

365 DAYS

of

PURE Joy



ANDREA CHUA AI CHIA

Andrea Chua Ai Chia www.andreachuaaichia.com

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Andrea Chua Ai Chia

andreachuaaichia.com

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Introduction

Being happy is something I am very passionate about.

Why? Whether we are aiming to be healthier, attain more achievements, improve in any area or even helping others, it all boils down to being happier ourselves.

It always intrigues me why some people are happy even when they do not have much in their bank accounts whereas some people feel depressed even when they seem to have it all.

The key to happiness is not solely material things. A huge car, house or anything money can buy alone are not enough to make a person happy. Yes, having money is better than not having enough. So why are some people still not happy with huge amounts of money they have?

The fulfilment in our lives, the satisfaction gained from the relationships with people around us, the sense of purpose in life, the way of thinking one has, are all key determinants of our levels of happiness.



If we are not happy ourselves, how do we make others happy?

No matter what you do, no matter where you are, no matter what your situation is, being happy is crucial.

Now, let me share more about myself first before you get to read some of my most inspired moments, become inspired yourself and I sincerely hope you will be able to spread your joy to more people.

I am Andrea Chua, a full-time tutor (teaching 7-year-old to 12-year-old children) as well as an internet marketer (affiliate marketer) in Singapore. I am from Malaysia and currently, a Singapore permanent resident.

My passions include teaching and writing. I spend lots of time teaching students, reading to enhance my knowledge as much as possible and writing inspirational materials. I simply enjoy making others' lives happier – the reason

I am writing this eBook. My first eBook was **15 Golden Prosperity Principles** and if you have not read it, [feel free to download it here](#).

My childhood was enjoyable as I got to play games such as Chinese chess and Monopoly, learnt skipping, cycling, swimming, ice skating... I attended three primary schools as my family kept moving house and I did not have many close friends since young. Due to the many changes in study environments, I had learnt to adapt to new situations.

When I was in secondary school, my father got retrenched and my mother became the sole breadwinner of the family, supporting three children – my siblings and I. I saw how the lack of money could be an issue in a family and we studied really hard on our own. I decided that I must do my best to earn enough next time so that there will not be any quarrels in my family over money.

After my secondary school (also called high school), I was the only student in my class who applied to study in Singapore. As luck would have it, I was accepted into the National University of Singapore and pursued a degree in Economics. I was able to enter university and my parents were delighted.

All the while, I have been interested in learning languages. In my opinion, there is a fixed pattern to learning languages. At university, I took four semesters of French and one semester of German. There was one semester when I got A for both French and German but my results for Economics modules were normally B-, B or B+. Not everything went according to what I wanted it to be. I studied three years instead of four years and did not take the Honours year.

Before writing as much as now and teaching, my passion was learning French. I went for a 3-week French immersion programme for one month in Montpellier, staying in a host family and taking lessons in France to practise my French. Gaining new experiences and expanding my horizons appeal a lot to me.

I graduated in 2008 during the financial crisis. The economy was in such a state that I was not charged any interest for my study loan. I thought I could find a job in the bank. However, after applying to countless banks and submitting my resumes to numerous organisations, I did not manage to get any reply. Eager to find a job fast after three months, I applied to become a student care teacher - helping students with their homework after school and caring for them when their parents are working, even when the meagre salary was a far cry from my peers at university.

Little did I know that this was a stepping stone in my life. One thing leads to another and we may not know it and why it happened.

After the first year of being a student care teacher, I took up part-time tutoring to supplement my income. At the student care centre, I did my best learning as much as possible from my ex-boss and supervisors at that time and was promoted to become the Centre Supervisor and Senior Supervisor.

When I just got my first job, I attended an investment seminar as I was interested how some people manage to achieve so much in their lives. I still had my student loan to pay then. However, I still paid for the investment course, which cost thousands of dollars, in instalments. It was the start of my investment journey as I finally managed to take my first step of buying stocks of companies on my own.

A few years ago, I made the decision that I want to master investing and internet marketing. Being able to work from any part of the world earning a living seemed like a wonderful idea. Home is where my heart is and although I am in Singapore, I yearn to spend more quality time with my parents in Malaysia.

As time flies, after 5 years, I resigned from my previous job and became a full-time tutor. It was one of the best decisions in my life. Why do I say so? I love teaching and tutoring is all about teaching. I got to do what I love and seeing improvements in my students' results and characters, seeing the smiles on their faces...put a smile on my face or some warmth in my heart every time. Not only am I doing what I am meant to do now, my finances have also improved.

In my second year of being a full-time tutor, I attended a preview about affiliate marketing. I learnt from a mentor how to do internet marketing and got to know many positive and supportive friends. Internet marketing is not easy. Being an entrepreneur is not easy. The journey is long but worth it. We helped each other along the way and tide through many obstacles. Thus, my passion for my internet business, which was as strong as in teaching, was developed.

So, at any moment, whether or not things are going like how you want it to be, believe that things will get better along the way.

This is a quote that I love:

"I know people who graduated college at 21, and didn't get a salary job until they were 27. I know people who graduated at 25 and already had a salary job. I know people who have children and are single. I know people who are married and had to wait 8-10 years to be parents. I know people who are in a relationship and love someone else. I know people who love each other and aren't together. There are people waiting to love and be loved. My point is, everything in life happens according to our time, our clock. You may look at your friends and some may seem to be ahead or behind you, but they're not. They're living according to the pace of their clock, so be patient. You're not falling behind, it's just not your time."

~ Julissa Loaiza



Your happiness is in your hands.

You are unique in your own way.

You have control over your own happiness.

No one can give you as much happiness as you can give yourself.

No one is perfect but everyone deserves to be happy.

“Happiness is a choice – not a result. Nothing will make you happy until you choose to be happy. No person will make you happy unless you decide to be happy. Your happiness will not come to you. It can only come from you.” ~ Ralph Marston

Years ago, when I was asking a young child to say five sentences about herself, I was expecting the usual answers to be, “My name is...I am seven years old...I live in...I like...” However, one of her answers was surprising, leaving a deep impression in my mind.

She replied, “I am happy.”

So simple. Yet, so meaningful.



Being happy leads to perseverance and greater heights in life.

Be in control of your emotions so that you will not give up in face of any challenges.

Decide to be happy today.

Stay motivated and take consistent actions towards your dreams.

Stay tuned to what I am about to share with you – **33 positive strategies for an amazingly happy life!**

Hope you will love what you are about to read!

1. Focus on the positive



No one's life is smooth sailing. Yet, every cloud has a silver lining.

A person who is married may be concerned about a child's health or studies. A person who is single may worry what will happen when he or she ages.

Let's not focus our energy on [worrying](#). Instead, focusing on the positive side of each situation will be a huge boost to our mood.

By the way, I also learnt about "Reticular Activating System" (RAS) in an article written by Tobias van Schneider. According to him, RAS is a group of nerves filtering unnecessary information for what is important to get through, which is why once we learn a new word, it keeps appearing.

I always see RAS in play in my life. Do you?

Let's always look at the bright side of things.



Throughout my teaching and internet marketing journey, I have encountered countless setbacks.

All students are different. All require a unique teaching method. One method does not cater to all students. Some students may seem demotivated as the best method for them to learn has not been discovered yet.

As to email marketing, my emails entering spam folders, sending emails and there were 'Admin Hold', delaying the sending of emails...I don't think I send emails differently from others and did anything against the right practice. However, things do happen. At least there are enough sales to help me tide over. I truly appreciate the kind words from my subscribers. Thankfully, I need to say this, I have supportive people around me who can provide me with guidance and support when I need it.

On an occasion,

*I told a student, "I am returning your composition today."
She asked, "Is it bad?"*

*Then after a while, "Let me mark this question."
She replied, "Is it wrong?"*

I asked, "How come you don't say, 'Is it good?' or 'Is it correct?' "

I am going to add more positivity into our conversations. Also, I will pay attention to how my students speak.

"Focus on the positive" is what I always say nowadays.

So easy?

No, it's not. I just feel thinking about the negatives do not serve us whatsoever.

Focusing on the positives is something that can be trained. Really.

Whenever we think of something bad, try to find, no matter how hard it is, try to find, something worth appreciating.

It's not that those positive people do not face challenges. They do.

It's not that those positive people never feel down. They do.

But what positive action can we take thinking negatively and what positive result can it lead to?

Positive Thinking + Positive Action => Positive Result 😊

2. Count your blessings

You know, you are blessed.

You may ask me, “Why? I don’t have a job.”

You are still blessed. You have kind people around you.

“I do not have a partner.”

You are still blessed. You have good health.

“I am sick.”

Anyway, you are alive.



Once, while crossing the road, I heard the siren of an ambulance.

On another day, I saw fire engines on the road.

Some people around the world are fighting for their lives.

When we are about to complain about our shoes, we need to be thankful we have feet. There are many people who could not walk properly.

On 31 January 2018, I was having a lesson with a student.

I was excited to see the 'blood moon' which was a very rare occurrence. I told my student and she was excited too.

But from her place, the moon was not visible. So we were disappointed at first.

After the lesson, I realised that many people saw the phenomenon..

Although we did not manage to see the moon which appeared red, the lesson went well and we were in high spirits.

My student finally got a composition nicely written and when I gave her homework, she said she could finish in an even shorter time.

So, when something did not turn out as expected, there are many other things to [be grateful](#) for.

As long as you are alive, there is a possibility that things will improve for the better.

I came across this story.

A boy in Thailand refused to go to school.

His parents took the day off and went to collect litter with him.

After walking a long distance, he managed to collect some litter. Feeling tired, he asked, "Can I buy an ice cream?"

His mother asked him if he had enough money.

The amount of litter he had collected worth less than the cost of an ice cream. So he could not buy the ice cream.

Eventually, his mother asked him, "Do you want to go to school?"

He replied, "Yes!"

Sometimes, being in comfortable environments, we are oblivious to the goodness we have in our lives. Let's not take for granted of what we have.

**"The vibration of gratitude makes you more receptive to good in your life."
~ Michael Beckwith**

3. Follow your passion

“The only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle.” ~ Steve Jobs

**“Choose a job you love, and you will never have to work a day in your life.”
~ Confucius**

Live life on your own terms.

If you do what you love, work will seem like play, making you feel alive.

Unlike people who work only for the money, unlike people who dislikes Mondays and enjoy Fridays, you will not mind working every day.

Much of our time awake is usually spent working. If you can find something that you would continue doing even without being paid, cherish it.

By loving what you do, you will find it easy to be dedicated and persevere no matter what challenge you encounter.

I am grateful that I have found what I love doing – teaching and writing. I can spend many hours of my time awake teaching and writing and sometimes it puzzles my parents if they see how I ‘work’. I always assure them that I am not overworking.

I have never always enjoyed teaching or writing. But I do trust my intuition. I noticed that the moments I am teaching or writing, I tend to be ‘in the zone’ and can be oblivious of the time and will never feel bored. When compared with doing many other things, the sense of satisfaction is much higher. So, I strongly believe a passion can be developed over time. We just need to pay attention to what our intuition is trying to tell us.

The more time you put into nurturing your talents and honing your skills, the greater work you will improve. People will notice and you will be able to produce something so valuable that only you can offer.

4. Respect yourself



Why do I say so?

You deserve goodness in life.

Everyone has potential.

Everyone deserves to be happy and be respected.

Just because someone is your senior does not mean that he or she should treat you worse than you would like to be treated.

A powerful message conveyed by the movie "The Greatest Showman" is to treat everyone with respect, including whether they are rich or poor, whether they have low or high status.

Some people treat others of higher position or financial status better than others. I honestly feel that we should treat people all the same.

Whenever I teach children, I make sure that they show respect. When they do not speak nicely to me, I will remind them to do so. I ask them questions nicely and take into consideration their opinions for various matters.

Everyone deserves respect.

Everyone can be successful. Success and failure are actually very near.

The movie “The Greatest Showman”, inspired by the life of P.T. Barnum, portrays the life of a visionary who rose from nothing.

Yes, I truly believe that people from humble backgrounds can achieve great success. People should not be arrogant lest one’s success do not last long.

Be with people who appreciate you. You are not inferior to anyone.

No one has the right to look down on you.

Love those who love you.

You will be happier this way.

5. Do what is right



I mean doing things that you feel comfortable with. Not against your conscience.

This is so important.

No matter what we do, there are people who support or disagree with what we do.

To be happy, you need a peace of mind.

If you can choose between integrity and profitability, choose integrity.

Let me share with you one of my experience.

Once, the parent of a student handed me a cheque for the fees. I told her it was not so much and showed her my planner. Somehow, it was confusing as we were on holiday for a few lessons, so we skipped them. Then, she showed me her record. In the end, thinking that I might have made a mistake, I accepted her cheque.

At home, I checked my more detailed record and saw that she had paid for two extra lessons. I messaged her the dates of the lessons paid and she realised that she had included the two lessons she was away. I said that the next two lessons were paid in advance. She was grateful.

After two months, close to Chinese New Year, she paid the fees, together with the cost of some assessment books I had bought. I also received a red packet (where Chinese people put money inside as a form of good wishes) from her.

After the lesson, as soon as I opened it and saw the amount, I gasped. It was certainly more than what I had expected.

Were the two incidents related?

I don't know. I just know, "Always do the right thing."

Another memorable experience was when I rented my graduation robe.

As I was ironing it, to my horror, there was a hole!

The iron was too hot.

In the end, I could return it without having to pay any compensation fees as I mentioned it was my mistake, rather than letting them find out for themselves.

As I spoke to many financial consultants or insurance agents before, I can tell if they are putting our interest first. If we can't tell at first, over time we will know.

People can sense sincerity from afar.

People will want to work with those who have their interests at heart.

Time and time again, cases about people getting attacked for being involved in scams or people being jailed for money laundering or embezzlement appear in the newspapers.

Even if one is in dire need of money, think hard, the way will appear and there is surely a way that is legal and ethical.

Don't be involved in anything against the law. Crime does not pay.

Honesty pays. People who always do the right thing will reap their rewards eventually.

6. Reflect and record



Whenever something remarkable happens, I will write the whole incident down. If I do not, I will be bound to forget the details.

I am able to share with you my most inspired moments as I record clearly each incident right after it happens.

From the book “The Code of the Extraordinary Mind” I learnt about a person who writes down ways to earn a huge sum of money and really saw his dream come true.

Whenever you face a challenge in life, write it down and also write down various ways to solve the issue. Even if you do not know of a great way to solve it, your mind will think on its own and the solution will appear after some time.

As you reflect, more ideas will come to your mind, showing you limitless possibilities and opportunities.

If you record the important details in life, you will know what can be done to improve further.

Is there any remarkable event that brought about greater results in your life?

Focus on repeating the effective action and more results will emerge.

Record the happy incidents and learning experiences.

Write them down without negative words.

Then, your thoughts will be directed towards how to accomplish greater things.

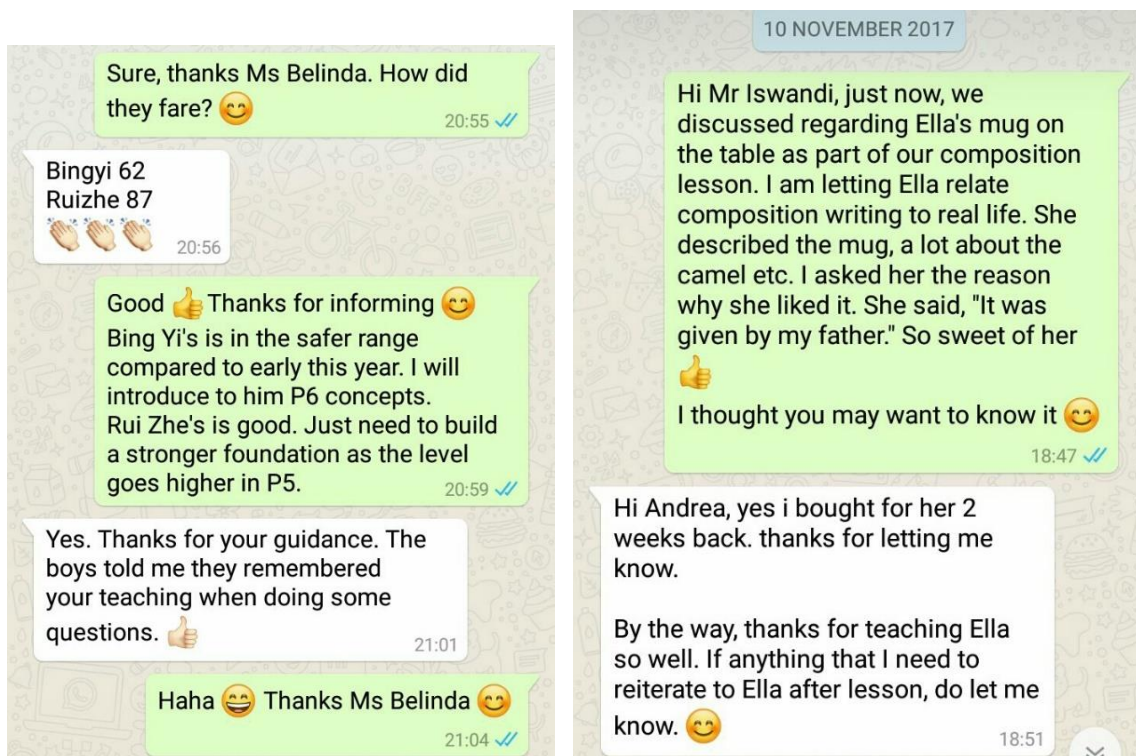
Keep working on what is important to you, record and reflect often. You will be amazed at how much knowledge you master over time.

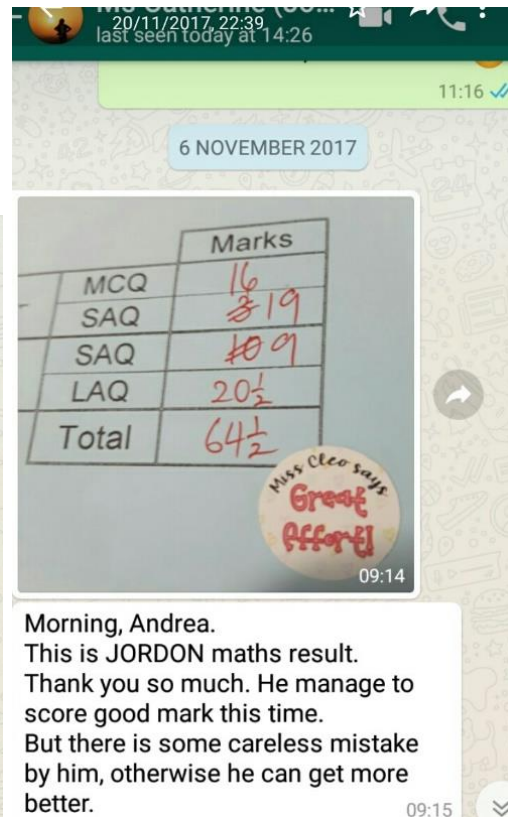
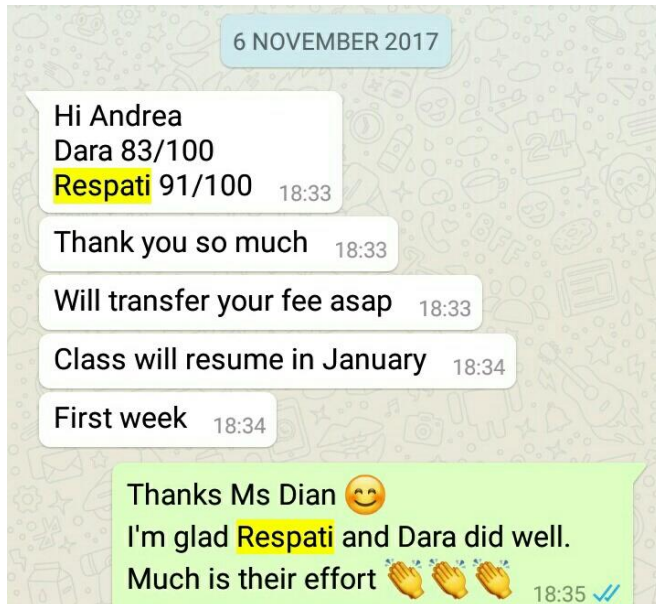
I truly appreciate the kind words from the parents I work with as well as my subscribers whom I write to.

I hope you keep the kind messages from people whom you care about and this way, you can go far, stay positive and inspired 😊

No matter the date of the messages, in future, whenever we feel discouraged or encounter any obstacles, these will keep us going 😊

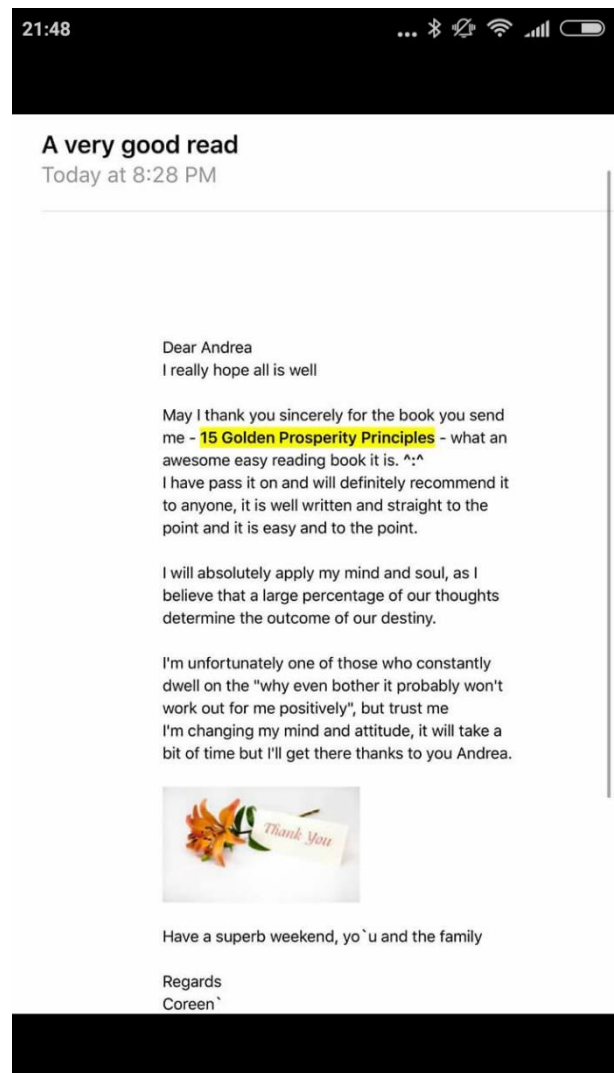
Here are some of the messages that I cherish (from my students' parents):





Some of the results may seem far from stellar. However, I have seen students who have failed at first and then passed. To them, the improvement matters a great deal and it's a reminder that they can achieve great things. For me, it's a reminder about making a difference 😊

From my lovely subscribers:



Wow....

These are all amazing quotes, Andrea.

You don't know this, but they really hit home-ESPECIALLY number 1!

You must have known that I was sulking, Heh! I was... i was hiding in my little emotional cave, but this arrived right on time, to convict and inspire me all at once.

You are true to your calling, my dear!

My heart is full tonight, thanks to you.

Blessings and love,

Wayne

On Wed, Apr 6, 2016 at 9:13 PM, Andrea Chua

<andreachua86@gmail.com> wrote:

Dear Wayne,

Thank you for being my email newsletter subscriber :)

Here are 5 meaningful quotes/ sayings for you.

1. **Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.** ~ Oprah Winfrey

Dear ANDREA,
Thank you .I also wish you happy-ness and long life..
Appreciate your work .

Regards,
Parwez Ahsen

7. Accept failures



"Here's to the ones who dream Foolish as they may seem Here's to the hearts that ache Here's to the mess we make..."
I love this part of the song from the wonderful movie "La La Land".

Have you watched the movie?

A great movie indeed, filled with beautiful music, conveying a meaningful message.

If you are pursuing something worthwhile, there will be struggles.

Like how the main characters in 'La La Land', a pianist and an actress, overcome their challenges, you can surpass all your obstacles and achieve your dream!

I always admire how Jack Ma managed to overcome all the odds stacked against him. He failed school tests, got rejected from many jobs and yet, still can talk about the failures he had encountered with a sense of humour. Not giving up and complain, he became the founder of e-commerce giant, Alibaba.

Most people share their successes but not their struggles.

The actual fact is most people go through many uncertain moments before seeing a breakthrough.

If you take five actions and one is successful, that one action may be enough. If it is not, take twenty and you will see four successful ones. It is still better than not doing anything towards your dreams.

8. Embrace change



With the rapid advancement in technology, almost every month I see or hear about something new being invented or being brought to the market.

When I was in primary school, I remember in a class of about 45 students, only seven students have computers. Now, almost everyone has a desktop computer, a laptop or an iPad. As we can see, numerous improved versions of phones are created within a short period of time.

Automation is prevalent.

Here in Singapore, robots are seen in food courts and restaurants. I have also read that by 2030, 800 million jobs will be replaced by robots.

However, robots do not have feelings. Hence, those jobs which require a human touch, an expression of feelings are not so easy to be replaced. Each of us should find what we are really good in, work on it and excel in it.

Last time, there were taxis. Now, we can use our apps, for example, Uber and Grab, to go to our destinations with ease.

Even if one loses his job due to the change, accept it and develop one's strength and unique skills.

We need not worry as long as we keep up to date and make changes in our lives.

There are many changes with businesses. More and more people are buying things online.

To keep up with the changes, businesses have to adapt.

We have to adapt to the new changes.

It is always good having multiple sources of income just in case anything happens.

At a printing shop that I frequented, a lady spoke to a man, "People over 60 lose their earning power." The man agreed.

Listening to videos by personal development teachers like Brian Tracy and Bob Proctor, I know what the lady said is not that true.

I know many people above age 60 who are still able to make a valuable contribution to society.

I heard from a relative that her grandaunt operates a famous 'chendol' (a sweet dessert with coconut milk and green jelly) stall, opening only two hours per weekend. Her family recommends us to taste her 'chendol' and even Singaporeans visit them to buy her 'chendol'.

Besides, my mother buys vegetarian Chinese New Year dishes from a lady who knows how to cook tasty vegetarian food.

If a person knows how to cook something that tastes unique, there will be business. These businesses, in my opinion, cannot be replaced by robots.

Develop our unique talent and we won't grow hungry.

Yes, some companies may want to hire younger workers who seem more energetic, fresh out of university who do not demand such a high salary as those who have more than 10 years of experience.

The good thing is, there are many opportunities out there, waiting to be discovered.

There are still lots of potential and not many people around me choose to be entrepreneurs. It is not an easy journey but it is worth it. We just need to keep learning and take action towards our goals.

9. Develop multiple sources of happiness



If one keeps spending time in his or her work, and neglects time with friends or for oneself, if one day the person is retrenched, one may fall into depression.

If a housewife puts all her hopes on her husband and one day their marriage falls apart, she will be devastated.

If a parent gives all his or her love to a child and the child in the end gets involved in bad company, the parent will surely be disappointed.

I was watching a documentary about the adulteration of honey. About some types of honey using syrup and diluted. There is an increase in the demand of honey; yet a reduction in the supply of honey. A lady mentioned that sometimes the bees just disappear and also said that, this is what one of the beekeepers only has and he will be devastated whenever it happens.

So, I emphasize on having multiple sources of happiness as well as [multiple streams of income](#).

Just in case, one day a person gets retrenched or due to certain circumstances, he or she has to find another way to earn a living.

There are things out of our control in life.

We need to manage our emotions and be prepared so that no matter what happens in our lives, we are still happy.

The best way, in my opinion, is not only to focus on one's career, but also taking care of yourself, build strong relationships with friends and family, have great health by exercising and eating healthily, take a break when you need it. Then, whatever happens, the impact won't be too great.

10. Work win-win



There are some people who think for their interests most of the time. There are also some people who keep giving and adding value into other people's lives.

There is a limited number of things we know. Limited number of people in our social circle. However, everyone knows someone whom we don't know.

The more we give others wholeheartedly without demanding for anything, the more value we will get back from various sources and not necessarily from the person we help.

From my experience, people remember the kindness we give them. Most people won't take others for granted. When we give them something, they may feel the urge to give something to us in any way. That's a way to attract greater blessings into our lives, even though we do not give to get.

I work with other entrepreneur friends and we share ideas on how to improve. Many minds are better than one. We help one another achieve greater things and remind one another of matters that did not come across our minds. By working together through win-win opportunities, we get to reap the benefits together.

When people cooperate, the tremendous value produced can be wonderful. How I wish more people will think of cooperating rather than competing.

“Alone we can do so little; together we can do so much.” ~ Helen Keller

11. Smile



I watched a video on Facebook that the most pleasing word is “Smile”. How does it increase your happiness?

When you smile, you feel happier. When you are unhappy, you are less likely to smile.

Who likes communicating with people who do not smile?

Energy can be transferred from a person to another easily.

When you smile, you seem much more approachable.

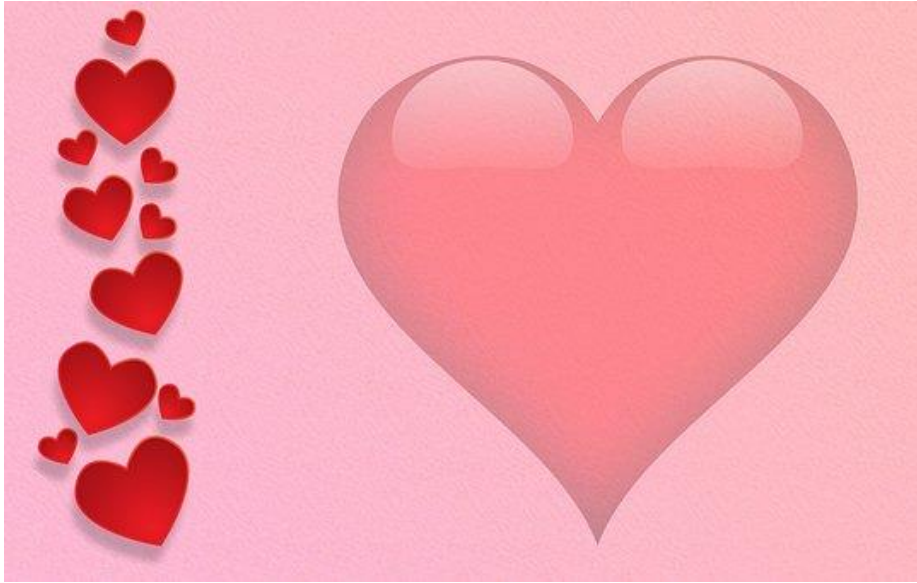
When you smile, you look happier.

When you smile, you will have more friends, greater connections with people, which in turn opens up more opportunities in your life.

I asked a student, “Do you like me if I come to class sulking every time?”

As expected, she replied, “No.”

12. Come from a point of love and kindness



If you always go around helping people without expecting any rewards, many blessings will pour into your life from various sources.

One day someone treats you dinner. Another day someone sends you a kind message. Another day you get a free drink. Another day someone gives you more business. Another day someone gives you a tip how to do things more efficiently...Then you wonder why you are so lucky.

These are only the tip of the iceberg. There will be more to come. The more we give, the more we get.

All are to be valued and none to be taken for granted.

To me, word of mouth is the greatest form of advertisement. If you are doing business, and really do great work, people will know it. Each person knows many people and we really like to share wonderful experiences with others. Their friends will get to know us too. When we know someone who does great work and another who requires the service, we will likely recommend it.

When you feel blessed, you will continue helping more people. What goes around, comes around. The people you help will be inspired to help more people and help you even more. Then the neverending virtuous cycle continues.

I firmly believe that people can sense if someone is treating them sincerely or not and that most people remember other people's kindness.

Kindness, in fact, pays amazing dividends.

13. Avoid caring too much about others' approval



“No matter who you are, no matter what you do, no matter who your audience is: 30 percent will love it, 30 percent will hate it, and 30 percent won’t care. Stick with the people who love you and don’t spend a single second on the rest. Life will be better that way.” ~ James Altucher

When I take action for myself, I usually do not consult people’s advice.

When I bought insurance for myself, I did not inform my parents.

When I choose to attend an investment course that cost \$2997 right after graduation and just started working, without asking anyone if it was a good choice, I just took up 24 months instalment to pay for the course. I have always been curious why some people attain so much financially and wanted to find out what they did.

Sometimes, it’s good not to follow what others do.

In Singapore, during peak hours, the trains and buses will be crowded. It is not easy to find seats at eateries. However, half an hour before noon or 6pm, there will be lots of space.

Many people apply to work at multinational corporations after graduation. Or aspire to work at reputable companies. Not many people think of becoming entrepreneurs or to be self-employed. There are many ways to success. There are many things that most people do not actually pursue which can lead to greater results.

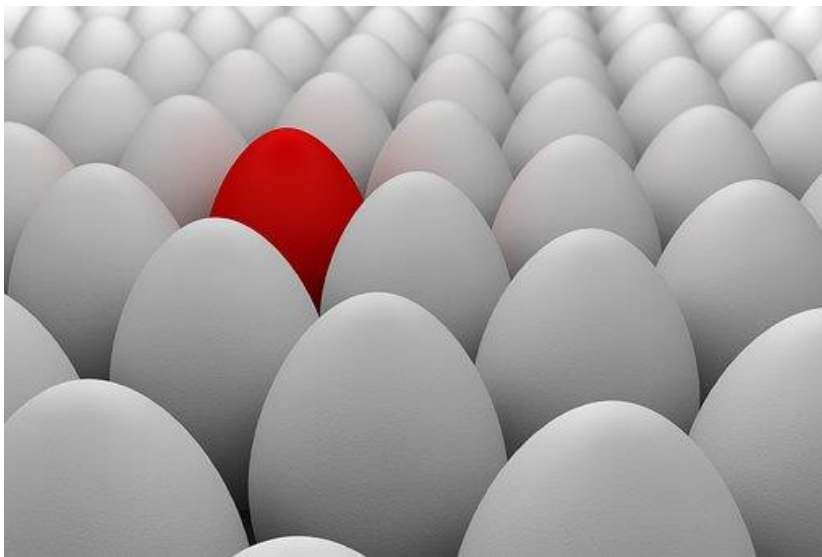
Right after graduating from university, I bought a book about the various jobs available in the society. I did not know exactly what I wanted to do at that time. Now, as I look back, I realise the jobs I am passionate about are not in the book. Tutoring and internet marketing are jobs not found in the book, without many people are engaging in them.

When I registered for a bootcamp to become an affiliate marketer, I did not ask for people's opinion's too.

I am sort of like a maverick. My siblings who excelled in their studies are currently doctors whereas I became a private tutor as well as an email marketer. I am enjoying my life too.

People either give positive or negative opinions. If we believe strongly what we want to pursue in life after taking into consideration the risks involved and do our due diligence.

To be irreplaceable, we need to be different.



14. Be your best

While I am writing this eBook, I am actually also listening to songs on YouTube.

I stumbled upon the song by Rihanna called 'Diamonds'. It's really a nice song!

Here is part of the lyrics of the song 'Diamonds':

Shine bright like a diamond

Shine bright like a diamond

Find light in the beautiful sea

I choose to be happy

You and I, you and I

We're like diamonds in the sky...



Here's a wonderful quote by Les Brown,

“If you're not willing to risk, you can't grow. And if you can't grow, you can't become your best. And if you can't become your best, you can't be happy. And if you can't be happy, then what else is there?”

Everything worth doing is worth doing well.

A man in China, who did not graduate from high school, cleaned basketball court floors for athletes.

When a player fell he would dash to the court and wipe the floor as hard as he could. His mission was to keep the floors dry to prevent players from being injured.

He was invited to wipe floors at the CBA All-Stars game. In preparation for the opportunity, he trained for two weeks, running 10km each morning.

Eventually, a Beijing-based technology company offered him a job as a manager's assistant and he grabbed the opportunity.

“I have discovered that the opportunities I have in life have increased. I've always believed that there's a bigger stage out there for me.” ~ Meng Fei

There are many opportunities out there as long as you have a strong work ethic.

15. Feed your mind and nourish it



Read every day. Watch inspiring films. Talk to people who will lift you up.

Reading is great for writing. If you want to be a good writer, you need to read extensively. To see how to write in a more interesting way. To improve your vocabulary. To gain more knowledge.

Not only that, reading biographies enables you to find out more about how a person overcomes difficulties. What mistakes the person has made so that you do not repeat them. What is the best action he took in his life. How he managed to arrive at where he is now.

Watching movies make you feel good. It takes a lot of time and a great deal of effort producing movies. When we admire beautiful things, we feel good. When we see watch about characters in movies, we feel a sense of empathy.

I love inspiring movies as sometimes we need to be reminded of important things in our lives.

The more I watch inspiring movies or videos, the more inspired I become and the easier it is to inspire people. To be able to boost someone's mood, especially someone who really needs it, is very meaningful to me.

When we make people happy, we become happier ourselves too.

“Happiness is a perfume you cannot pour on others without getting some on yourself.” ~ Ralph Waldo Emerson

16. Stop blaming yourself for things beyond your control



In life, there are really things beyond our control.

Once, I was on the bus and a secondary school girl placed her cup of drink at the side of the bus, where there was a small space. The bus was stationary at a bus stop.

When the bus started moving, the cup dropped and the drink spilled onto her feet and the floor. Her father was furious and scolded her severely. Then, there was an immediate silence in the bus.

Yes, the girl could be more careful next time. However, it has already happened. Things like that could happen and it's no point regretting about things that have already occurred.

On another occasion, I was at a shop queueing up to buy stationery. A lady suddenly entered the shop. There was not much space there and I moved backwards to make way for the lady. Nevertheless, I accidentally stepped onto the lady's toes behind me. She scolded me, "Step on my leg ah? Stupid."

I apologised although my tone of voice could have been better.

After that, I could not help feeling a little down. Thinking about having three lessons ahead of me, I could not afford feeling sorry for myself.

Then I went to McDonalds to get myself an ice cream.

“Glee with Lychee!” caught my attention.

“That’s nice!” I thought to myself. I got myself the latest flavour of McDonald’s ice cream eventually.

I felt much better after that.

Everyone feels miserable every now and then. How nice if things go our way all the time. But it’s not the way it is.

We cannot control what happens. But we can control how we react to things that happen. ☺

This is one-of-a-kind, first experience.

When unexpected things happen, they just happen.

When things happen, we learn.

It's good learning from other people's mistakes and avoid repeating them.

I always locked the door of my room before leaving my place.

One morning, I suddenly remembered that I had to wash something. I had already prepared my things in my room.

Before going to the toilet, I closed the door.

After washing, I returned and to my horror, the door was locked! I tried using a pair of scissors in the kitchen to open the door but to no avail. I knocked on my landlady and landlord's room doors multiple times but there was no response.

I have four students to teach that day.

No handphone. No laptop. No book to read. I prayed.

I saw a stack of Chinese newspapers in the living room. I took them and read.

I prayed again.

At least, there were newspapers. At least, I know Chinese. Then I saw the news. My situation was not so bad. At least my place was still comfortable. At least I was not in jail and still alive. I started thinking about people who are stranded at sea or in a place without any wind.

Then I heard a faint sound in my landlord's room. But I had knocked earlier. I continue reading, even though it was not easy to concentrate.

I heard something from the room again.

As I believed my landlord was at home, I went to knock another time. This time, he opened, bleary-eyed.

He called my landlady, found the keys and opened the door for me.

What if they were on holiday? What if they were only back at night? What if I was staying alone and only had keys in my room?

In the end, I arranged to have a 1-hour morning lesson instead of a 1.5-hour one. Thanks to the understanding parent who agreed.

Perhaps it's good to duplicate another set of keys.

If people don't call and suddenly is absent, there may be something happening.

Thank God that I only had to wait half an hour, with Chinese newspapers to read.

17. Bounce back quickly when you feel down



Life is not smooth sailing. There are good days and not-so-good days.

The good thing is, we can do something to lift up our mood, although not always by eating ice cream. This is important. 😊

Go watch a comedy. Listen to your favourite music. Talk to people whom you can trust. Eat an ice cream or a bar of chocolate. Go visit your favourite haunt. Change the environment you are in.

Just don't let the negative feelings accumulate.

If you spend a lot of time in one place working on something without coming across any solution, you will likely feel frustrated. Just taking a drive, a walk or going outside seeing people, gives a boost to your mood.

I love reading and watching videos about people's stories.

Those inspiring stories make me motivates me to make every moment of my life count.

I watched a story about John Cronin, a 21-year-old who earned millions selling socks.

John has Down Syndrome and together with his father, they are the co-founders of John's Crazy Socks, a company selling 1500 different types of socks online and making millions currently.

They hiring 12 employees (each with a type of disability) and every customer who places orders with them each time gets sweets and a thank you note.

They are having fun and making people happy at the same time.

This is just one of the inspiring stories.

There are so many stories like this around.

I always share inspiring materials and stories through my [Facebook page](#) too. The first eBook that I have written was “15 Golden Prosperity Principles” and you can access it from there.

So, always believe that by using the gifts endowed to you and whatever situation you are in, you can do something great and meaningful.

I love the movie “Trolls” as it is truly uplifting and conveys many positive messages.

Watching comedies helps relieve stress and makes us laugh, which is good for our health.

My favourite songs to lift up my mood include “Titanium” by David Guetta and “Firework” by Katy Perry.

Whatever issue you are facing now, always believe that there is a solution to your problem and you will find it over time. Be strong and rise against all adversities.

The secret to success is not to try to avoid or get rid or shrink from your problems; the secret is to grow yourself so that you are bigger than any problem. ~ Secrets of the Millionaire Mind

18. Break your huge goal into mini parts



I could not stress more about this point.

Set big goals and believe you can achieve it. Then, take consistent action to make your goals come true.

Never underestimate what you can accomplish over time.

**“Whatever the mind can conceive and believe, it can achieve.”
~ Napoleon Hill**

I have always wanted to write this eBook on happiness.

Nevertheless, at first, thinking about the number of pages to write an eBook was overwhelming. I was thinking, “Where do I get so many ideas to write?”

After a while, it dawned on me that it’s possible, as we get to train our thinking muscles, getting more and more ideas every day.

During lessons, I was teaching using some new methods. I made flashcards for students to learn vocabulary using colourful cards (like name cards but colourful). Then I thought about using A4 plain white paper, tearing them and forming a booklet. If young students manage to remember any vocabulary, I will put a sticker as a form of encouragement.

We improve along the way and get better each day.

So, don't worry if you want to achieve something.

**"You don't have to be great to start, but you have to start to be great." ~
Zig Ziglar**

Then, I read somewhere that we should do things in bursts of 20 minutes.

Within that 20 minutes, get as much done as possible.

For me, this method works.

Don't underestimate how much we can accomplish when we set a duration to get things done.

Don't be overwhelmed by our huge goals as most tasks can be accomplished with proper planning.

19. Do something out of the ordinary



At a food court in Singapore where there were many stalls selling Malaysian food, I chose a seat and in front of me was the stall with 'KL' selling a type of noodles from Kuala Lumpur. Nostalgia swept over me.

It was so crowded and I did not know that people in Singapore like Malaysian food so much. It was a wonderful experience indeed! How nice if there are more places in Singapore like that.

Who was the first person to think of this concept?

Do something different. Go to a place you have always wanted to go but have not. Participate in a new activity. Get to meet new people who are positive.

Widen your horizons. Gain more inspiration. This way, you will discover many things that have not crossed our minds before and find out about new products, ideas and opportunities. Everyone has a wide variety of experiences to share.

If a person often complains, just by being in another place where the condition is less satisfactory, the person will know how to appreciate what he has.

And this is a good thing.

“Never be afraid to try something new, because life gets boring when you stay within the limits of what you already know.” ~ Unknown

20. Pick up a new skill



What is the #1 skill that you want to learn? Is it how to start a business? Is it to cook a wonderful dish? Is it to invest well? Is it to [write a book](#)? Is it to play golf? Is it gardening? Or just another skill that make you think about it day and night?

Do you know whenever you manage to master a new skill, your confidence level will skyrocket?

Step out of your comfort zone and do the important thing that you have never done before.

[Things will get easier over time.](#) Your comfort zone will expand.

Whenever I learn a new skill, I tell myself, “I could do XXX well, so I believe I will be able to master this too.”

Let me share with you a conversation with a 12-year-old student. He is taking his PSLE (a primary school exam that is regarded very important by many people in Singapore).

I teach him maths. During a lesson, he suddenly told me, "The only subject that is pulling my marks down now is Mother Tongue. I got 'F' last year and 'D' this year."

His Mother Tongue is Chinese.

I don't tutor him Chinese but I want him to do well too.

I asked him if he had the PSLE past-year booklet. He replied no.

I told him, "If you really want to score well for Chinese, go and get the PSLE past-year booklet, like this (I pointed to his maths PSLE past-year booklet that we use). Learn it very well. Refer to the answer booklet. Understand everything in it. The things tested can be similar. The Chinese characters may repeat. For any Chinese character that you don't know how to read, go to Google or use an app to find out how."

It's not too late.

I don't know if he will really do what I say. At least I did my part. Who knows he may do something about his situation.

Surprisingly, when I was writing something after the lesson ended, he put my stationery in my pencil case.

With a smile, I said, "Thank you. I can do it myself." Then, he helped to take my empty cup to the kitchen. This boy's behaviour has changed for the better.

I have seen his results improved from fail to 'B' and if he really wants, I know he can achieve the same for Chinese too.

No one is forever bad in something if the will to learn is strong enough.

21. Use your time wisely



If you do not handle your time well, it's easy to get a burnout or neglect anything in life that matters to you.

If you procrastinate, things to get done may accumulate, leading to higher stress levels and not achieving as much as you wish.

Are you a morning person?

I am. I enjoy getting up early to write and get things done in the morning before all my lessons. It makes me feel relaxed.

Are you someone who is most productive alone?

If you are, when you have a task to complete, stay away from anyone to handle it lest you lose concentration. It takes time getting back to the original project after being distracted.

It is so easy to tell yourself, "I must get this list of things done today" but when the computer is switched on, you go to Facebook, then Youtube, then read articles...

To be in a better mood, do your most important thing first. What is the thing that you complete today will make you happy throughout the day?

The more you procrastinate, the harder it is to get started and the worse your mood is.

Do more. Worry less.

Everyone has 24 hours. We may not be able to finish what we should do within a day. But when we prioritise, we get the most important things done first and we feel great about ourselves.

22. ASK



No one knows everything. But everyone knows something.

Asking is essential in our lives that it's beyond the number of words I can write to show you why.

Let me share with you some examples.

At primary school, whenever I did not understand how a test paper was marked, I would go to the front and ask my teacher.

At secondary school, whenever I encountered difficulty in my studies, I would go to the front or during recess, look for my teachers in their staffrooms.

At university, I would send my lecturers emails to make appointments. I could even consult them for 1.5hours while writing down notes.

In my first job, I would call my ex-employer to talk and find out good ways to handle things. I would ask my supervisors how to manage students.

While doing internet marketing, I can easily find someone who is better than me at the technical area. Thanks to the support team, my supportive friends whom I always direct my questions to, I have learnt a great deal from them.

In an interview, Steve Jobs mentioned that at just 12 years old, he made a decision to call Bill Hewlett, co-founder of Hewlett-Packard, as he wanted to ask if he could have some spare parts to build a

frequency counter that he was working on. His wish was granted as Hewlett was willing to give him what he wanted and even offered Steve a job at his company, assembling frequency counters.

When I needed to change students' lesson timings, I would ask their parents. Quite a few times, I was able to do so.

Do you need help to solve any issue? Do you want a pay raise? Are you curious to know something that may help you or people around you?

Ask.

The person may or may not agree to help you, but at least there is a chance.

If he or she does, you may benefit greatly.

Asking is Powerful.

A lot of what I know now comes from people whom I have asked from. I am thankful to the patient people in my life.

“You create your opportunities by asking for them.” - Shakti Gawain

23. Make someone's day



“Happiness is a perfume you cannot pour on others without getting a few drops on yourself.” –Ralph Waldo Emerson

It's true.

To be happier, make others happy.

This is one of the easiest ways to be happy.

Not only will you attract more abundance helping people around you, you will feel great about how you are contributing to others' lives.

Gifts, are best given as surprises.

Normally, people offer others gifts during occasions like birthdays or anniversaries.

If someone gives you what you need out of the blue, how would you feel?

Be that person who surprises others with what they want.

They will appreciate your kindness and in turn, you will feel good about yourself.

24. Take the leap



If I did not go to Singapore to study, I would not think of settling down in Singapore, an advanced and well-managed country.

I was the only one from my class who went to Singapore to study. Did it feel intimidating without any friends here at first?

Yes, it did. Just that over time, I got used to it and adapted.

I came to Singapore when I was 19 years old and there really are wonderful opportunities to fulfil our potential in Singapore.

This is one of the best decisions I have made, thanks to my parents' encouragement too.

If I did not decide to do full-time tutoring and continued with what I was doing after graduation, I would be earning less than half of what I am earning now.

If I did not pursue internet marketing and believe in its potential even though none of my family members or friends at that time were doing it, I would not have seen the amazing possibilities the internet offers.

Not only can it be another source of income, as I write to my subscribers, I feel as if I play the part of being a beacon of hope in their lives. So, I truly treasure the meaningful experiences and keep obtaining new knowledge in order to be able to contribute more in their lives.

Somehow, to achieve what you want, to see greater improvements, it requires you to do something that you would normally have not done.

I mean legally and ethically.

Calculated risks are essential for us to level up our lives.

“A ship is safe in harbor, but that’s not what ships are for.”

~ John A. Shedd



25. Compare only with yourself



“Don’t compare yourself to others. That’s when you start to lose confidence in yourself.” ~ Will Smith

My siblings are doctors. They took up medicine and are top scorers academically.

My results were not bad but a far cry from theirs. I am not a doctor.

When I was at secondary school, I chose the Arts Stream instead of the Science stream. It was a relief that teachers who taught my brother before no longer gave me the feeling that they were comparing me and my brother.

If I kept thinking, “I am not smart” or “They are better than I. I would not be able to put in as much effort as I should in my tutoring or email marketing.

I became a tutor as well as an internet marketer and I am glad I am doing what I love.

Everyone has unique capabilities.

Even if we are not really good in a field, practice makes perfect, we can get better and better every day.

The key thing is to believe in ourselves. If we don’t, no one will.

“Believe in yourself and you’re halfway there.” ~ Theodore Roosevelt

“Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.” ~ Albert Einstein

Find your gift. Make full use of it for yourself and people around you. And see your life improve like never before.

Tell yourself, **“I am in competition with no one. As long as I do my best, as long as I am better than yesterday, I am happy.”**

26. Live in the NOW



Some people keep thinking about their mistakes in the past.

“I should have...” or “What if {something bad...?” These ways of speaking are so common. Yet, they do not help change the current situation.

Whatever has passed, has passed.

Whatever negative that has not happen may not even happen or may be not like what we expect.

**“I’ve had a lot of worries in my life, most of which never happened.”
~ Mark Twain**

To enjoy life fully, appreciate this moment without worrying about your past or future.

At every point of my life, there are things I should have done better and things I hope to do better.

Being aware of what is going on and doing my best now will make me better off than not doing so.

“Doing the best at this moment puts you in the best place for the next moment.” ~ Oprah Winfrey

27. Quit assuming



See this picture above?

It is “Patagonian Mara”, a type of rodent.

So, we don’t just assume rodents are small in size.

“Never assume people’s motives. It’s the easiest way to find yourself upset over nothing, or misjudging people.” ~ Lecrae

During a lesson with a 9-year-old student, he went to lower the temperature of the air conditioner in the room.

After a while, he asked me, “Can I go to get a jacket?”

Puzzled, I replied, “Then why did you lower the air con?”

He answered, “You look so hot.”

I was astonished. I thought students only think for themselves. I did not expect a young student to put my interest before his. It’s sweet of him, isn’t it?

So, don’t just assume. When it comes to dealing with children, don’t assume that we know what they are thinking.

On another day, my scientific calculator showed 4 digits after the decimal point (for numbers that are supposed to show 2 digits after the decimal point).

It was the second time there was something wrong with my calculator as I lent it to students sometimes and did not know what was pressed.

The first time, I asked my former student, the cousin of a P5 student, how to reset and she helped me.

During a lesson, I asked the P5 student.

Me: Do you know how to reset?

He: (Tapped for a while and it's done.)

Me: Thank you. How did you do that?

He: You press 'Shift', then '9', then '3', then '=', then 'AC'. (He could remember it by heart.)

Me: How did you know?

He: I explore.

Me: See, you're better than me.

He: Only for calculator.

Me: (In a serious tone) If you explore and work hard for maths, you will pass with flying colours and be better than me too.

Following the 5 steps really worked.

After a while,

Me: Did anyone teach you how to reset?

He: My friend just told me the first button. The rest I try and try.

Let's not underestimate children's intelligence.

It's common to hear these and I stated my opinions beside.

1. Only very few people can succeed in business. => What if you can after learning with successful and positive people and learning continuously?
2. Children nowadays are hard to handle. => Not really. Depending on whether you know them well enough.
3. Parents' demands nowadays are hard to satisfy. => Not true. Many of my students have reasonable parents.

Therefore, not everything that most people say is true. It can be the opposite if we obtain more information.

There are many things in life that we should avoid just making assumptions.

28. Stay motivated



My favourite song to motivate myself is “The Climb” by Hannah Montana.

Here are the lyrics of “The Climb”:

*I can almost see it
That dream I'm dreaming but
There's a voice inside my head saying
You'll never reach it,
Every step I'm taking,
Every move I make feels
Lost with no direction
My faith is shaking but I
Gotta keep trying
Gotta keep my head held high*

*There's always gonna be another mountain
I'm always gonna wanna make it move
Always gonna be an uphill battle
Sometimes I'm gonna have to lose
Ain't about how fast I get there
Ain't about what's waiting on the other side
It's the climb*

*The struggles I'm facing
The chances I'm taking
Sometimes might knock me down but
No I'm not breaking
I may not know it
But these are the moments that
I'm going to remember most yeah
Just got to keep going*

Keep moving towards your goals. Rest if you must but don't give up.

You must believe in what you do. You must believe that you can achieve greatness.

I have seen how many students perform when they are motivated and when they lack motivation.

There is a vast difference.

A student who is motivated will do more than required whereas a student who is demotivated will ask for less work and seem sleepy or bored in class.

Before entering the room of a student for his maths lesson, he was preparing for his school spelling.

After our 2-hour lesson, he continued staying in his room to complete his school's maths homework. I had asked him to do it on his own as it was very easy.

I was wondering, "Why didn't he feel tired?" A year ago, when he had failed his previous maths test he would be lying on the bed and only went to the table, reluctantly.

When children are motivated, their energy levels can be amazingly high.

When you are motivated, it is easier to come up with great ideas.

Once you have a great idea, remember to work upon it, then only it has a chance to lead you towards success.

I want to help create the momentum so that all students will be unstoppable.

Be motivated. Then motivate others.

29. Do what makes you happy



Do you have time doing the things you love? Taking a refreshing walk along the beach? Admiring the breathtaking scenery? Going on a holiday with your loved ones? Spending an afternoon sipping a cup of relaxing tea?

If not, find time to do what you enjoy. It's not easy to find time if you are busy, but if you make a decision to do something, you can accommodate it in your life.

Learn to delegate or outsource any work you need to. Then people around you will be happier. You will be happier too.

Children, especially, value time spent with family. Nothing and no amount of money or pricey gadgets can beat 'quality time'.

Learn to say 'no' when necessary.

In my tutoring line, many parents recommend new students to me. When my schedule is full or when the location or timing is not suitable, I will not accept. It's all right.

To soften the impact of rejecting someone, give the person an alternative. Let's say, if I reject a tuition assignment, I will mention the name of a good tuition agency or any friend whom I know is tutoring. This way, even if we are not able to say 'yes', the other party will feel more satisfied too.

30. Be around positive, supportive people



If our friends are those who smoke and drink alcohol, we are likely to do the same.

If our friends often complain to us, it is easy to follow suit and feel out of place if we are the only ones who are positive.

Positive people play a huge role in determining our happiness and success.

When we have friends who often encourage us, share ideas with us, boost our mood, motivate us when we feel down, we will feel happy more frequently.

With hardworking friends, we will likely feel the “peer pressure” to be diligent and take massive action towards our goals.

Peer pressure, whether positive or negative, can have tremendous effects on our thoughts and feelings.

I sincerely appreciate my “growth friends” in my life, who spur me on and are there whenever I am going through struggles.

31. Have a huge vision

What is your vision? What do you really want to do?

Be part of a great vision. Be part of an amazing cause.

Be happy yourself and make a positive, life-changing impact in this world.

“Somehow, I like maths now.” This was what one of my students, who had failed maths before and later passed it, told me.

When my students’ belief in themselves get stronger, my belief that I can help more students pass (with flying colours, hopefully) becomes stronger too.

That’s why I love my job. I need to help more people see their breakthrough. I want to let more people realise what they can actually do.

Successful people has huge visions that not many people believe in at first.

The vision is what keeps them going.

When you have a huge vision, you look forward to every day and do not have much time for negativity. You feel that life is meaningful. You feel that you are making a positive impact. You feel that what you do is worthwhile. You feel alive.



32. Spend time for yourself

Sometimes, we get so caught up in the hustle and bustle of life.

There are so many things to achieve. So many things to do.

However, it's not the number of hours we work that determines how much we make.

The decisions we make determine the outcome.

It's good to take things easy too.

Sit back. Relax. Enjoy the sunset.

We need to spend quality time with family and friends, enjoy at places we haven't been, read, exercise, attend events, observe how things work, brainstorm, make space for ideas...

Make time for what is important in your life. Doing so will boost your mood, creativity, energy and bring more peace into your life.



33. Stay meaningfully busy

In the audiobook called “Psycho-Cybernetics”, by Maxwell Maltz, he raised an example about a 30-year-old who would age very quickly by the time he is 35 years old. If we let a 30-year-old sit on the rocking chair and stop him or her for pursuing his dreams and limit his or her activity, the person will age must faster.

Although some people are young, they seem as if they are old. Edison was still inventing at the age of 90. Many artists, writers, orchestra players are still immersed in their creative endeavours after 70 years of age.

No matter one’s age, one can always stay young at heart. Whether one is retired, staying busy following one’s heart is important.

I know elderly people who practise Tai-chi, engage in gardening, travelling, writing and lead meaningful lives.

[Avoid staying alone without communicating with anyone.](#) I have an elderly friend who always meet friends and I have spoken to another who exercises with her friends every day.

Sometimes, being alone, with no one to talk to, leads to negative thoughts, which is detrimental to our mental health.

Human needs something to look forward to every day.

Always look forward to tomorrow and the future with joy and hope.



Thank you so much for reading this eBook.

Have you gained at least one insight from the eBook? I hope so.

If you wish to share with me any of your comments, feel free to send me an email. My email address is andreachuaaichia@gmail.com

As mentioned in the Forrest Gump movie, “Life is like a box of chocolates. You never know what you’re gonna get.”

Your happiness is important. When you are happy, you can make more people happy. Happiness promotes great health and longevity. You will be able to achieve the success and prosperity that you have always wanted.

Believe there are wonderful blessings in store for you.

Stay happy. Cherish the bright side of things. Enjoy yourself. Treat yourself well. Be hopeful.

No one is perfect but everyone deserves to be happy.

Be happy no matter when and where.

I wish you an amazing life filled with wonderful blessings and immense happiness!

To Your Amazing Life,
Andrea Chua Ai Chia
Founder and Optimal Joy Coach
andreachuaaichia.com

Resources

- 1) **The Gratitude Workbook. Develop a mindset of gratitude. Overcome negative thoughts. Lead a more peaceful and fulfilling life.**

<http://andreachuaaichia.com/thegratitudeworkbook>

- 2) **Curb panic attacks. Here's a free audio.**

<http://andreachuaaichia.com/curbpanicattacks>

- 3) **Write a book in 7 days! - If you are keen to write and publish a profitable book within 7 days, check out this useful resource.**

<http://andreachuaaichia.com/writeabookin7days>

- 4) **Discover how to achieve greater wealth and success faster in your life.**

<http://andreachuaaichia.com/millionairebrain>

- 5) **Attend this webinar and achieve your greatest life.**

<http://andreachuaaichia.com/ultimatesuccess>