic stocked with all the furniture that he is likely to use, and the rest he can put away in the lumber room of his library, where he can get it if he wants it.”

- Arthur Conan Doyle -

While I want to congratulate you for finishing this book and figuring out what you wanted to do in life, you need to realize it is also vital to program your mind to do it. Your beliefs about your power and potential will drive your success.

Here's my final bonus strategy for you:

Keep charging/feeding your brain with excellent materials to ensure you are always ready, charged up and equipped with the necessary knowledge to pursue your dream, your greatness.

In the following chapter, you'll find a few tools that can help you to program your mind for success.

RECOMMENDED RESOURCES

[Millionaire's Brain Academy](#)



What do Mark Zuckerberg, Richard Branson, Elon Musk, and a rainbow fish have in common?

I'll give you a hint.

It's got something to do with their brains. You see, the brains of millionaires (and billionaires) are ["wired" a certain way](#).

The rainbow fish, believe it or not, shares a particular brain trait that millionaires have. And that's the ability to engage the WHOLE brain.

Check it out here: <http://GreatiPLY.com/MillionBrain>

15 Minute Manifestation



You see, manifesting “abundance” ORIGINATES in your subconscious mind...and in the limiting beliefs that have lived there...for years...maybe even decades.

And [manifesting wealth and abundance](#) doesn't happen...until you change your how your SUBCONSCIOUS mind is programmed.

Which...has been just about IMPOSSIBLE. Until now. This brand new technology is changing EVERYTHING and it can be done in 15 minutes.

Check it out here: <http://Greatiply.com/15MM>

[The Instant Switch](#)



If you had the God-like power to make anything you desire appear in an instant, what would you manifest?

A new home for you and your family? A clean bill of health? Your soul mate? Money beyond your wildest fantasies?

Well... as strange as it sounds, a Harvard behavioral expert has discovered what many are describing as...

“The Universal God Switch.” Why are they calling it a “[God Switch](#)?”

Because when you flip it... It’s like you’re in control of the entire Universe. ANYTHING you desire...It’s magically drawn to you like a powerful magnet!

Check it out here: <http://Greatiply.com/InstantSwitch>

The Amazing You



Have you seen any of those recent news stories about so-called “smart drugs” designed to boost your IQ?

If you’ve wondered what kind of advantages enhanced brain power might give you, all of that just became old news.

Because one Harvard psychologist has finally been brave enough to admit there’s **something even more powerful** that the world’s elite have been relying on behind the scenes for years...

Check it out here: <http://Greatiply.com/AmazingYou>

Morning Ritual Mastery



Oprah Winfrey does it...

Mick Jagger does it

Arnold Schwarzenegger does it...

Sir Richard Branson, Benjamin Franklin, Arianna Huffington, Bill Gates all do it.

Practically every successful person you've ever heard of, from celebrities, athletes, politicians and entrepreneurs, all have this **one key thing** in common:

An Empowering Morning Ritual.

Check it out here: <http://Greatiply.com/MorningMastery>

7 Minute Mindfulness



Let me ask you something....

Imagine what it would feel like to have mind that is as calm as water?

Where stress and anxiety couldn't sabotage your life.

And all it required was a super simple [7 minute technique](#)...

Would you be interested in that?

Check it out here: <http://Greatiply.com/7MM>

Thought Elevators



Successful people's brains are finely-tuned for creativity.

But don't worry... it's not something you're born with. In fact, all it takes is a little **3-minute trick**...

...used by CEOs like Oprah Winfrey, Arianna Huffington, and Steve Jobs...

And here's the best part: Anyone can use it to tune their mind to be creative and achieve success.

Whether you want to write a bestseller or start a business worth \$100 million, all you need is this 3-minute trick.

Check it out here: <http://Greatiply.com/ThoughtElevators>