

111

POWERFUL WAYS

to

Turn Your Life Around



BY CHEW AN-CHYI

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By Chew An-Chyi

111PowerfulWaysToTurnYourLifeAround.com



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Hi Chew An Chyi,
Thank you for the very interesting Ebook 111 powerful ways to turn your life around. It has helped me at the right time. Inspired me. I'm going to put it in practice.
May God Bless you to continue your good work.
Your in Jesus name,
Merlin.

This book is lovingly dedicated to :

My Lord Jesus Christ

Who has loved me before I were ever born, blessed me abundantly

My Beloved MUM & DAD In Heaven

Seow Chu-Moe & Chew Boon-Gee

I Love You!

My Siblings

Thank you for being with me in my hard times.

Kang-Wei & Nelly

Thank you for your love, support, and understanding throughout this
journey

Shun-Jian

Thank you for your words of wisdom & mentorship

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INTRODUCTION

I thank you for clicking my page, I thank you for still giving your all, and most of all, I thank you for trying to live a fulfilling life again just like how your loved ones – the ones who have passed, the ones around you now and those whom you have not even crossed path yet – wish you to have.

Hello, my name is Chew An-Chyi. Author of **“111 Powerful Ways To Turn Your Life Around”**.

Life - begins at the moment of conception. Is it by luck that at that very precise moment my mother’s womb is fertile and ready and with extreme hard work and determination that out of the millions, I emerged as the champion ‘swimmer’?

Was that why, even before I was born, ‘luck’ and “hard work’ were already part of my DNA?

Entering my childhood years, my perceptions of life were shaped by the different roles played out by my surrounding adults, mainly of course, were my parents. Being the second child in a family of four children, I grew up in a relatively small town in Malaysia. My mum was a homemaker who took most pleasure and delight in doing all the household chores...you know like all the cleaning, cooking, caring and looking after us (which by the way, include, constant fussing and nagging) Her life then was about giving her all to her family.

My father was a very emotionally conservative man, he lost his father at the tender age of six and with that, he too lost the opportunity to receive any formal education. Being the third child out of eight, he

had to grow up fast and be really street smart to survive. Money was viewed as the most important thing when you grew up in extreme poverty ...and with that, he took that mindset...which in turn became his way of loving us. Growing up, I hardly spent time with him, he was a full-time 'mobile fish and vegetable' seller and a part-timer in whatever jobs he could find. In short, my father was a workaholic who was without much luck and education relied solely on his body and determination to work and provide for his relatively big family-Us.

Looking back, despite living a family life of barely making ends meet. I was *okay* because that was what I knew and was conditioned to, that was my so-called norm, and relying on my parents was my only option, I was after all a naive child.

Not yet a woman but no longer a child...1997 the year when life dealt me with my very first hand of card and it was not a pretty one. That was all it took, a single hand that sent me spiraling into what seemed like a bottomless pit of debt.

I remembered I was in high school when I received news that my father was rushed to the hospital due to a severe heart attack. Emotional chaos aside, back then, we were poor and there were no financial aids, health insurance or savings, so to come up with the money for the medical and surgery needed to save his life was pretty much mission impossible. After much borrowing from everyone who was of any relation and with the help of our community running a fundraising campaign, we finally managed to foot the medical bill.

After that episode and was still ridden with piling debts, my mother went out and found a job working as a helper in a well-to-do family's

home. It was really tough on her. Without any former education or work experience plus injuries sustained from an accident some months ago, she had to juggle all these mental and physical burdens while looking after us and our sick father.

As children, my siblings and I tried our best to help in any way we could but since we lived in a small town, part-time jobs were hardly available for teenagers. At that point, I felt totally helpless, I got my first taste of stress, resentment towards life and wondered how fate could be so cruel to us. I wonder why did unfortunate events happen to us one after another?

Entering my first year of university, I told myself that I must complete my degree and with that, it would be that one possible redemption out of my family's financial hardship by getting a decent job in the city. With a degree and plenty of hard work (a good work ethic passed down by my parents), I must surely succeed or so I thought.

My master plan was immediately dashed one morning when my father failed to get out of bed. The doctor confirmed what I feared most – my father had a serious stroke – without any immediate options, I used all my educational loans from the government to help out with the medical treatments and living expenses. Subsequently, I had to quit school and settled for an administration job so that I could help out with the family expenses and slowly try to settle the ever-expanding debts.

2006 was like a ray of hope when I found a job in another country. I came to Singapore, young and alone, away from my loved ones and familiarities, venturing out was scary but the prospect of the slightest

income increment was enough of a carrot to give me the courage to just go.

Being alone, renting a room from a not too friendly landlord coupled with new learning, and consciously knowing that I was stereotyped as the ‘village girl’ in my new organization was extremely challenging. There were days where I would feel homesick and lack the strength to cope with my working environment. I was barely adapting to my life here when life threw me another blow, my father was admitted to the hospital and this time, he did not make it out alive. And all I could do was hiding in my room and cried my heart out almost every night.

Nonetheless, I found myself tipping toe between blaming fate and questioning God’s existence...I was in depression and my thoughts were negative and lost that last bit of zest in me but life must go on and my mother still needed me.

With all my focus now on giving my mother a better life. I came back to Singapore to find opportunities. It was during this time that I was introduced to different teaching of Christ – the teaching of Grace...you see this was very new to me, as a believer, I used to believe all along that I must constantly confess my sins, that I would be acknowledged if only I followed the rules, prayed hard enough and be good enough perhaps only then I could qualify for God’s blessings.

Accepting the teaching of Grace was like giving me a new lease of life. For the longest time, I had forgotten what it was like to have hope. Slowly but steadily each seedling of Grace’s teaching started to grow and gradually faith took root and positivity started to flourish. The love of God is like the sunlight to my life.

With such a shift in my belief system so did my mindset. Moving forward, I found these three sentences my daily affirmations and meditations.

“I am highly favored.”

“I am deeply loved.”

“I am greatly blessed.”

Instead of living by chance and accepting fate as it was, I started to visualize my future with positivity and hope...and that was the beginning of my life transformation.

Seven-year is the number where people associate with ‘itch’ but to me, it is the number of completeness and perfection. That was the end of corporate life and the beginning of my business startup. After a switch of mindset, I subconsciously delighted in creating beautiful things, thus I became a freelance makeup artist. Bringing the best out of another person and putting a smile on their faces gave me a whole new level of satisfaction.

My journey as a makeup artist started to pave way for other opportunities and within two years I found myself the owner of a humble wedding gown business. My bank account went from deficit to positive and I was finally able to fulfill my childhood dream of

taking my mum on short getaway trips and paying for her overseas holidays with her friends.



*Celebrating
Mother's day at
one of the
Korean Cuisine
restaurants in
town*

Celebrating Mum's birthday in a restaurant



With more time and financial freedom, I was able to try new things, attend different courses and allow myself to grow in every aspect of my life.



Attended one of my baking classes

This, my friends, would be where I would like my story to end but it turned out life had other plans, with new teaching and mindset, I was once again put on a test.

As the saying goes, in order to find the diamond, the coal must first be put under unimaginable pressure.

2019, a few days before my planned trip home for Chinese New Year, I received the most devastating call in my life. My mother was involved in a traffic accident and was sent to the local hospital in an unconscious state.

I somehow managed to rush back that very evening but due to the severity of her condition and heavy swelling, none of us (my siblings and me) were able to see her as she was being closely monitored for possible emergency surgery. She was in a critical condition and in a state of coma when she was later transferred to ICU after the doctors ruled out surgery as an option and despite all our prayers, she passed away without seeing any of us for the very last time the following day. No chance nor time was given for other options.

She left us without any last kisses, last embrace, last word nor last sight. I pretty much died with her that day. My whole world came falling apart, I found myself in total darkness. I thought, if life is a deck of card, then I must be the joker.

It took me almost a year of emotional isolation and a whole lot of strength to come out of my latest depression.

Thankfully, I had the positive mindset as my foundation thus even though it took a little while. (Subconsciously I kept going back to the teachings during my moments of grief) I knew, that my mother who is now in heaven will want me to live my life to the fullest.

Dear friends, it is not about the cards you have been dealt but rather how well you played your hand.

Right now, besides work, I find my calling in doing volunteering work and serving the local community that made me realized that my misfortunes and getting back on my feet could be of help to another person.



*Blood donation during the
COVID-19 outbreak*

*Serving the local
community
during my off-
days*



So whatever pains or sorrows seem to be pulling you down now, please do not give up. Precisely it is because of you that I find meanings and purposes to share. There are billions of people out there but there will only ever be the one you. You are unique as you are worthy and precious, do not ever doubt or forget that. I pray that you will soon find your peace and light again as I did mine. Stay positive, be strong and let's move forward and uplift another.

We must accept finite disappointment but never lose infinite hope.

Martin Luther King Jr

How To Switch From Scarcity Mindset To Abundance Mindset



#1 Turning Away From Scarcity Mentality

Avoid living in the scarcity mentality. This is the psychological state where thoughts of rivalry originate. If you know that there is not enough to go around, you'll attempt to rush to take something from somebody else. It might be hard for you to think that rivalry is wrong as it is so highly valued in our society. It feels like every politician or other well-paid employee thinks that solely by competition you get what you need. But that's why they're employees. They don't realize that by not participating in the competition they'd become independent and free, even as their natural state ought to be. When you recognize that competition is wrong and quit trying to gain something at other people's expense, you step by step fall into the abundance mentality. You begin to recognize that you can get everything you think of, and this assures you that there will constantly be more than enough of everything for everybody.

#2 Positive Affirmation Over Your Situation

If you are still in a scarcity mentality and don't know how to get out of it? You'll need to start introducing a positive affirmation in your daily life. You can start practicing declare these to yourself every morning :

Abundance is all around me, and I feel gracious about it. There are more than enough resources in the world for everybody. I see unlimited opportunities for creating more wealth in my life. Whichever attracts you more.

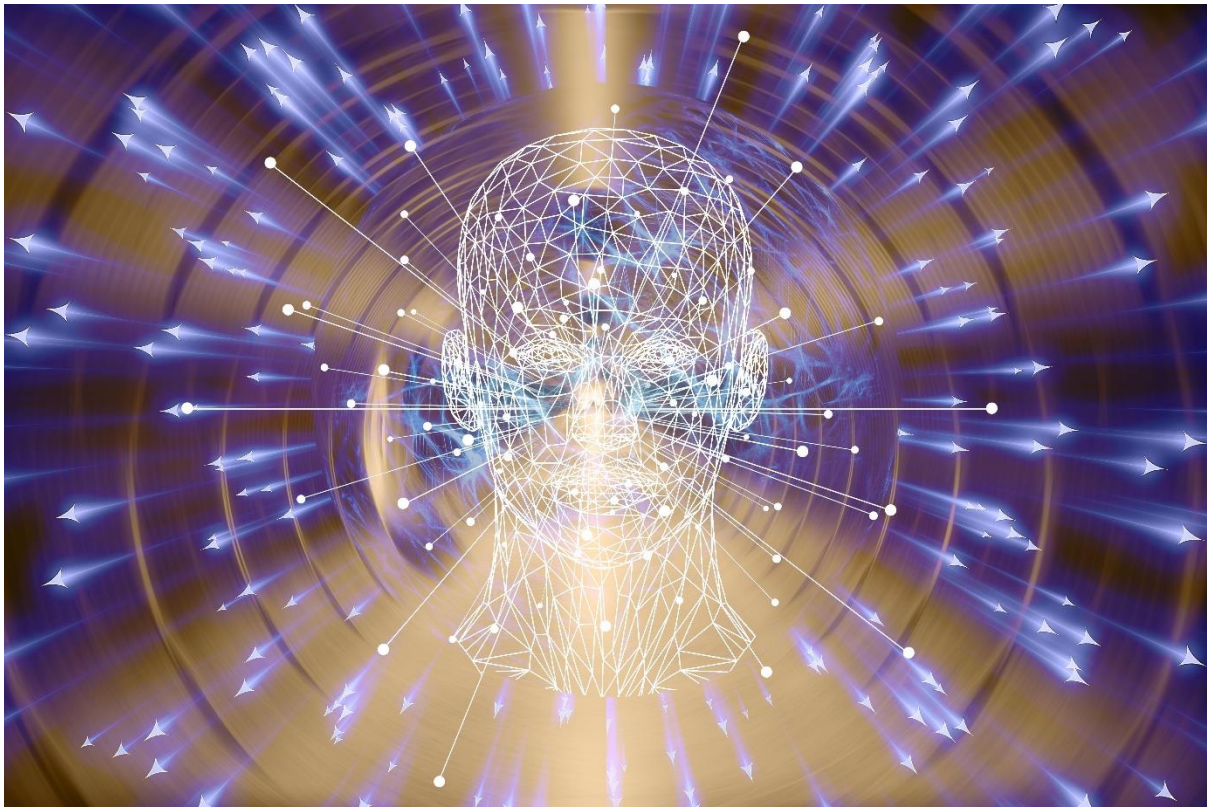
#3 Train Your Eyes

Keep your eyes away from things that you don't wish to happen in your life. To eliminate the scarcity thoughts, direct your care to the manifestations of abundance. Look at lush nature, deluxe cars, big houses, singing morning birds, a vast ocean, positive and wealthy individuals, whatsoever you affiliate with abundance. Choose those wealth symbols that constitute riches to you and start focus by seeing on those symbols. By always looking at wealth symbols you'll develop the desire to become abundant.

#4 Focus On Abundance

An abundance mindset tells you that there are constantly new chances and opportunities. You will see life from a more long-run perspective. And it may help you better your performance as with it you're producing a lot less pressure and anxieties inside your brain. With a scarcity mindset, you'll likely take things too seriously. You might think to yourself: "If I fail, the sky will fall". It likely won't, though. But you believe it will, you become excessively nervous and you've produced a self-fulfilling prophecy of failure as your inner, self-created negativity puts obstructions on your path to success. Before you can start to pursue anything in your life you already failed at the starting point due to your scarcity mentality. Let's switch and focus on abundance.

How To Develop A Powerful Subconscious Mind



Habits that you have, turn out from your subconscious mind, which then becomes a part of your regular life. For example, if you are addicted to drinking, then the subconscious mind has made this habit.

#5 Environment

Being optimistic or pessimistic all depends on the type of environment you are in, and the impact of the environment on the subconscious mind. If there is a negative impact on the subconscious mind, then you tend to be pessimistic in life and all the work you do or all your habits show pessimism. On the other hand, if there is a positive impact on the subconscious mind, then you tend to be optimistic in life and all your work or habits show optimism. Therefore, habits and the subconscious mind are very close to each other and depend on each other's functioning.

#6 Constantly Repeating Some Acts Or Thoughts

The point that you must note here is how these habits grew. The answer is probably that these habits did not grow in a single day. By constantly repeating some acts or thoughts, you have grown the habit. When you repeat an act or a thought several times, then it reflects on the subconscious mind, the subconscious mind accepts it as a fact, and then it becomes a habit. This is how you grow a habit. Therefore, apparently, it may seem that you cannot control your subconscious mind, but the fact is. Indeed, you can control your subconscious mind and change your life for the better.

#7 Engrave Positive Thoughts Into Your Mind

To control your subconscious mind, you have to repeat positive things so that your mind accepts them and makes them turn into a habit. Even if you are in a negative environment, you must have the courage to look at things positively. More importantly, you must know the difference between good and bad. This differentiation feeling will help you to keep yourself in control of your subconscious mind. Also, if you want to change your life, engrave your good thoughts into your mind. You can also make use of [software for reprogramming your MIND And BODY automatically by placing thousands of positive affirmations directly in your brain, FAST AND EASY.](#) Once you are clear about the workings of a subconscious mind, then you can change your life.

How To Change From Fixed Mindset To Growth Mindset



This combo is perhaps the best known in terms of mindsets. Very briefly, a fixed mindset is a static view where you believe that you are either good at something or you just aren't, with no way to change that so-called 'Fact' or 'Destiny'. A fixed mindset prevents important skills from developing and growing. Not only do they repel the good opportunities in life but can also hold you back from achieving your full potential. This, in turn, sabotages your happiness and health in the future. On the other hand, a growth mindset is a learning mindset with a dynamic view. This mindset allows you to believe that you can change, improve, prosper and get better at anything through the right training.

#8 Understand "WHY" You Need To Change

Understanding *why* you need to change a habit or mindset is a good kick-start in growing your mindset. Understanding "why" will motivate you. Without motivation, you will lose the drive when faced

with difficulties. The best way to keep your motivation burning is to remember your ‘WHY’ – Why did you start? Why is it important to you?

#9 Continual Learning

Continually learning new knowledge and skills to help you grow and succeed in your ventures. At the same time, trying new things will help you come up with different ideas and make you aware of what you are good at. You can also start challenging yourself with new tasks to develop your potential.

#10 Be Fully Committed

If you only focus on the fact that you haven’t yet accomplished your goal and can’t stop thinking about how much further you have to go. This limiting mindset can sabotage your efforts making you more prone to giving up. When you decide that you are *fully committed* to achieving your goals, regardless of any setbacks, you are more likely to succeed. Don’t just commit to planning it out in your head, but commit to carrying it out in action.

#11 Develop Healthy Self Esteem

Your self-esteem is how you see yourself, a reflection of your mindset. It is created from an internal dialogue with yourself where you perceive and evaluate your worth whether positive or negative. It can become very hard to aim for or achieve success without self-esteem. To grow or improve, you firstly need to believe that you are capable of achieving your goal and destiny in life.

#12 Being Realistic By Setting Effective Goals

Setting the right goals and being able to motivate yourself is important in being successful because if you set unrealistic goals you'll always feel like a failure. There's a very good analogy about teaching fish to climb trees that illustrates this. If you think you're always a failure then maybe it's because you're setting the wrong goals. Achieving major goals or even smaller milestones towards a bigger goal is a positive learning process for the growth mindset.

#13 Having a "Can Do" Attitude.

One of the biggest obstacles to having a growth mindset is your inner critical voice. This voice keeps telling you that you can't do it, it's not worth it, you are who you are and you need to learn to live with that. Switch "*can't*" in your mind into "*can*" and add a "yet" to the end of your sentences. When you use positive reinforcement your brain helps to give you a "can do" attitude that leads to a successful mindset.

#14 See Failure As Success

The great Chinese General Sun Tsu wrote a book on war tactics. While you may not be waging a battle, much of his advice can be applied to life situations. One of his most powerful pieces was to see failures as a form of success.

Success is a journey or a path. Each time you go along that path you may fail. When you fail, you have succeeded in finding the 'wrong path' and turn to explore the next path that leads you to success. By going through the failure you have become more educated on your journey and more likely to succeed.

#15 Be Open To Feedback

Feedback is another chance to learn. It also provides the opportunity to improve your performance. It helps you determine which areas you need to improve and where you're doing well.

#16 Winner Attitude

Winners won't ask whether they can achieve their goals. They simply know they can. Challenge the belief that something is impossible. Keep learning new skills that allow you to think and adapt. Your brain then becomes used to change. This allows you to progress, to take on new challenges with ease, and be more successful.

#17 Step Out Of Your Comfort Zone

There are times you need to step out of your comfort zone. We all need and crave growth. You can only achieve this by going through some discomfort in your life journey.

#18 Dare To Be Different

Being different is good. It means you're unique and special. That's part of living your legendary life. Dare to change will put you in a situation that keeps you growing towards success. If you believe that you must conform to the standards of others, you cannot be successful.

Getting Out Of A Rut



Do you feel stuck in your life? Has the world suddenly seemed to have closed in around you? Are you are doing the same thing day in, day out? If this sounds like your life then you are probably stuck in a rut. It makes you feel depressed as if life is something you just go through but have long since stopped enjoying. Now it's time to dig yourself out of the hole you have put yourself in and start enjoying life again. Here are some tips to help you begin to take back control over your life and get out of the rut.

#19 One Thing Different

Do at least one thing every day that is different from your normal routine, this could be something as simple as taking a short break and going for a walk, sitting down to read a chapter of a book, or any other hobby or pastime you once enjoyed.

#20 New Hobby

Take up a new hobby, make sure that you give yourself some time throughout the day to just enjoy something you like doing.

#21 Different Meals

Shake up mealtimes by having something different, you can either try a different recipe or order different take out, try foods from different cultures.

#22 Meet New People

Get out and meet new people, there are many ways you can achieve this, join a gym, club, or attend a self-improvement class or hobby class.

#23 Different Route

Drive a different way to work or if a possible walk or start cycling, not only will this break the rut you are in but also get you, fitter.

#24 New Sport

Take up a new sport; there are many types of sport with something for the fitter to the more moderate forms of exercise.

#25 Changes

Do something each day that is totally out of character for you, start off with small changes, and work your way up to bigger ones.

#26 Change Your Routine

If you are stuck at home with children then change your routine throughout the day, don't always do the same chore at the same time, shake up the way you do your housework.

#27 Make Small Changes

Make small changes around the home or work area.

#28 De-clutter

De-clutter your home or work area; it is surprising how being surrounded by clutter can get you down.

Simple Steps to Stop Procrastinating



Are you a victim of laziness, a root cause of procrastination? Do you often suffer because of what you initially considered as easy has turned difficult with the loss of time, and what appeared hard, due to further delay, has become impossible now? You may draw comfort from the fact that you are in the company of many that are affected by procrastination. But you must realize that you will experience true comfort if you get rid of your laziness by shaking yourself up into action. Like many others, you can indeed stop procrastinating and start meeting deadlines, by following a few simple steps that teach you effective time management.

#29 Plan Your Daily Must-Do Activities

Draw up a to-do list; preferably, write it down on paper; or, use a computer if you prefer.

#30 Prioritize The Activities

The more important ones taking precedence over the less important ones. If there are urgent things to do, but not important enough to be worried about if not done, put them below the important ones. The idea is based on the established principle that 80% of rewards accrue from 20% of effort directed towards accomplishing important work.

#31 Time Estimation

Estimate the time required for each of the listed activities after analyzing their complexity. Avoid underestimation, as you may not have enough time to do well a particular piece of work. Similarly, avoid overestimation, for that may leave some activities without enough time. Realistic budgeting of time is a must. Time allocation is a skill that is acquired with experience. So keep reviewing and revising your schedule as you progress.

#32 Organize Your Life

That will help you avoid wasting your precious time and leave more time for the actual work. Remember indiscipline causes confusion, even chaos, in life. It eats into your time. Avoid sloppiness. For instance, leave your personal belongings of daily use, like your glasses, your clothing, your computer, etc in the same place. If you do, you won't need to spend time looking for them all over the place. Apply the principle of doing work first and then taking time for pleasure and relaxation. Reverse the order only at the pain of falling prey to procrastination. You can get time for rest if you are efficient in doing your assigned work.

#33 Start Working Bit By Bit

You may see a mountain at first, but mountains can be moved, especially if you begin by moving just a small stone from it. You

know you cannot move the entire mountain all at once. Do not be overwhelmed by the immensity of the task before you. That will put you off. And you will put off the task for another day, which will never come. Just begin by taking one small step and you will invariably reach your destination. Beat your procrastination for good.

#34 Put First Things First Early In The Day.

Remember procrastination grows into a habit by the minute. Begin your day by launching yourself headfirst into the most important job waiting to be done. [Get more things done in less time & with a clear head.](#)

#35 Cope with Emotions

Learn to cope with [anxiety](#), depression, stress, and other similar conditions of the mind related to your problems in life. Keep yourself fit, not just physically but mentally as well. Learn and practice suitable mental relaxation techniques such as meditation.

Proven Ways On How to Live an Optimistic Life



Sometimes, being optimistic in the face of everything going on in the world and our personal lives is difficult. It's good to question or be skeptical of certain people and situations that appear in our lives, but it can also cause you to miss some of the good things in life. Living an optimistic life as opposed to a pessimistic one can lessen your chances of developing diseases and chronic conditions later in life. You've likely been around pessimistic people and left their presence feeling 'down' or that the world is less bright because of their outlooks. Here are some proven ways to turn your life around with optimistic thoughts:

#36 Don't Assume You're Going To Fail

You may have failed at business or relationships in the past, but the future is a clean slate. Don't think your negative thoughts are coming true and producing a bad ending.

#37 Positive Affirmations

If you're a pessimistic person, try repeating short phrases that remind you that you're attempting to be more positive. Affirmations such as, "I can control my attitude towards the life I live."

#38 Engaged Your Brain

An idle mind can get into all sorts of trouble and begin to take negative thoughts seriously. Engage in positive activities such as taking a class, visiting friends or family, reading a good book, or exercising.

#39 Reach Out To Others With Positive Thinking.

When you hear another person expressing pessimistic thoughts, share a different perspective with them. It will also help you from turning toward pessimistic thoughts.

#40 Think About What You Can Make Happen

Rather than thinking about what might happen to you, think instead of what you can do to make positive things and events happen in your life. It's being part of the solution rather than the cause.

#41 Smile

Studies proved that when you smile, you begin to feel happier. For one thing, others will usually smile at you. You'll be seen as a kinder and happier person – and, who knows – you might start to believe it.

#42 Don't Let Life Pass You By

If you continue with pessimistic thinking, you could wake up one day and realize you've lived a miserable life. Every single minute counts and if you spend most of it brooding about what might have been, you'll have wasted precious time. Taking action on your positive thoughts is imperative to living an optimistic life and having an optimistic future. You're probably wondering now, how should I go from here. Well, [The New Happiness Code](#) is a new program designed to transform your life with happiness and wealth for my subscribers limited time only. Remember that ACTION is key

How To Turbo-Charge Your Life With Powerful Self-Talk



Self-talk is the inner chatter that accompanies us in most of our waking moments. Your self-talk can be a powerful aid to your performance, or it can be destructive. What do you say

when you talk to yourself? If you're like many of us, your self-talk is a caustic mixture of judgments, complaints, and verbal abuse, in the form of "tapes" - mental recordings - that you've imprinted on your mind and play over and over again. No wonder you feel down and depressed.

However, you can change the tapes you play, and your self-talk, as soon as you become aware of what you're saying to yourself.

Changing your self-talk will turbo-charge your life and enhance your performance in everything you do.

#43 Change Negative Self-talk To Positive Self-talk

Let's do a test.

Say to yourself, silently or aloud: "That was a stupid thing to say. How could I say _____ (pick any verbal blunder you can remember).

I'm so stupid."

How do you feel? Perhaps you feel sad, or anxious. Take a moment to track your emotions in your body. Perhaps you have a sinking feeling in your tummy, or your face is becoming hot. Your self-talk

immediately affected your body, your mental state, and your emotions.

Now let's try positive self-talk.

Take a couple of deep breaths, smile, and say to yourself, aloud or silently: "I'm happy, strong, and confident."

How do you feel now? Feel your emotions in your body. Repeat the words "I'm happy, strong and confident" several times – keep smiling as you do so. Did you feel an emotional lift? You can give yourself an emotional boost at any time, just by changing your self-talk. If you make it a habit to repeat motivating self-talk to yourself, not only will you feel better, but you'll perform better in everything you do.

#44 Create Your Powerful Affirmations

Affirmations are a form of self-talk, and you can create personalized affirmations to use as self-talk.

Now repeat your new self-talk to yourself as often as you need to, particularly as soon as you can hear any faint whispers of the old self-talk. Boost the new tape with affirmations, like: "I'm confident, capable, and strong. I CAN do this!"

Start today: use powerful self-talk to enhance your performance in everything you do.

Some Powerful Affirmations I have been using throughout the years:

I boldly declare... (Put a smile on your face while declaring)

I am the precious in this universe

I am the unique one in this world

My imperfections made me special

I am the beloved child of god

I am deeply loved

I am blessed to be a blessing
I am a happy girl
My past does not determine my future
I am more than what I think
I am more talented than I think
I am more valuable than I think
I am more favored than I think
I am more than ordinally
I am stronger than I think
I can accomplish more than I think
I am destined for greatness
I am destined to reign in life
I am a conqueror in life
I prosper in all area of my life (You can specify the area)
I am the head, not the tail
I am a successful entrepreneur
I am about to shine
I am about to rise above
I am healthy (If you are sick, declare ‘I am healed’)
I shall live a good long life
My youth is renewed like the eagle

Please keep your affirmation list goes on.....

Gratitude Leads To Greater Abundance



If you want more abundance in your life then you need to develop an attitude of gratitude. We want you to believe this because it is true. For some people this is difficult to understand and accept so in this article we will explain why expressing gratitude will lead to you experiencing more abundance.

#45 Stop Thinking The World Owes You Something

One of the biggest problems in society today is that so many people believe that the world owes them something. They think that they are entitled to everything and don't feel that they should put in an effort to get what they desire. Let's face it we live in an instant gratification world right now.

So most people end up being disappointed because they cannot easily get their hands on what they believe the world owes them. Social media piles on the pressure by depicting images of people leading perfect lives. But this is not true and it is just a way that wants people

to desire more things. Without this desire, most businesses would not exist.

If you live in a world of “want” all of the time then you will never be truly happy in your life. When you have an attitude of gratitude you appreciate the things that you have in your life. Most people take these things for granted and end up complaining about all of the things that they don't have.

#46 Gratitude Overcomes Entitlement

When you are truly grateful for the things in your life you will overcome any feelings of entitlement. This doesn't mean that you will never have other things in your life – far from it. Some people think that expressing gratitude is saying "thank you" every time you receive something or if someone helps you out.

But saying thank you is just expected. It is the norm in life. As a child, you were taught to say thank you to your parents and teachers. And so was everybody else. True gratitude goes beyond this. It takes additional effort than just uttering those two words.

So how can you show more gratitude? Well, an easy way to do this is to think about the things that are in your life right now and think about how they make you feel. For example, you may have a job that doesn't pay you that much but it keeps a roof over your head and makes sure that you have food on the table. So you can be truly thankful that you have this job.

The same goes for the people in your life right now. Your partner, your children, your parents, your friends, and so on. Think about why you are so grateful that you have these people and then be thankful with feeling.

#47 Gratitude And Abundance

If you spend your life being negative and complaining that you do not have the things that you are entitled to then you will send out negative signals to the Universe. If you constantly send out negative signals then the Universe will align itself to provide you with more negative things.

With an attitude of gratitude, you will send positive signals to the Universe. The Universe will believe that you are happy with what you have and align itself to provide you with more. This is where the link to [abundance](#) comes in.

Cultivating Gratitude



Gratitude is a spontaneous feeling, but increasingly, research demonstrates its value as a practice, that is, making conscious efforts to count one's blessings. Studies show that people can deliberately

cultivate gratitude, and there are important social and personal benefits for doing so. The emotion generates a climate of positivity that both reaches inward and extends outwardly.

#48 Decide To Live A Life Of Gratitude

When you decide to adopt an attitude of gratitude, you will begin to see the good in most things. Any problems or setbacks that you experience will be an opportunity for you to grow as a person. You will no longer be stressed out by the problems that confront you.

Grateful people have a much more positive outlook on life; this is where you want to be. When you can harness the power of gratitude, it doesn't mean that all of your problems will disappear. But you will have the right attitude to tackle the problems positively and gain from doing this.

#49 Get into the habit of Giving

When most people give something they expect to receive something in return. So use this to give to others and the only thing that you expect in return is their appreciation for what you have done. Accept

that some people are less fortunate than you and help them in every way that you can.

This will have a very positive impact on them and they will show their appreciation through their words and the expressions on their faces. Take all of this in as it will spur you on to give more and develop your attitude of gratitude

#50 Write A Thank You Note

Take a little time out of your busy day and give thought to those that have provided you with their assistance. Ask yourself the question "who has helped me recently?" and then write down their names. This can be anyone that has given you advice and guidance such as a family member, a friend, or a work colleague for example.

As you look at each of the names think carefully about what they did for you and write this beside their name. Then write them a "thank you" note to express your gratitude to them. You can even get them a small gift to show your appreciation. They will love this and will appreciate that you were thinking about them and expressed your gratitude.

#51 Look Around You With Gratitude Perspective

Take time out during your day to observe your reality from a gratitude point of view. Focus on your surroundings and look for things to be grateful for. You will probably take these things for granted and it should be easy for you to identify them and appreciate them.

It doesn't matter how large or small the things that you notice are. Just see them as providing a lot of good in your life and express your gratitude for them. Do this every day and in a very short time, you will begin to do this on autopilot. You will look forward to these moments because of the feeling that you get from expressing your gratitude.

#52 Practice Of Tithing

For a believer, you can also practice tithing to your local church. Tithing in essence is an act of worship and thanksgiving for all God has done for us. Tithing is one way to worship God - to honor Him as your provider and remind yourself that all of your resources belong to Him and are provided through His grace.

Honor the LORD with your possessions, And with the first fruits of all your increase; So your barns will be filled with plenty, And your vats will overflow with new wine.

PROVERBS 3:9-10

#53 Be More Humble

To get the maximum benefit from your gratitude efforts, you must work on your humility. We would define humility as showing more respect and modesty. It should be fairly easy for you to identify where you can be more humble in your life. Take this seriously and practice humility often.

#54 Giving Compliment

Commit to giving at least a compliment each day. This can be a compliment that you give to another person or something in your life that you want to be complimentary about. When you give compliments to others note how they feel about this and what they say to you. It will make you feel warm inside and want to keep going with your gratitude.

#55 Turn Problems Into Opportunities

When you have an attitude of gratitude, it will be much easier for you to see any problems as an opportunity for you to move out of your comfort zone and improve yourself. Start doing this right away. Each

time you are faced with problems think about what you can be grateful for with it.

#56 Gratitude Journal

If you don't have a gratitude journal then start one now. A simple notepad will do. Commit to making daily entries in your gratitude journal. When you wake up in the morning write 3 things that you are grateful for and the reasons why. Do the same before you go to sleep.

Also, in the evening, you can record the things that you have been grateful for throughout your day. There is real power in writing things down and you can reflect on your gratitude journal entries every week to inspire you to continue on your gratitude journey.

How To Challenge Your Negative Thought



Negative thoughts are a cycle that needs to be broken and you can then begin to replace those thoughts that you banish from your mind with positive ones. Until then, you need to learn how to challenge each negative thought that tries to worm itself into your thinking process and destroy your good mood.

Many people go through life never knowing that their negative thoughts are sabotaging their lives. If you realize that and are currently doing what you can to reverse those thoughts, you're way ahead of the others.

#57 Self-talk

It is said by psychologists to be the best way to either sabotage our lives or go on with our lives with confidence and positivity.

Unfortunately, self-talk is most often geared toward negativity, but if you are determined to reverse the pattern and think positively about

your life and the situations you're going through, you're way ahead of the game.

Look for the evidence in the thoughts you're having. For example, if you're thinking, "the weather is bad and the plane might crash," you know intelligently that you have no evidence to support that thought. Most planes take off and land with no incidence at all. So, you can think that your thoughts are not factual but made up of interpretations.

#58 Challenge Your Negative Thinking

Asking yourself what is the worst thing that could happen in a situation and how likely is it to happen. If you were thinking positive thoughts, would the situation remain as serious as it is in your mind right now? Probably not. Another thing you can do is to direct your thinking toward the goals you want to accomplish. For example, ask yourself if what you're thinking will help you achieve your goals – or not.

Can you learn from the situation you're in and know how to think about it next time? After you conquer your negative thinking, you can begin to think positively about any situation you're in and ease your way through life.

#59 Accept That Your Thoughts Need Adjusting

Everyone has had dreams and goals that didn't turn out how we expected. If this happens repeatedly, you may start to wonder what needs to be changed. However, you rarely look inside at your thinking as the place to start making the changes. If you're dealing with doubt and fear when it comes to reaching your goals, you may need to accept that you need to change your negative thoughts.

#60 Identify Your Negative Thoughts

Every day there are around 65,000 thoughts that go through our minds. Unfortunately, most of these are negative, and most of the time we aren't even aware of them. These automatic negative thoughts will quickly destroy your dreams if you let them. To overcome these thoughts, you have to become aware of them. Notice when you are thinking negative thoughts and determine how frequently it happens.

#61 Flip The Switch

As you become more aware of the negative thoughts, you need to determine a way to stop them from holding you back. Every time you notice that you are entertaining a negative thought, flip the switch to something more positive. Rather than seeing all your flaws when you look in the mirror, tell yourself that you look good. Often, taking this one positive step in the right direction will be enough to silence the negative thoughts.

Live The Let-Go-Life



People tend to hold on to negativity in their lives, even though it makes them miserable. Why do they do this? Why it is so hard for them to let go? One of the reasons for this situation is the fact that a lot of times, people feel like they have no control over their life. When you have had death, divorce, health issues, and other circumstances hit you, it is very easy to feel like life is happening to you. When you feel you have no control, it is easy to be negative. Another reason is that people often do not know how to let go. Society often offers trite advice such as: suck it up, deal with it, and so on. Sayings that are about holding things in, and not about letting them go. Even though numerous studies have shown that holding all that negativity inside is disastrous to both physical and mental health, society still tends to reward people for bottling up their emotions.

#62 Western medicine

Western medicine has often been about medication and treatment, not about finding balance. You can learn a lot from Eastern approaches about how to let go. Meditation, yoga, martial arts, and other

[traditional methods](#) are all about letting go and getting back into balance. By incorporating one or more of these techniques into your life, you can help restore yourself into a state where negativity no longer controls you.

#63 Journaling

It is another way you can eliminate negativity. By writing down the negative thoughts and emotions, you can then let them go, so they are no longer a part of you. Some people use a write-and-burn or -trash technique. This is a process in which you write down all the negative thoughts and emotions, or what you really want to say to someone, and then you either throw the paper away or burn it. This can be a very freeing process. It may sound ludicrous, but once you try it, you may find that it's extremely effective.

#64 Confront The Person

Sometimes the best way to let go is to confront the person who is not treating you right. This could be a boss, a family member, or a friend. Whoever it is, you may find you have to set boundaries with them. The important thing is not to do this when you are angry. Instead, confront the person right away in a calm fashion. Be firm, but do not lose your temper. Be assertive when you set the boundaries. Be prepared that they may respond by behaving worse at first, but over time if you are consistent with your boundaries, you should see a major improvement in how they treat you.

#65 Speak To God / Higher Power

Every time my heart is troubled when things are out of my control, I will go to my little corner in my room, kneel down and talk to God. Telling God how I feel is how I release my frustrations, anger, pains. By practicing this often, my inner peace increases. Do not let the

negativity stay in you for too long, find a way that you are comfortable with and let it out, speak it out and live a let-go-life. Research shows that [prayer](#) can also reduce feelings of isolation, anxiety and fear.

#66 Clear Emotional Baggage

This is something we will all have to go through at one time or another. While you shouldn't just bury or ignore painful emotions. It is important to embrace them and then move on so that you can get on with your life. Wallowing in despair and feeling upset is not a constructive response to any situation and ultimately it will of course result in your failing to build new attachments and to move on with your life.

#67 Have A Send-Off

Whatever it is that you have lost, it's important to deal with those negative emotions and to get closure. This is why a funeral and a wake are so important following the death of a loved one as they allow us to say goodbye and close that chapter in our lives. You can have a send-off for anything though whether it's someone you loved or your business. You can even have a celebration to mark the "end" to an influential time in your life, or even to the "old you." This can be a very good way to get rid of the "type thinking" that we already discussed.

“If you’re brave enough to say goodbye, life will reward you with a new hello.” –Paulo Coehlo

#68 Recognize The Value

The expression “it's better to have loved and lost than never to have loved at all” might not seem comforting to those who have done the former, but it is very true. Whether or not the person, relationship, or possession is gone, you will have learned and grown from the experience. When you realize that they have left a lasting impression on you and changed who you are, then you realize that a part of them is indeed living on.

#69 Talking To The Empty Chair

Sometimes part of the difficulty with letting go of a loved one or a relationship is that you still have unresolved issues that you haven't had a chance to overcome and sometimes things go unsaid until it's too late. To help you to move on then it's often useful to get these issues off of your chest by talking to a chair that you imagine they are sitting on.

To Live A Happy Stress-Free-Life



When things are allowed to build up we get overwhelmed but there are many techniques that we can use to slow down, relax and take life that little bit easier when our feelings threaten to overwhelm us. If you worry about every little thing and stress becomes habitual, then it can have a severe effect on our health. You can burn out through problems caused by work, your lifestyle, or individual personality characteristics that can lead to an adverse effect on health and happiness over the long term if you don't change the situation that causes it.

#70 Taking Life With A Grain Of Salt

Taking life with a grain of salt is the answer to living a happy, stress-free life; To avoid burning out, some relaxation techniques such as meditation, exercises every week, eating a sensible and [healthy diet](#), taking time out for yourself every day, learning to shrug your

shoulders and cast aside anything that you cannot possibly change, do something that you like, or in a particularly stressful time, relax as best as you can, take slow deep breaths, and count to 10

#71 Dealing With Problem-Solving

We all come across problems that affect our lives and we have to deal with them. However, it's how we deal with them that can make all the difference. Problems can occur in life through mistakes that we make ourselves or through unforeseen circumstances beyond our control, whichever way they cross our path we should deal with them in the same level-headed way.

#72 Stay In Control

There are basic ways in which we can help ourselves overcome problems easier when life throws them our way but the most important of them is to remain in control of our thoughts and feelings. Remember that worrying and getting upset about any situation won't change the situation in any way, it won't make it go away by magic. Try to think of problems as challenges that arise, tests that are put in our path to see how we deal with them and overcome them.

“Worrying does not empty tomorrow of its troubles, it empties today of its strength.” –Corrie Ten Boom

It is all about how we deal with problems emotionally that matter, our emotional state can take us through our problems if we allow it to. If you are prone to worrying when problems arise and allow depression to set in, you still have to get through the tough times, only they will be so much harder to get through.

#73 Knowing Why Doesn't Change Anything

The first thing you have to understand is that you don't have to understand the cause of the problem to solve it and get past it. If only I knew why? This is the first question that many of us ask when faced with difficulty, but knowing why doesn't change anything. The solution to the problem lies ahead not behind and this is the way you should be looking, don't spend energy trying to figure why, spend it focusing on looking for the solution.

Don't spend any more than 20% of your time focusing on the problem and wondering why; do spend 80% on figuring out a solution to the problem. The only question you need to ask yourself is "what am I going to do about it?"

#74 Every Day Is A Brand New Day

If problems are getting you down remember that every day is a new day, while life seems to be throwing many problems your way right now it doesn't mean it will tomorrow. Leave the past where it belongs and only concentrate on the future and it getting brighter day-by-day.

To lift yourself out of the blues ask yourself "what is happening in my life right now that I have to be grateful for?" if you sit down and think deeply about this, no matter how many problems you seem to have right now there is always something which you should be grateful for.

#75 Dealing With Disappointment

We all have to deal with disappointments during our life.

Disappointment itself is not particularly a bad thing; it's how we choose to deal with it that can make a difference. If we simply choose to accept the failure and allow the disappointment to wash over us and quickly go away we don't suffer adverse consequences, it is only when we allow the disappointment to linger and we dote on it that

negativity and bad feelings can stay with us. Some disappointment in life allows us to grow and develop and practice thinking positively, going through disappointment and coming out the other side still wearing a smile makes us realize that when life gives you lemons, make lemonade.

Here are some tips :

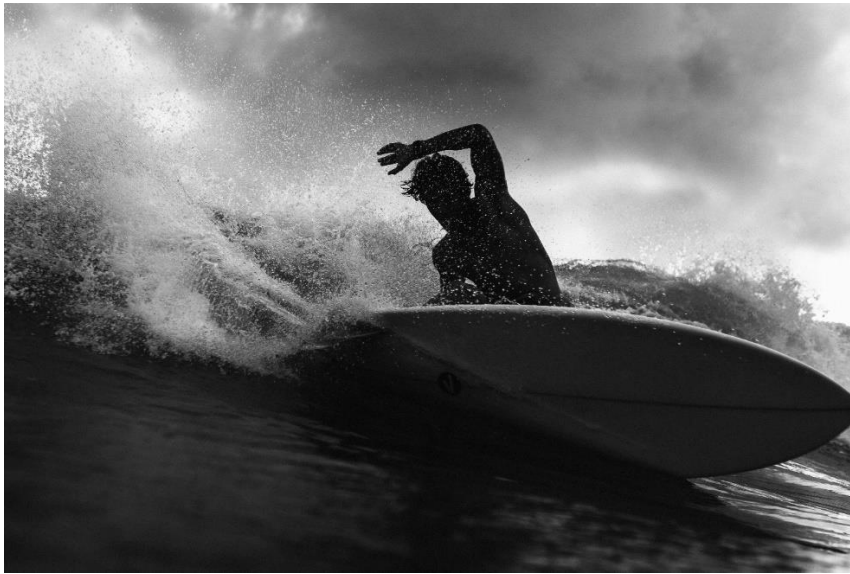
- Realize that grief, stress, anxiety, fear, pain, and suffering are just a natural part of life that we have to go through, it's how we deal with it and come out the other side that matters.
- If family members or loved ones are causing you disappointments remember that no one is invulnerable, you cannot always live up to your expectations or yourself so how can you expect others to be perfect.
- When faced with disappointment instead of looking at it as though it is a bad thing, welcome it and think of it as a test or challenge.
- When things go wrong analyze the situation, see what you can learn from it, and then let it go.
- If you are constantly running into a brick wall when trying to reach long-term goals, remember there cannot be a failure unless you give up, so keep trying until you get there.
- If you run into a dead-end turnaround and go another way, by staying flexible you can obtain your goal any way you can.
- Don't expect anything more from life than what you are willing to put in, if you don't expect anything more, you won't be disappointed.
- If you are having a particularly bad time overcoming disappointment it can help to talk about it, by talking about it and letting it out you realize that you are not alone when it comes to suffering disappointment.
- Patience can be a blessing when it comes to dealing with disappointment, just simply let the feelings pass over you and disappear and get back on the right track.

- Don't be conned by foolish and unreasonable expectations about life, if you are constantly looking for perfection then you will be disappointed for sure.

#76 How to Beat the Bad Day Blues

Whenever you have a bad day for whatever reason, what you need to do is think. Think hard, but not about the misery or the misfortune that has hit you. If you take control, you can devise ways and means of beating the bad day blues. Since negative thoughts and emotions tend to overwhelm you on a bad day, you must think of strategies that thwart them. Turn to vigorous physical workout. Or, take a long walk or go swimming. Or, just get out into the open space and sit somewhere and observe the plants and trees and flowers or the sunset, if it is sunset time. Read a pleasurable book, listen to your favorite music, watch a funny movie or do something that distances you from the bad day situation, preferably both physically and mentally.

How To Overcome Storm In Life



"And once the storm is over you won't remember how you made it through, how you managed to survive. You won't even be sure whether the storm is over. But one thing is certain.

When you come out of the storm you won't be the same person who walked in." Haruki Murakami

#77 Turning My "Pains" Into "Blessings"

- When I was betrayed in a relationship, I learned to love and to be loved from another perspective.
- When my dad passed away, I learned to appreciate each day in a new way.
- When I lost my mum in an accident, my faith and my reliance on God deepened.

“Storms make the oak grow deeper roots.” –George Herbert.

#78 Overcoming Fear

Some verses inspired me and brought me through the storms in my life over the years. I pray that it will bless you and be of encouragement to you, too:

- There is no *fear* in *love*, but perfect *love* casts *out fear* because *fear* involves torment. But he who fears has not been made perfect in *love*. I John 4:18
- "Therefore, do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its trouble." Matthew 6:34
- The LORD is my light and my salvation— whom shall I fear? The LORD is the stronghold of my life— of whom shall I be afraid? Psalm 27:1
- “Therefore, I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you, by being anxious, can add a single hour to his span of life?” Matthew 6:25-27

Whenever I feel fearful, these are the verses that strengthen me while I am meditating on it. I would encourage you to do the same by meditating day and night on the verses that bring you hope.

Any of these easy-to-adopt measures will help provide relief to you on a bad day.

#79 The good times

Remember the good old days that enriched your life in the past, all the happy experiences that elevated your spirits, and all those special friends and relatives who brought cheer and laughter into your life. Think of the good things in your life and be grateful for the blessings bestowed on you. Put against the bright light of your appreciation of all those better days, this single bad day or a small bunch of bad days will pale into insignificance. Do not wallow in your bad moods and

emotions because that is a sure way of plunging deeper into sorrow. A bad day will not become a good day by stewing over it. Remember that a bad day is just one passing day. It might have left a few scars on your mind and body but is important to remember that the pain is temporary. Time is a great healer. Today, just ignore the negative aspects of the day. Instead, look at the positive side of the bad event or happening that spoiled your day. Are there any lessons in it for your future? How can you avoid getting into the same or similar situation? One simple formula that will help you on your bad day lies in the fact that your sorrows get divided and your pleasures get multiplied when you share them with your close friends or confidantes. You may try to overcome your bad day by discussing your problems with your close friends.

“After every storm, there is a rainbow. If you have eyes, you will find it. If you have wisdom, you will create it. If you have love for yourself and others, you won’t need it.”

— **Shannon L. Alder**

How To Develop Your Resilience



Resilience is the ability to bounce back from life's adversities, stressful events, and emotionally-taxing situations. Without resilience, people can quickly become sad, overwhelmed, and tired of their life. Resilience is the key to overcoming any difficult situation and living a better life. So, it is important to know the limits of your resilience and learn new techniques to become more resilient in the future.

#80 Break Tasks Into Manageable Chunks

One of the easiest ways to train your attention is to break up tasks, work, or the day into manageable chunks. Many studies have shown that it is easier to focus your attention if it has a set time. At work, for example, set breaks every 52 minutes. If 52 minutes sounds like a lot for you, start with 20 minutes, and work your way up. This will train your psychological and physical resilience.

#81 Be Mindful

Mindfulness is having a moment where you focus on the exact moment at hand, nothing before or after. An easy way to practice mindfulness is with [daily meditation](#); studies have shown that just 10 to 20 minutes of motivation today can improve your focus. Mindfulness improves all aspects of resilience.

#82 Practice Attentive Listening

Attentive listening is when you listen to another person without interrupting, recapping, or using connection words. It requires you to stay engaged in your listening abilities. Attentive listening trains all forms of resilience.

#83 Journaling At Night

Journaling at night will give you the chance to focus purely on your thoughts and feelings at that moment. Try to stay in the moment as closely as possible. If you make this into a habit, journaling will also turn into a healthy coping mechanism that will make you more psychologically and emotionally resilient.

By practicing some of these techniques every day, you will boost your mental dexterity and resilience even on days when things are going great.

How To Utilize Visualization To Achieve Purpose In Life



When the conscious mind gives the subconscious the same thought over and over, it begins taking the thought seriously and sets out to bring it into existence.

In the bible, God told Abraham, who was old, childless and whose wife Sarah was barren, I will make your descendants as the dust of the earth; so that if a man could number the dust of the earth, *then* your descendants also could be numbered. Gen13:16 NKJV

“Then the Lord took Abram outside and said to him, “Look up into the sky and count the stars if you can. That’s how many descendants you will have!” Gen 15:5 NLT

Long before the nation of Israel or any of us came along, visualization has been actively practiced in the bible time. God wants us to visualize by playing a new movie in our heart with an expectation of good in our future.

Visualization is a process utilized by winners in all walks of life. If you truly wish something to come to fruition, put your imaginative

brain to work. See the result in front of you, play the game you are going to play in your brain, or watch yourself getting what you want. The only limit is your mind.

#84 Utilizing Online Software

Start your visualization by utilizing an online software tool to create your vision video, watch the video you've produced, or browse your vision book, or stand in front of your vision board and engage with what you see and hear on each level. The basis of this principle is that you center on what you wish to the exclusion of everything else, which is the most powerful force in the Universe.

#85 Outcome Visualization

Which involves you envisioning achieving your goals. To do this, you need to create a detailed mental image of the desired outcome.

#86 Process Visualization

This involves envisioning every action required to achieve the result you want. To do this, you need to focus on completing each of the steps you need to accomplish your goals, but not on the overall purpose itself.

#87 Seeing is Believing

Creating a mental image of a future event. When we visualize that which we desire, we start to see the possibility of achieving it. It is through visualization that we can catch a glimpse of what is our “preferred future.” When this happens, we find the motivation and prepare ourselves to pursue our goal.

#88 Treasure Map Technique

This visualization technique uses both a physical component as well as an obvious mental one. The first thing that you need to do is to think of something that you would like to achieve. Begin by drawing a physical representation of all the factors that are involved. If you want to earn the top score on an exam, draw a picture of yourself, a building to represent the school, and a book to represent your study. You want to try to make the drawing as detailed as possible. The drawing itself isn't the critical factor, but rather, it is what you are picturing as you draw.

#89 Receptive Visualization

This technique is like watching a movie in your mind, except you get to control the scenes. While this is a more passive approach than the previous one, it can still be just as effective. Lie down, close your eyes, and try to picture the scene you want to visualize vividly. When you get a clear image of the scene in your head, add people and noises to the movie. Slowly build the image until you have the entire picture of the scene in your head and can feel yourself being involved in the action.

#90 Altered Memory Visualization

This technique focuses on changing memories from your past to have a more favorable outcome. This is especially helpful for resolving memories that involve resentment and anger. Replay the scene in your mind, but replace the angry responses with more controlled and calm ones. After a while, your brain will only remember the scene playing out as you re-created it, and the uncomfortable memories of the event will begin to fade away.

Finding Your Life Purpose & Live A Purposeful Life



Life purpose gives you a direction in your decisions. Instead of governing your behavior, it offers you direction, not dissimilar to a compass that guides a navigator. Living following your purpose makes you a self-sustaining force and an aggressive agent in goal pursuit and goal attainment. Therefore, the purpose is critical for helping us to organize our lives and develop persistence that resonates across time and context.

If you have yet to find your true life's purpose yet, don't worry, you're not alone. It doesn't mean a failing on your part; it merely says that you've been busy taking care of other important things. Just like cultivating your inner creativity, finding your true purpose in life is going to take some time and reflection. Here are six simple steps that you can start to take today to help you find your true life's purpose.

#91 Pay Attention To What Interests You

Do you enjoy watching a lot of science fiction movies? Do you find yourself doodling during downtime and at meetings? Whatever it is, you're drawn to it, which means that you have a natural interest in that activity. Take some time to dig a little deeper.

#92 Look Into The Past

Consider what you enjoyed doing when you were younger. Think about what it is that you did for fun and entertainment. Try to remember what made you curious and what you imagined doing in the future. Try to remember as much as you can. Write them down and see what still holds your attention.

#93 Don't Worry Too Much About The Future

Always worrying that you won't find that one thing that will make you happy and fulfilled is only going to hinder you. Instead, you need to focus on the present. Focus on what you are currently doing and explore what you like. If you pressure yourself too much, you'll end up not liking anything.

#94 Try New Things

You won't know what you like unless you try everything out. If you think something is interesting, give it a shot. If it doesn't work out, you'll know it isn't for you. Continue to try new things until something sticks.

#95 Don't Follow Others Dreams

While your parents might want you to follow in their footsteps, if that goal doesn't interest you, then you need to find what you want to do.

It's your life, nobody else's and while the pressure to follow the dreams that others have for you, if you don't do what you want, you'll only end up with regret and disappointment.

#96 Be Patient

Your perfect calling isn't going just to hit you on the head. It's going to take time and a fair amount of trial and error before you find what fits. By spending the time on yourself and finding out what makes you happy, you'll gain the reward of knowing how to fulfill yourself and avoid disappointment.

#97 Consistent Behavior

Consistent behavior is essential to living a purposeful life. This serves as the motivating force that will help you overcome obstacles, maintain your focus, and seek alternative means irrespective of the changing environmental conditions. People who live a purposeful life are more consistent in their behaviors in both their public and private lives.

#98 Psychologically Flexible

In light of changing demands, obstacles, and opportunities, your purpose enables you to be more flexible in avoiding hardships by flexibly managing your environment, both psychological and physical; you will be able to experience fewer problems compared to those who live without purpose.

Discover Your True Passion in Life



Most people try to justify their failures and uncertainties in life to not having enough passion for one thing or another. This causes them to be in a continuous cycle of pursuing

boring and uninteresting things.

There comes a point in everyone's life when they feel the intense urge to find their passion. Unfortunately, it can be difficult to see, and many of us become frustrated because we aren't where we genuinely want to be in our lives. If you feel frustrated by not being able to find your passion, here are some useful tips to help you figure out your passion.

#99 Do Many Things

While it may feel a bit overwhelming to have a lot of interests, it is one of the most crucial steps to figuring things out. It is much better to have a lot of options and interests than none at all. Make a list of everything that you are interested in and focus on two to start. If you realize it's not what you thought, scratch it off the list and move on.

#100 Stay True to Yourself

Stop doing what you hate just because you've already invested time and money into the pursuit. The secret to getting unstuck is to take the steps toward doing what you love. Don't feel you have to be confined to a box and stop worrying about being defined by a single thing.

#101 Focus On Yourself

You can't continue to compare your beginnings to someone else's middle. You will never find your true passion in life if you are always watching and comparing your journey to the life of those around you. Focus on you and where you are in your journey and stop worrying about everyone else around you.

#102 Let Go of Fear

Fear will convince you to pass up opportunities because you can't see past taking the first step. For you to find your passion, you will need to make big leaps of faith. Let go of that fear and dive in headfirst.

#103 Be Still

We tend to get confused with all the ideas, thoughts, and emotions that are swarming through our minds, leaving us to become frustrated because we can't see to figure our life out. Sometimes, we need just to do nothing to realize that what we are passionate about has been in front of us the entire time.

#104 Forget About The Money

Money shouldn't be the determining factor in what you do with your life. When you bring money into the equation, you will always end up doing something that you're not passionate about. When you are genuinely excited about something, you'll figure out how to make a living from it. Finding your true passion in life will take time. However, by following these tips, you will find your passion before you know it.

Mistakes to Avoid When Following Your Passion

Life is all about deciding to follow your passion, but sometimes the journey can be overwhelming. Following your passion means taking responsibility for your path in life. The tendency is to want to get it right on the first try and not make any mistakes. Unfortunately, this never happens. When you try to control a situation, it is usually out of fear, which you may not be aware that you have. Doing things out of fear usually ends in unintended, less than optimal results. Here are some of the most common mistakes people make when following their passion and how to avoid them.

#105 The Perfection Trap

When you are pursuing your dreams, you want to try to avoid making grandiose plans. You don't have to find the one perfect passion, but instead, you need just to follow the clues in front of you. Step back and look at what you can do today, and then pick what excites you. When you've completed that, look around you and take the next step that interests you.

#106 Forcing Progress

As you start on your journey to following your passion, look at the options that you currently have available, and then notice which one holds the most interest for you, then do that. You don't want to try to force things, If you feel overwhelmed, take a break. Lie down and relax, and when you start to feel better, ideas will emerge.

#107 Thinking Ahead

Worrying about what will happen in the future doesn't help. If anything, it will make what you are worrying about occur. Worrying about what's ahead will stop you in your tracks, and you'll never end up following your passion. Try to avoid thinking bad thoughts. Ask

yourself more productive questions and guide your thoughts to what can go right.

#108 Making Fear Your Enemy

When you follow your heart and go after your dreams, you will have to let go of your fears so you can soar even higher. Don't let fear scare you, instead take it as a sign that you're on the right path. If you want to follow your passion you have to feel your fear fully.

When following your passion, you have to start looking inside for answers and stop looking for permission. You have to stop making excuses for why you can't take action and just take the next step, and the one after that, until you end up where you want to be.

MY LIFE SECRETS : FAITH, HOPE, LOVE



#109 Faith That Bring Miracles Into Your Life

Having lots of faith equals having lots of abundance and prosperity in life. You need to know how important it is to take steps that can increase and improve your faith. Faith opens doors to limitless resources, creative power, abundance, and success. Faith will lead you to all great achievements.

"Now faith is the substance of things hoped for, the evidence of things not seen." – Hebrews 11:1

Increasing your faith and unlocking the power within yourself. Romans 10:17 tells us that, faith comes from hearing, especially hearing the 'Word of God'. It tells people that their faith comes not just by hearing once, but rather from hearing again and again. In addition, people need to hear the 'Word of God'. Though you can measure your faith in lots of aspects, without a strong faith in the Word of God, you limit yourself.

#110 Anchored To Hope That Sustains Life

No matter how hard life is, don't lose hope! Life without hope is meaningless. The Bible reminds us that there is hope to be found even in the darkest day. When I lose my parents, I lost hope. I see my future covered dark cloud without hope in the future. But when I came to realize instead of anchoring my hope to the things of this world, I turn to anchor my hope on God's abundant grace and his love for me, my life changed, my future is full of hope and I started to step into a prosperity life.

#111 The Power Of Love

Practice healthy self-love isn't about being a narcissist, self-absorbed, or being selfish. Instead, knowing that you're special, unique in this world, and most importantly you are loved!

- Every morning, affirm yourself with these positive statements :
 - 'I am looking good'
 - 'I am worthy of love'
 - 'I have done things amazingly'
- Celebrate each achievement by rewarding yourself
- Try new things that are outside your comfort zone. You'll be surprised by how good it makes you feel.
- Treat yourself a good food after a tiring working day
- Sit down and relax for a while with no distractions, grab a cup of coffee.
- Allow yourself to go out and enjoy yourself. Meet a friend for coffee or a meal. Socialize.

Resource 1



[Discover how you can manifest God's Blessings in your life effortlessly.](#)

Resource 2

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Resource 3



How to Get Focused, Stay on Track, and Gain Unwavering Momentum to Pursue Your Dream.

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Conclusion

Thank you for going through the entire book. If it has helped you in any slightest way, it will be a true blessing to me. I hope that you found the techniques and stories shared useful in your endeavor for a better life.

I pray that you shall be blessed in all areas of your life by applying the techniques shared in this book.

If you know someone who may benefit from the wonderful sharing in this book, please send them to this website to get their very own copy (worth \$49.90) for FREE:

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