



Congratulations for your commitment to be your BEST

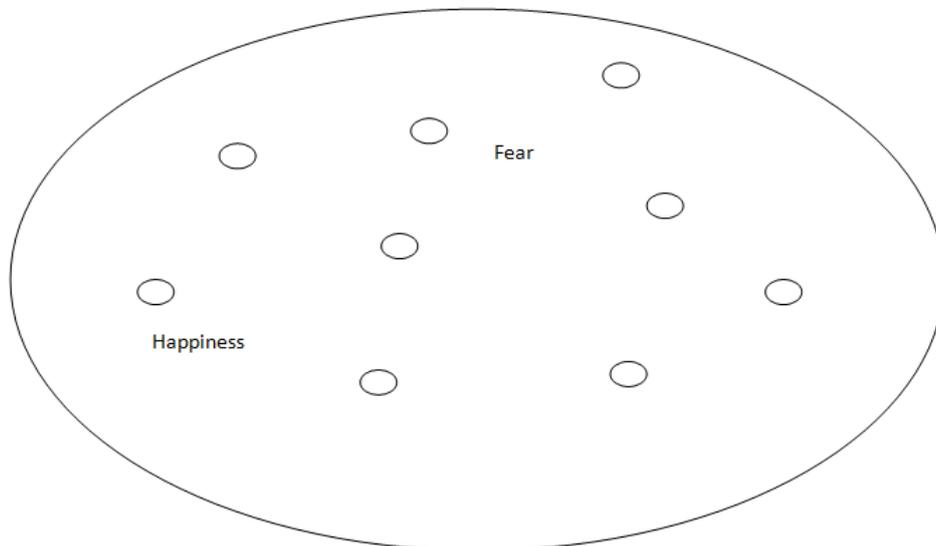
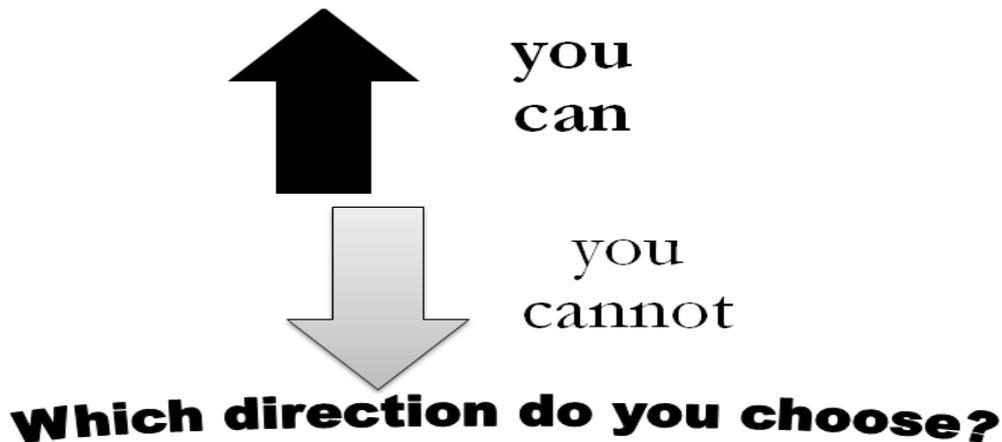
THE FORMULA TO BE YOUR BEST

B	Boldness (having courage, thinking big, being ambitious, believing in the possible) Believe in the possible and better than the best (don't wait until one day, start to be great, today, everyday)
E	Elimination (limiting beliefs and distractions) Energy (Emotion, more water with lemon, physical and mental exercise, go green)
S	Service mindset (kindness, giving, sharing, collaboration) Skills mastery (repetition with different distinctions)
T	Triggers (be your coach, reminders on phones, notebooks, accountable partners) Thankfulness (gratitude and love)

1. B: BOLDNESS AND BELIEFS

(having courage, thinking big, being ambitious, believing in the possible)

Why it is important? Where you focus, where your energy and actions follow. If you believe in the possible, you spend your energy and take actions following the possible direction. If you believe in the impossible, you spend your energy and take actions following the impossible. Imagine your success as a garden, the doubts and the limiting beliefs will influence the grow of success seeds by wasting your time and energy to think about them. You shall direct your focus on the possible and the boldness. And the most dangerous case is the limiting beliefs in the impossible makes you not even try.



You want to focus on the positive emotion seeds and water it everyday

“Be realistic, it is impossible. You just a little girl coming from the countryside. Just stay at home, get married and have a bus load of kids”. That what one friend of my father told me when I told him that I wanted to go abroad to open my mind and help more people. He was one of many other people. Have you ever had anyone told you that you cannot do something? **You are better to challenge their doubts.** You are better to not listen to them because there is no evidence to believe even you trust them. Firstly, they may never experience before. Secondly, among 7 billions people in the planet, I believe you will find someone who has achieved what you want. Thirdly, if nobody has done it, you can be the first. How does it sound? At the end of the day, the person matters is you. If you believe, people believe with you. I strongly believed in my desire. I was stubborn I didn't believe in the guy even I respected him. I told myself I had to experience it by myself. How did I do that?

How to have empowering beliefs?

Your purpose, your burning desire (not about how to achieve yet): You are more than your physical body and for yourself but others

The empowering beliefs come from the burning DESIRE or your undying PURPOSE to either make a difference in your life or your loved ones or people's lives. Let's do a small exercise together. Write down what you really truly want, and don't think about how. You have all time and money and energy, what would be the thing you really want to do or achieve. That would be your desire or passion or purpose. The purpose is bigger than anything else. The purpose is bigger than any struggles.

I almost died because of a serious accident and drowning in a river and got kidnapped when I was a kid, I knew my life was more than living one life. I saw my parents work extremely hard with 4 jobs, I knew I had to make a difference in their lives.

You can just think about your loved ones, the people around you then you can see you can contribute more than you think.

Start with developing yourself everyday for better, better than the best

I didn't know how to help people, I just knew I had to try my best at everything. I woke up early, stayed late. Studied whenever I could. I entered the science and technology and got different scholarship to go abroad. Everyone told me nobody would love a tomboy girl like me, but I had a wonderful boyfriend who truly deeply loved me for more than 4 years. He supported me to follow my purpose. I knew I had to be myself, and just be myself then people would believe with me.

You are unique. You can be better your best self everyday.

Visualisation

Visualising your goals everyday, connect with it by emotions, using all senses (seeing, feeling, hearing...) to visualise the goals. Without emotions your subconscious mind doesn't make you take empowering action toward the goals.

Visualising the moments you overcome struggles, how consistent you are, the process of practice then achieving it. With that, you teach your brain to honor struggles, never give up with struggles.

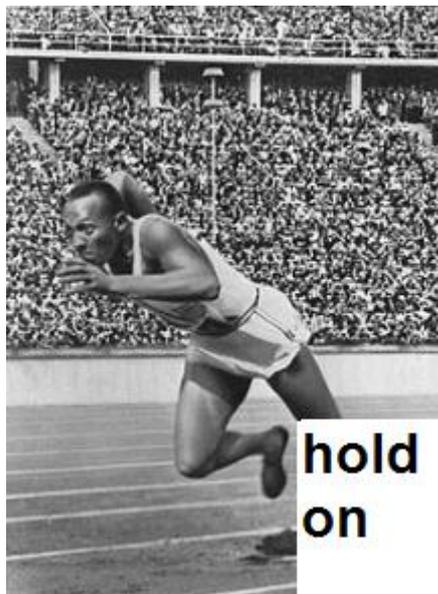
2. E: ELIMINATION AND ENERGY

ELIMINATING YOUR ENEMY:

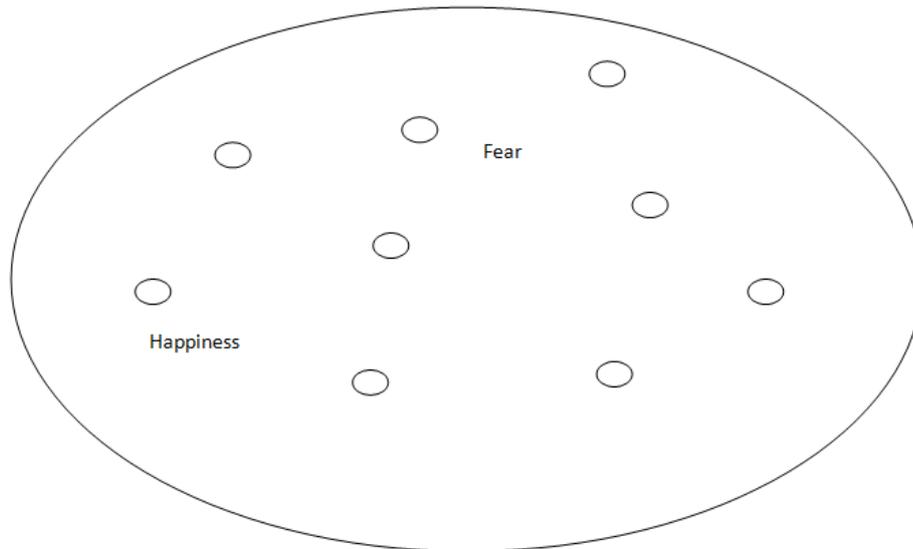
Why it is important? Without eliminating your 'enemy' of your success, you cannot be 100% free to move toward your goal. If you don't eliminate the things don't serve your success, you voluntarily carry them with you to let them bite your time and energy.



**Do you want to
carry your
enemy
with you?**



**hold
on**



You want to identify then eliminate the negative emotion seeds so when you water your positive emotion seeds, the water does not go to the negative emotion seeds.

My family supported my studying and proud of me as I focused on studying that enhanced my beliefs in studying well and then going abroad. I made it happen. However, when I realised my passion in writing and training, I quit my engineer job. My family didn't understand it. I was fighting inside me. I felt lost and panic. I dreamed about all experience in the past. I felt so heavy to move on. This made me go back to work as an engineer again. Deep down inside me, I knew I had to make my passion going. It had been more than 2 years for me to fight inside me, thinking why my family didn't support my passion. I finally realised I had been controlled by my biggest enemy 'my doubt of the success'. I didn't know I was doubtful about my passion whether it would become my life career or not. I finally could eliminate it to keep believing in my passion. How did I eliminate it?

How to do eliminate things don't serve our purpose?

Step 1: Ask yourself what and where is your enemy located (doubts, fear, excuses, limiting beliefs –depending on what you call but they are all not serving your best self and your passion)

The emotions that you often experience that dis-empower you	The emotions that you often experience that empower you
For example for me: fear of lost my loved ones	For example: Loving my family and people around me

STOPPPPPPPPPPPPPPPPPPP!!

Step 2: Interrupting the old patters: Identify the costs of keeping your enemy with you, your brain can see the pain of keeping doing it so it will avoid doing it

Step 3: Identify the antidote to the enemy, the fundamental emotion to be antidote for any negative feelings is LOVE

Step 4: Practice your emotion muscle; write down the emotion you want to change, everyday practice it at least 3 times

Train your
emotion
muscle

