

21 POWERFUL  
HABITS  
TO LIVE  
A FULFILLING  
*Life Now!*



GIN SEAH



# 21 Powerful Habits To Living A Fulfilling Life Now!

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## **Introduction**

Hi, my name is Gin Seah. I'm known as Singapore's leading peak energy specialist for sales people & entrepreneurs, founder of peak performance networks and creator of the peak energy formula.

Firstly, I'd like to acknowledge you for downloading this eBook. I'm aware you know that this might just be the next piece to the puzzle of living a more fulfilled life wherever you are right now.

You might be thinking, how can an eBook alone possibly change your entire life? Thank you for asking. By the end of this eBook, you will have at least ONE takeaway, and just by APPLYING that, watch how your life shifts.

Before we go into the juicy stuff, allow me to share with you how I used this knowledge to shift my life...

## **5 Years Ago...**

You see, life isn't always as smooth sailing. I didn't start out as an entrepreneur, I didn't have any knowledge or even a single clue on how my life will become after I completed my military service.

I was a high school graduate, with not much academic success. What I always hear from my friends, parents and people around me, is to complete my education, work in a company, start a family, live happily ever after. To me that's rather dull. I didn't want to work in a 9-5 job, and honestly, I couldn't even picture myself applying what I've learnt in school in real life. Well, maybe just some of them, like languages, simple math calculations. Besides that, algebra, chemistry and history? H\*\* No!

I began questioning myself about my life as the date was drawing nearer towards the end of my 2 years military service. It is where “LIFE BEGINS”. Should I continue my studies? Should I get a job and start working?

I remember that night when I was beating myself up with these questions, looking up at the ceiling in my bunk where most of my bunk mates were already asleep.

The whole night I spent picturing how life would look like 5 years from now if nothing else changes. I see myself working in a job “whatever it is” that I don’t like, waking up in the morning feeling grumpy, dragging my feet and my resistant mind to the office, going through the day not feeling happy, and returning home feeling drained and stressed out. Then I began to ask myself this question “Why Should I Follow What Most People Are Doing?”. “Whose Rules Are Those?”  
Definitely **NOT MINE!**

See, growing up as the youngest in my family, I’m also known as the most rebellious one. Can you relate? \*Laughs\* Perhaps in this case, it was helpful, I went on to consider about what are the things that I would enjoy doing even if I weren’t getting paid. Two things came to mind, Music or Business.

Did I have any experience in both? No. Casually I would sing in karaoke with friends but I didn’t have any music theory background or any business knowledge at all. What did I do next? I did a brain dump.

I thought of what I could do to make this work, also spending the next YEAR researching on possible solutions on how I can start off with either one of these. Yes, **365 DAYS!**

Anyway, to cut the story short. There was only one word in my mind that I was looking for overall, “Fulfillment”. Why? I think life is pretty short, though I was only 20. I chose to believe that I could design and create how I want my life to be.

Also during this period of time, I indulged myself into personal development and self-help, which was one of the greatest decisions I have ever made. I started reading books, watching videos on personal growth, self-help and lessons on life.

Through investing my time and energy into finding out how to live a more meaningful and fulfilled life, doors started to open, or rather I began to train myself in spotting opportunities that were **ALREADY** there!

### **The Opportunity in Disguise**

In November 2011, I got a call from a “stranger” asking me for a favor. This “stranger” happened to be my elder sister’s ex-boyfriend.

They recently broke up after being together for close to 6 years, and he asked if I could help pass some gifts to her. 6 years is a long time, and despite that, I wasn’t really close with him at all.

So I agreed to meet up and at the same time, got to know more about this “stranger”. His name is Tristan.

See, this guy was pretty busy already when I got to know him. He’s constantly travelling every month and I don’t know how he was able to do so. So after asking him, he told me that he was running several businesses and because of that, he was able to have a lifestyle that he want.

I was inspired, it gave me a dim of hope...

Whilst chatting downstairs for the next few hours at my car park next to his BMW 5-Series, he started to share with me more about entrepreneurship and suggested on ways how I can “TRY” doing business.

I was skeptical, because I didn’t have any one to show me about this “entrepreneurship” thing before, so he invited to sit in some of his meetings.

After the first meeting, I was **BLOWN** away, Why? My initial perception of owning a business, was to have enough money to start one, and then staying still in the shop from opening hours to closing hours, then repeat. Boring!

Fulfillment was one thing I wasn’t sure I could get in business because I don’t know how it works, but in music definitely. So to me, the money and fulfillment thing was always separated. But after listening to how he engages his client and how different the level of communication were, I felt that it was so intellectual and **INSPIRING**! I never knew that running a business could be so engaging! I was inspired to do the same and I told myself If he could do it, I definitely can if I choose to.

## **1st 2 Years**

After getting started working with Tristan, the 1st 2 years was TOUGH. Yes, I basically had no people skills, sales & marketing skills, to succeed yet. I was grinding in and out, always setting goals to hit them but not achieving them. I started to beat myself up even more. I found myself asking me this question “Why am I not getting the results that I want even though I’m putting in so much effort?”

My energy levels were getting low, and negative thoughts started to fill my mind day after day.

You know being in sales, protecting our mind from negatives was one of the key. No doubt I was learning new skills, but because I was neglecting my mindset, one thing lead to another and it became a downward spiral. I was broke, frustrated and burnt out.

I know what you might be thinking, isn't this eBook about how to live a fulfilling life? Why is Gin talking about entrepreneurship and energy problems? Hold your fire my friend, you'll see the whole picture in a minute.

I realized that ever since I got started in this entrepreneurship thing, I've been neglecting my time in growing my mindset. These "minor" actions (Habits), that I've have been neglecting started to make me slide back into my "negative thinking", "unfulfilled daily life", "low energy state", and my old habits that wasn't supporting me in my journey to success.

I was only focusing on the **"ONE SECRET"** to make everything work. Only to realize that without the right mindset, the desired outcome will not be manifested.

After realizing this **"Missing Link"**, I started to grow myself again. I continued to read books and attend seminars on personal development.

One of the most valuable lessons that I've learnt is ***"The day you think you've made it, is the day you've not. The law of the universe states that if we are not growing, we are dying."*** That's how nature works as well, if a tree is not growing, it is dying. We are either going up, or sliding backwards.

We live in a world of distraction and noise. If we don't have the mental energy and the right state of mind, no matter how skillful we are in anything, the outcome will not be very favorable.

After investing more than \$25,000, (which I swiped my credit card & recovered my debts) in seminars, books, tapes and working with successful repeaters in the personal development industry, I've realized that there are many schools of thoughts.

Some sounded really good in theory, but not in application. Those that worked for me, I retained it, and those that didn't work for me, was eliminated. There were a few key habits that these success repeaters were applying, and I started to take action on doing the same!

### **Why? Success breeds success!**

So what I've done for the next 3 years, is to APPLY what I've learnt on a consistent basis in order to live a life of fulfillment and accomplishment.

### [That's What 21 Powerful Habits Did For Me](#)

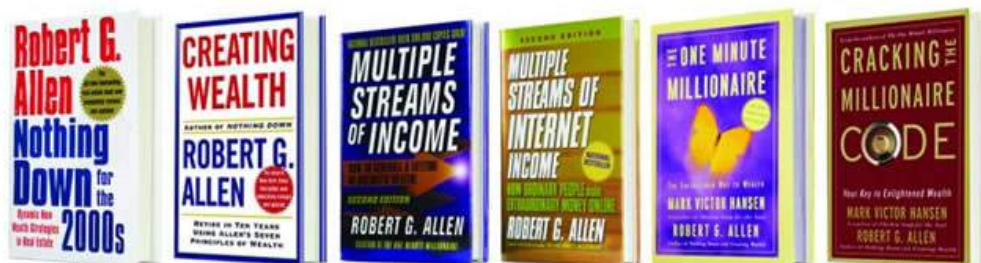
I also learnt that all BIG RESULTS boils down to the baby steps that we do every single day. Within 60 days of applying just 1-2 of these habits, I already shifted my life dramatically.

Like I said, attending seminars and investing my time, energy, effort and money in personal development and investing in **MYSELF** was one of the main reasons that propels me towards a fulfilling life, also not forgetting to **TAKING MASSIVE ACTION!** I envisioned myself associating with bigger players in the same industry one day.



In 2013 December, around 60 Plus days after applying these habits, I met a public figure that I've already heard off a year ago. His name is Robert G. Allen.

In case you don't know who he is, Robert Allen is a multi-millionaire and a international best selling author of over 10 books in business, finance and personal development. I had the opportunity to meet him in person for breakfast through a Japanese friend I met at a seminar during networking.



After the meeting, I was given an opportunity to work with him. Did I even hesitate to think twice? **NO!**

How many times in our lives, do we get to work with a successful public figure. He had to fly back to America that same day, so we kept in touch and throughout the course of the next two years till date, I've been working with him in several businesses in Asia: You can find out more here:

[www.pp-networks.com/testimonials](http://www.pp-networks.com/testimonials)



Me sharing the stage with Robert G. Allen in 2014



Another Picture Of Me & Robert Allen 2015

That's not all...

Business was growing, and my financial situation also improved. Have you heard of this saying: **Life is holographic?** If one area of your life is shifted, it will also impact all other areas of your life.

I started to travel the world, making friends with awesome people and learning from experts and masters of different industries.



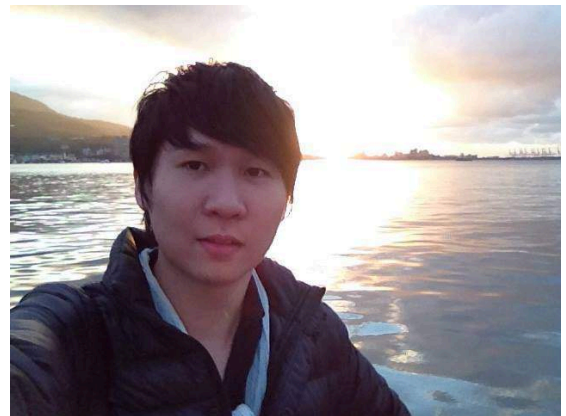
Trip to Atami (Japan) with Successful Business Owners - 2014



Hollywood California 2014



Las Vegas 2014



Trip back to Taipei 2015 Jan. Did I mention I am Half-Taiwanese?

Not forgetting to mention, having to try out different food and sight-see in different parts of the world.



Tokyo, Japan



Singapore Sentosa Cove

I strongly believe that habits are one of the most important keys to having a more fulfilling life. It's not easy, but if you see the value in cultivating them, you'll do **WHATEVER IT TAKES** to make it happen.

I know that these habits will serve you in one way or another, so please feel free to share with others this valuable knowledge as well so they could too, live a fulfilling lifestyle!





# ACKNOWLEDGEMENT

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- ◆ To my parents, thank you for giving me life and the continuous support.
  - ◆ To my sister, thank you for believing in me.
  - ◆ To Tristan Tay, thank you for the opportunity for me to step into the entrepreneurial world.
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  - ◆ To my higher power, the universe, the one, for the amazing things that has happened, happening and coming my way.
  - ◆ Most importantly, to YOU, my dear readers, for downloading this eBook to optimize the level of fulfillment in your life. Because of you, I'm even more inspired to grow daily and provide the most value I can every passing day.
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# **21 Powerful Habits To Living A Fulfilling Life Now!**

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1. *Meditation*
  2. *Time Mastery*
  3. *Financial Mastery*
  4. *Know Your Mission*
  5. *Affirmations*
  6. *Mind Projecting*
  7. *Physical Activity*
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  9. *Looking Into The Mirror*
  10. *Thank You*
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  13. *Spend Time Alone*
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  16. *3 Tiers Of Associations*
  17. *Acknowledge & Amplify Your Strengths*
  18. *Engage a Mentor/Coach*
  19. *Acceptance & Surrender*
  20. *Feel The Fear And Go Towards the butterflies*
  21. *Health Before Anything Else*
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## **POWERFUL HABIT #1**

### **Meditation!**

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We live in a world full of distraction and noise where we can barely hear ourselves. It's easy to get bombarded by external noises such as other people's agendas, thoughts, the media, moreover, our own thoughts are enough to keep us distracted and not fully present.

When was the last time you were present, fully experiencing your sense of touch, sight, taste, hearing and smell? When thoughts of the past and worries of the future haunt us, we lose our power. We lose our ability to focus our energy and attention to the present moment now. Only NOW exist. The past and the future does not.

There's a quote that I love, it goes like this:

***Never let your past get in the way of your future.  
Your past can't be changed and your future doesn't  
need the punishment!***

Meditation helps us develop the "present muscle" to keep us centered, grounded and living in the moment we call NOW.

Living a fulfilled life requires our full attention, energy directed towards the current moment now. The more you practice meditation, the stronger your "present muscle" grows and the more you're able to fully experience every moment of your life pleasantly.

The recommended time for meditation is 15-20 minutes.

There are lots of teachings out there about what the recommended time is. Personally I think that the quality of this practice is much more important as compared to how long you do it.

The intention is to bring yourself back to the present moment every time you drift off from your thoughts.

Listen to your breath. Breathe in deeply, breathe naturally, it takes practice, but once you internalize this powerful habit, your life will shift dramatically!







## **POWERFUL HABIT #2**

### **Time Mastery!**

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The one equity that doesn't separate us from the most successful people in any industries, is none other than TIME.

We each have an equal share of 24Hours a day. How is it that some are able to produce a lot more than most people? Are they given an advantage, are they more talented, or rather what is the secret? The answer my friend, is that they have mastered the art of managing their time.

What's your mission today? Every vision, dream, goal boils down to what you do in a typical day.

Reminds me of the movie "In Time" by Justin timberlake where every thing is traded with time, not money. And once your time equity runs out, your life ends. If you haven't watched the movie, I would strongly recommend it.

What if we treat our time seriously and set my mind to do great things despite of mood, discomfort or circumstances. Wouldn't many new "Heroes" emerge daily?

A main question you can ask yourself is :  
What important, non-urgent things can I do today that will propel me towards my goals?

Why non-urgent? Most people focus on the important and URGENT tasks because they didn't do the important and NON-URGENT tasks before hand, costing it to become urgent, requiring unnecessary time spent to do it especially when it's too late.

**Additional Questions you want to ask yourself:**

1. Who do I want to become today?
2. What do I want to have achieved?
3. If I only have 24 hours in my life, what is ONE thing I choose to do every hour?





## **POWERFUL HABIT #3**

### **Financial Mastery!**

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In today's world, we need money for almost everything. It is the main tool used as an exchange of value. Don't you agree that if you have more money, you have more options and choices to do what you want? See, you might think that having money might not be important.

What if you had an additional **\$500** every month? How about **\$1000**, **\$3000** or **\$5000**?

What could that possibly do to your life? How many things can you further provide for your loved ones, do more of the things you love to do?

As an employee, or perhaps you are a high paid employee, your income is linear. Once you quit your job or worst, fired, you lose your entire income.

There are several options out there to make money, generate income even when you have an existing job.

However the most important thing about financial mastery, is your ability to manage it. Do you have a system in place that diversifies your savings, expenses, etc.?

If you don't have one, no matter how much you are making, it might just flow like running tap water. Follow a proven system starting **TODAY!**





## **POWERFUL HABIT #4**

### **Know Your Mission!**

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Calling is too big of a word for most people. Likewise for life purpose. How about we start from what you are passionate about? Most people have the believe that you can do what you love only as a hobby, but not getting paid at it. There's good news and bad news.

Good news is, it simply is not true! Millions have DONE it and you can too! You can do what you love and still make money!

Bad news is, you probably have no clue how to do it. Now now, don't worry, this eBook is not about making money doing what you love. Read on.

**The key is to first identify what you are passionate about.**  
**Some questions to ask yourself:**

- 1. What would you do if you weren't getting paid?*
- 2. If you had to take a compulsory 1 week-off, what would you be doing?*



## **POWERFUL HABIT #5**

### **Affirmations!**

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One of the most powerful things to do has always been affirmations! In case you don't know what affirmations are, they are statements of yourself, to be affirmed and reinforced, creating a stronger belief of your identity, of yourself or different parts of your life.

It is also a act of reinforcing a belief. So it's extremely powerful if used correctly. When you use it correctly, you activate the law of attraction to your favor. If you haven't watch the movie "**The Secret**", go check it out!

One of my mentors Yee Shun-Jian, has written a famous eBook called "101 Powerful affirmations" you can check it out here:

[www.yeeshunjian.com](http://www.yeeshunjian.com)

Implement affirmations for 30-60 days. Watch what happens!





## **POWERFUL HABIT #6**

### **Mind Projecting!**

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Similar to affirmations, visualizations are extremely powerful as well. Have you heard of a **Vision board**?

A vision board is simply a tool used to help remind you, concentrate and gain clarity on a specific life goal. It can be any sort of board on which you put images that represent whatever you want to have, do or be in your life.

Another way of visualization is just to close your eyes for 5-10 minutes, thinking about what you want to be, do or have in your life. The key is to feel the emotions when you are visualizing.

One word of caution, most people think that by just affirming or visualization, "some miracle" will happen. It doesn't work that way. One still has to take action and do something in order to make that happen.



## **POWERFUL HABIT #7**

### **Physical Activity!**

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Exercising has so many positive benefits. Not only it will create a more fulfilling life for you, it will also keep you healthy, keep you more alert, giving you more energy, and improve your mood!

A simple 15 to 20 minute walk can boost your endorphins and improve your brain activity and mood, helping you to become more productive!

There are so many types of physical activity out there, so just pick one and get on with it my friend!

If you haven't been doing any physical activities, start off by choosing one, then committing to doing it at least 3 times a week for 15 minutes each.

Remember, baby steps, **GIANT RESULTS.**





## **POWERFUL HABIT #8**

### **Mind Supplement!**

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We feed our bodies everyday, what about our mind? Do you know we have about **50,000 self talks** (thoughts) everyday going through our mind?

About 80% is negative. Yes **80%**! Most people are going through their lives having a negative state of mind. Is that fulfilling? NO! Fulfillment is a positive state, not a negative state. No doubt we have down times and there are constantly obstacles or challenges thrown at us.

What is one thing that you can feed your mind today that propels you towards your goals? What book have you been reading? What seminars have you been attending?

Most people stop education after graduation, or rather conditioned to learn first then apply. How about doing both consistently to create a balance?

See, an average person picks up 1-2 new skills a year or some people, none.

Learning just 1 new thing a day be it a skill set or something relevant to whom you want to grow to become, is at least 300% ahead of most people!

Or perhaps just 1 new skill-set a month would make that an increase of 120% in personal growth.

Let's **CHOOSE** to grow rather than slide back!





## **POWERFUL HABIT #9**

### **Looking Into The Mirror!**

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Do you have **BIG** dreams? Do you have a vision of who you want to become? Well, it all boils down to what you do every single day.

The journey is long, if you only look forward to the end of the road or outcome, you are missing out! How can we enjoy the process at the same time? Journal & reflect!

What can you write about? Anything! Well of course if you don't know what to write about, you can use this few questions:

*What did you enjoy about this very day? What beautiful moments have you come across? How many awesome people have you met today?*

*What challenges or obstacles surfaced that will help you grow stronger?*

Journaling and reflecting not only reminds you of the process, it is also a powerful tool to help you gain self-awareness and living a ***fulfilled life***.



## **POWERFUL HABIT #10**

### **Thank You!**

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Thank you. Thank you. Thank you. I'm so grateful that you have made it to this powerful habit.

When was the last time, you said thank you to somebody. Perhaps it's someone who helped pick up something you've dropped, perhaps it's someone who helped hold the door, or perhaps it's your boss who gave you the pay check?

Whatever it is, one of the key habits to live fully, is to practice the **ATTITUDE of GRATITUDE!**

Do you know that you can be grateful for anything? Yes. ANYTHING! Even for the misfortune, even for the disasters that may be happening in your life right now?

The question you can ask yourself, is  
***"How will this help me grow as a person?"***

Remaining a attitude of gratitude is very easy. Keep a notebook or gratitude journal.

Write 3-5 things about what you are thankful or grateful for today, even if it means that you are still taking another breath :)

- 1)I am truly grateful for ...
- 2)I am truly grateful for ...
- 3)I am truly grateful for...
- 4)I am truly grateful for...
- 5)I am truly grateful for...





## **POWERFUL HABIT #11**

### **Create A Balance!**

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One of the problems about people who are living an unfulfilled life, is that they are not happy with their circumstances, their lifestyle, their current job.

Why? They don't know what's most important to them. You see, values are the principles of our lives. It changes time to time, but getting to know them, makes life so much more meaningful!

Some core values include: **Family, Freedom, Money, Time, Health, Relationships...**

Know what's most important to you first, and design your time around it.

Create a balance. Allocating most of your time to your **TOP 3** values. Commit to it.

Commonly we hear this all the time "*I'm very busy, I don't have enough time*".

There is never enough time for everyone, time has to be **MADE!**

Live your life accordingly to your values, believe in yourself. You'll be much more happier, healthier and ***fulfilled***.







## **POWERFUL HABIT #12**

### **Expand Your World!**

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When was the last time you travelled? How did it feel? Amazing? When we travel, we have a sense of excitement, uncertainty and joy. Some would name it a "magical experience" Similarly I would feel that too.

The world is infinite, there is no end. Why not explore and grow our minds? When we travel, our mind stretches, because we see more possibilities, we learn more things and it expands our horizons.

***"A mind once stretched by a new idea, never returns to its original dimensions." - Ralph Waldo Emerson***

Travel! Pack your bags, take your passport, and set out to a new adventure! Do it at least two times a year! Experience the magic!





## **POWERFUL HABIT #13**

### **Spend Time Alone!**

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For some of you, this might sound crazy. It might sound tough, or even depressing! I learnt in life, there are two types of "alone".

The first one is loneliness. It's the feeling of emptiness, sadness and un-fulfillment.

The second one is solitude. It's the situation of being alone without feeling lonely. Instead, you gain more self-awareness, happiness, understanding about the world and ultimately yourself.

We want to focus on the second one. Please remember that I'm not saying to completely turn away all your social invitations, not make friends or live on an island. I'm just saying to make some time for yourself, time to time. Perhaps 2-3 times a week or more.

When you spend time alone, you start to listen to yourself. There is so much noise in the world, we can barely hear ourselves.

Everyday we are filled with other people's opinions, thoughts, feelings, until the point where it's hard to be self-aware unless we spend time alone.

***You'll start to accept yourself more that you are enough.***

***You'll be more focused on what you want.***

***You'll learn things about yourself.***

***You'll be more mindful.***

***You'll be more happy and fulfilled.***





## **POWERFUL HABIT #14**

### **Activate Your State!**

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#### **"Emotions are the experience of life"**

They are the roller coaster of our life and the tingling sensation in our bodies. The feeling of the butterflies in our stomach. The burning desire in our chests. The overflowing inspiration of ideas.

Get in touch with how you feel. Personally I'm someone who thinks a lot. Some of you might have heard of analysis paralysis. I believe most of you "thinkers" face that too.

Sometimes, we have to get in touch with our emotions without thinking. Without questioning the logical aspect of it.

What's your overall state of emotion right now? Realize what's your default state of emotion. Everyday we feel differently, we allow our circumstances, events and people around us to influence how we feel.

How about its time to take charge of our own state?

**Imagine** being able to choose how you want to feel at any given moment of time. Wouldn't it be exciting?

**Imagine** just choosing to feel enthusiastic and feeling it right away, how many people will be positively impacted by your feelings and actions? Enthusiasm is contagious!

Ask yourself now, how do it feel? That's the first step of awareness.

Practice getting into different states of emotion everyday now!





## **POWERFUL HABIT #15**

### **Bucket List Time!**

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#### **Have you heard of a Bucket List?**

A bucket list is simply a list of things you want to do before you die! There's even a movie for it called "The Bucket List". Well I don't know if it existed before the movie, but the point is, to continue spicing your life up.

Create a list of things you want to do, be or have. A few examples could be "*Dive underwater at places with coral reefs*" or "*Make a Million Dollars*" something like that. It can be something completely out of your reach, or something achievable. **You make the call!**

A common question i get from time to time is, how many should I have in my bucket list? The answer to that question?  
**AS MANY AS YOU WANT!**

Of course you don't just want to keep adding to it without doing it. Set a date line for every thing you have written in your bucket list!



## **POWERFUL HABIT #16**

### **3 Tiers Of Association!**

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Part of fulfillment comes from growth. See, if we want to constantly evolve consciously, we have to grow. Once we stop growing, we also become less and less fulfilled.

There's a concept called 3 tiers of associations. It simply means associate with :

- 1) People more successful than you  
-Your role models. The people that have what you want.*
- 2) Peers, friends. The people at the same level as you.*
- 3) Followers. The people that you can teach, coach or mentor.*

When we associate with these 3 tiers of people or closed ones, we constantly stretch and stay grounded at the same time. The next question is how much time do you allocate to spend with them?

There's another saying, the 5 people that you associate with the most, is who you will become.

So having said that, you'd want to associate most with people more successful than you or those whom have what you want or have become who you aspire to be.

***"In a family of thieves, the one who doesn't steal feels guilty"***





## **POWERFUL HABIT #17**



### **Acknowledge & Amplify Your Strengths!**

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Are you focusing on your strengths or weaknesses? Reminds me of a story that goes like this, there are two wolves in everyone of us.

The good wolf, meaning our strengths and the positives, and the bad wolf, resembling our weaknesses and negatives.

Which one are you feeding everyday?

Which one are you focused on most of the time, because the one you are feeding it most, will **Ultimately WIN!**

Being fulfilled not only means knowing your mission, being adventurous, or having time and financial mastery.

Being fulfilled also means feeling GOOD about yourself.  
Focus on building and expanding on your strengths!



Is there a right or wrong reality? **NO!**

There is only **YOUR** reality!

How you choose to see it, is going to be how it is! What do you choose to focus on?

"What you focus on, amplifies!"

Create a list of things you are proud of that you've achieved, or something good about yourself.

Keep building it and coming back to this list time to time!





## **POWERFUL HABIT #18**

### **Engage A Mentor/Coach!**

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Who is one of the best basketball players in the world? Most would unarguably say **Michael Jordan**. Why is he the best of the best? One of the factors greatly contributing to his success is having a coach.

Before we know why, I'd like to explain a little between the difference of a coach & mentor.

**A coach** helps you to uncover our blind spots and helps you help yourself fix it.

**A mentor** is someone who has been there, done that. So there will be some mentor who are coaches and some coaches who are not mentors. There's a big difference.

The best one to engage would be a mentor who is also a coach.

When you engage a mentor/coach, you fast track that area of your life you're currently working on. Be it mindset, skill set, money, relationship etc..

In our lives, we'll come across several mentors, teachers and coaches.

We can learn extremely valuable lessons from each and every single one of them, for their time and yours is **limited**.





## **POWERFUL HABIT #19**

### **Acceptance & Surrender!**

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Could you live a fulfilling life if your days are filled with stress, anxiety, frustration or negative emotions? I'm aware you know that the answer is **NO!**

There will be times that we get *lost*, in *doubt*, *overwhelmed*, *confused* and *angry* at the circumstances that are happening to us. You feel powerless, out of control and weak. Or you find yourself hammering your mental & emotional energy with this question, "Why is this happening to me!?" "Why, why, why?!" \*sob\*

Guess what? It's time to just accept and surrender. Give up. However, a rule of thumb, **AVOID** alcohol. Be alcohol free.

Take a vacation, do some journaling or reflections, spend time alone, do some meditation, or perhaps find a friend to talk to. Try out any one of these **21 habits**, I believe one of these will help you in one way or another.

Circumstances happen to us time to time, we have no control over it.

However, we have the power to **CHOOSE** how we want to feel.

In order to do that, we have to first accept the situation, surrender, evaluate and come back **STRONGER** than before.





## **POWERFUL HABIT #20**

### **Feel The Fear And Go Towards The Butterflies!**

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Fear represents ***FALSE EVIDENCE APPEARING REAL***. In my analogy, fear to me is like **FIRE**. The longer you remain stagnant or paralyzed in fear, the bigger the fire burns and soon you'll be taken out emotionally.

We all have a comfort zone, it only varies how big this comfort zone is.

A good indicator of growth, is when you start to feel the fear. When you feel the fear, or perhaps butterflies in your stomach, you are pretty much at the end of your comfort zone. That's where the new things live, that's where you want to head **towards**.

If you are an extremist, you can try out this saying "Do one thing that scares the sh\*t out of you today." It sounds hilarious, but it's true! You'll grow and continue to fill your life with amazing experiences.





## **POWERFUL HABIT #21**

### **Health Before Anything Else!**

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There's a analogy that goes like this. Think about all the things you want in your life. Love, family, money, time.. Etc

**Imagine** each and everyone of these represents a 0.

So picture this: **1,000,000,000**

Depending on how many things you want, the digit could be longer or shorter.

Here's how it works, 1 represents health. If you lose it, the rest will **PERISH**.

How much attention, energy and time are you focusing on building and maintaining your health? Are you smoking cigarettes, drinking alcohol, staying late nights often? Are you eating healthy, having optimal sleep, taking nutritional supplements to boost your health?

It feels comfortable to not do anything especially when everything is Ok. Until..  
It's **TOO LATE**.

Choose **3 actions** that you'll commit to start doing that will make you healthier now.

It could be as simple as drinking one more glass of water everyday.

Decide and see how powerful this small actions will take you!



## **ADDITIONAL RESOURCES...**

### **Resources For Law Of Attraction**

**Attract Wealth, Happiness, Health, Love and the professional or personal life you want! :**

**[www.ginseah.com/Bonus1](http://www.ginseah.com/Bonus1) [FREE VIDEO]**

### **Resources For Powerful Subconscious Mind**

**Discover the revolutionary software that will reprogram Your MIND and BODY now!:**

**[www.ginseah.com/bonus2](http://www.ginseah.com/bonus2) [GREAT CONTENT]**

### **Resources For More Social Influence**

**How to influence others LIKE you and RESPECT you greatly:**

**[www.ginseah.com/bonus3](http://www.ginseah.com/bonus3) [FREE VIDEO]**

### **Resources For Optimal Productivity**

**How to OPTIMIZE your productivity using this SIMPLE Step by Step Tool:**

**[www.ginseah.com/bonus4](http://www.ginseah.com/bonus4) [GREAT CONTENT]**

### **Resources For Accelerated Success**

**Are you putting in hard work? Or Are you putting in HEART work? Find out how success repeaters put in HEART work without HARD work to get FAST SUCCESS!:**

**[www.ginseah.com/bonus5](http://www.ginseah.com/bonus5) [FREE VIDEO]**

**Sincerely Connecting Your Passion,**

**Gin Seah**

**Founder of Peak Performance Networks,  
Singapore's Leading Peak Energy Expert For Sales People &  
Entrepreneurs**

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That's right. I have shared with you the 21 Power Habits To Live A Fulfilling life. These are the habits that I embody and practice in my life.

What was the **BIGGEST** take away for you? It's different for everyone but once you apply even just one or two of these powerful habits, I'm absolutely sure it will increase the level of fulfillment in your life.

Remember, the word fulfill, Ful-Fill. You need to be constantly filling your life with positive habits and doing it whole heartedly, doing it fully! Only then, will your life to be FULL of beautiful, amazing and memorable experiences..

One last lesson I'd like to share with you which I learnt from my mentor and business partner Robert G. Allen, is to put in "**HEART-WORK**", not "Hard-work".

**THANK YOU** for reading 21 Powerful Habits To Live A Fulfilling Life.

If you would like to read more of my stuff which I update regularly with increasing value everyday, you can check out my website.

Connect with me on Facebook, or like my Facebook page.

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