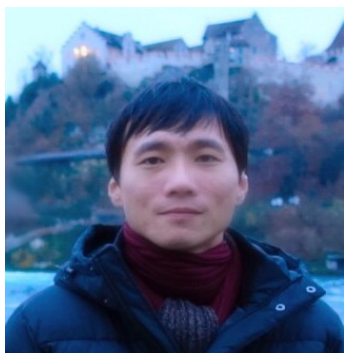


# 300 THOUGHTS ON LIFE TO BE STRONG



DARYL TEO



## 300 Thoughts On Life To Be Strong

---

By Daryl Teo

<http://thebadasseryclub.com>

### **LEGAL NOTICE**

With everything that happened around us and what the world really needs  
right now is Love.

This is my life mission - To inspire and spread Love to as many people as I possibly can.  
I'm granting you the rights to give away this special eBook (Worth US\$48) to  
anyone you see fit, as long as you **DO NOT** alter the content in any way!

The Publisher has strived to be as accurate and complete as possible in the creation of this eBook, notwithstanding the fact that he does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the Internet.

While all attempts have been made to verify information provided in this publication, the Publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein. Any perceived slights of specific persons, peoples, or organizations are unintentional.

In practical advice books, like anything else in life, there are no guarantees of income made/results. Readers are cautioned to rely on their own judgment about their individual circumstances and act accordingly.

This eBook is for informational purposes only and is not intended for use as a source of legal, business, accounting or financial advice. All readers are advised to seek services of competent professionals in legal, business, accounting and finance fields.

It is encouraged for all readers to print this eBook for easy reading!

## Acknowledgements

I would like to thank my mother for all her love for me. Her support system is just so immensely incredible! Without her, I will not be the person I am today. It is such an honor to be her prince and she is my ultimate queen!

My brother is next to thank. He is such a nice supportive person and I adore him very much. It is with much honor, joy, and happiness for me to be able to grow up with him together. He is forever my beloved brother and I love him dearly!

Also, I want to thank both my nephew and niece. They are just so adorable and a great joy of my life. They make me laugh and make me happy every time. They inspire me to do the things I do and my world will absolutely be dull without their sweet voices and laughter. I love both of them so much!

My thanks to my special dearest baby(you know who you are)! For being an awesome support to me both physically and mentally. You helped me through out the process of creating this eBook and I love you very much! Thank you!

Finally to all my friends who always stand by me and have my back. My life will not be this great if not for you. Thank you for being a part of my life journey. Love you guys! God bless.

-  
-  
-  
-  
-  
-  
-  
-  
-  
-  
-  
-

Oh, wait! How can I forget my readers? I cannot thank all my readers enough for picking up this eBook. This really means a lot to me and thank you for allowing me to help you overcome your adversity and live a happy life with my eBook. You guys are dearest to me. Sincerely thank all of you from the bottom of my heart!

# Table Of Content

- x Introduction
- x Inspirations And Thoughts
- x Stay Strong...
- x Final Chapter
- x Resources

## Introduction

Allow me to introduce myself. My name is Daryl from Singapore. This eBook is extremely special to me because it helps me to achieve my mission which is to inspire and spread love to the world. I am very excited and happy and this is absolutely a dream come true for me.

Besides that, another reason I wrote this eBook is that I wanted to share a bad life experience that happened to me a few years ago. It taught me a lot of valuable life lessons and I began to look at things around me from a very different perspective and gradually seeing my life transformed into more meaningful, purposeful and joyful one. So grab a chair now as I am going to share what happened with you...

I remembered it all started in the year 2012. At that time, I was an ordinary guy working in a huge retail company from morning till night every day. One day, I began to have this on and off a funny weird un-explainable sensation of dizziness. At the beginning, I thought maybe I did not have enough of rest or maybe I did not have enough of food or maybe my mind was just playing a naughty trick on me. So I did not really pay attention to it and I told myself it was fine, I just needed to rest more.

I started to realize that I was wrong when this symptom continued to haunt me for the next following days and with each episode, it just got more serious and worst. Every time it started I felt very dizzy and almost pass-out! It was the most horrible feeling of my life! I began to worry and I was scared. I did not know what actually happened to me and I did not know what to do. I was freaked out completely!

Then one day I decided to go the clinic for check up. The doctor wrote a letter and directed me to a nearby hospital for further diagnosis. At the hospital, I took various physical lab tests as well as MRI scan. While waiting for the medical reports to come out, I was given 3 weeks of MC to stay at home.



> At the hospital taking lab test.

When the day the reports were out, I was hoping to find out what actually happened to me liked what caused it? What help could I get? Was it serious? Can it be cured? But the answer I'd gotten from the doctor was they could not find out the reason for my dizziness and suggested that I drank more water and had plenty of rest. At that moment my heart sank, I could not believe what I'd heard. I thought to myself if the doctor could not help me solved my medical issue then who else?! I was pretty sure that was the end of the world for me...

On the way back home was tough I remembered. The lousiest moment of my life. I felt hopeless and helpless. Many thoughts and doubts were clouding in my head. How was I going to continue working in this state? I asked myself. How was I going to support myself? Why was I having this thing in my body? Why was I so unfortunate? Have I done anything bad to deserve it? My karma? Why was God so unfair to me? What was next?.....The questions just went on and on and on in my head.

So without medical help, I found myself battling my own illness. And because each episode got more and more worst (in addition I had difficulty in breathing, sweaty palm, numbness of limbs and my heart was beating fast), I could not take the public transports, I was afraid of the crowd, I could not stand too long, I did not dare to go out of the house. All these had affected my work performance as well as my life tremendously. I was so sick that all I wanted was to stay at home, but I knew it was impossible. The whole experience was frustrating and agonizing!

One day, I found myself researching my symptoms on the internet and I finally realized and concluded that in fact, I had the panic-attack disorder! Panic disorder is characterized by repeated panic attacks, combined with major changes in behavior or persistent anxiety over having further attacks. Next thing I knew I was heading to the TCM clinic to get medical help.

Fortunately, after getting medical treatment at the TCM clinic for about 2 years, my dizziness was gone. But my other panic disorder symptoms still remained. And in that 2 years period, I was trying to learn how to fight and manage my panic attack. I was still scared of the crowd, scared of taking public transports and I was still too weak to stand for a long time which my job required of me to do.

As if what I was already facing wasn't worst enough, I received a bad news from my work place. Due to the restructuring of the whole company, I was made redundant and had to leave immediately! I was shocked and the "Why" questions began to flood in my head once again. Having worked for this company for almost 10 years and to leave in this manner was devastating!

I was in my darkest moments of life. I didn't know what to do. I had no job, I had no money. It was tough to get a job while still battling my panic attack disorder, and I was so stressed out. I felt that it was the end of the world for me and I was crushed completely! Then the next thing I knew I began to suffer depression. It was so bad that I started to have suicidal thoughts!

One night, I was walking towards the kitchen window thinking of jumping down from my 8<sup>th</sup>-floor apartment. I remembered staring at the sky from the window then looked down thinking I would be free from all these unbearable pain soon. As I was about to jump with half of my body already resting on the window ledge, I heard a voice in my head suddenly. It began to question me why was I so selfish? What would happen to my family? Who was going to take care of my mother? Did I want to see my mother crying in pain? Why was I so stupid to take this route? Slowly I stepped down and started to cry uncontrollably. I cried very hard that night and I knew I had to do that in order to make myself feel better.

Days passed by, I was still the same. Nothing had improved for me, my life was still in a mess. Then one afternoon, I was on the laptop when I came across this inspiration from a celebrity that inspired me massively. It triggered me to think about my past negative actions and I quickly learned that all challenges in my life were a part of a process to make me a better version. After that, I asked myself "Hey no one is going to help you except yourself. So are you going to stay like that for the rest of your life? Or you can choose to let go and just move forward." I choose the latter because I knew I wanted to move forward and I did not want to be a victim of my disorder. I wanted to feel strong again and I did not want to be a loser.

Every day I choose to face the lighter side of things and the brighter side of life. I started to read and collect quotes, songs, messages, books from the famous because they were so inspiring and relatable to my life experiences and it really helped to pick me up tremendously.

Today I have overcome my depression. While I am still battling my panic attack disorder, I am able to embrace it and be thankful that I am still alive each day. Inspirations of famous are powerful, it opens up a new path for me and it changed my life. Now I want to share with you what I have learned and a collection of the famous that inspired me and helped me along the way throughout my toughest times. Hopefully, it will also help to overcome any obstacles you may have and inspire you to be strong, happy and live a wonderful life of your dreams.



> With my Mum and Brother. I love them very much.

# **Inspirations And Thoughts**

# **You want to be at the top of your game? You need to live, breathe, eat and sleep in the business. -- Tyra Banks**

*At work, you are constantly competing with others. Be it for a raise of salary or a raise in rank and position, I'd learned to believe my own capabilities and abilities to overcome any challenges along the way. I believe as long as you are committed and put in your full effort, you will be able to reach the top, stay there and achieve great success.*

- ◆ **Self-love has very little to do with how you feel about your outer self. It's about accepting all of yourself.  
#Self #Yourself #Self-love**
- ◆ **Black women don't have the same body image problems as white women. They are proud of their bodies.  
#Women #Problems #Black**
- ◆ **One thing my mom used to tell me was to look to the other side, and know that my present is not going to be everything. So if I'm having a bad day, she goes, 'Just imagine tomorrow. This is going to be over. This is going to be done with.'  
#Mom #Day #Tomorrow**
- ◆ **I really want to leave something behind that means something when I'm no longer here.  
#Want #Leave #Behind**
- ◆ **Just because you don't know if other people are experiencing the same thing as you are, it doesn't mean that it's not happening. Everybody doesn't necessarily share everything. Just know that what you're going through, other people are going through it, too.  
#Know #People #Justbecause**
- ◆ **Never dull your shine for somebody else.  
#You #Shine #People**

- ◆ Don't chase the money... chase the passion. Because that's what is going to keep you happy and motivated and jumping out of that bed Monday morning.  
#Passion #Happy #Motivation
- ◆ You can have all the potential in the world, but unless you have confidence, you have nothing.  
#Potential #Confidence #You
- ◆ Stop saying these negative things about yourself. Look in the mirror and find something about yourself that's positive and celebrate that!  
#Youself #Positive #Celebrate
- ◆ Don't make excuses - make improvements!  
#Excuses #Improvement #You
- ◆ Love every part of yourself. Even the things that frustrate you. They make you who you are!  
#Love #Yourself #You
- ◆ Perfect is boring, human is beautiful.  
#Perfect #Human #Beautiful
- ◆ I don't have the best self-esteem; mine waivers month to month, but I know how to pick myself up.  
#Myself #Best #Self

# True genius does not fulfill expectations, true genius shatters it! -- Paula Abdul

*I was watching 'So You Think You Can Dance' when I heard Paula said this to a contestant. I totally agree with her. I believe that every single one of us has the intelligence, the talent, the exceptional skills and creative power in a particular area. Eg: cooking, writing, singing, coaching etc. If I stay focus and be diligent in my work, I can shatter any expectations!*

- ◆ Keep the faith, don't lose your perseverance and always trust your gut instinct.  
#Trust #Faith #Perseverance
- ◆ Life truly is precious. Gather every moment of it into your arms & embrace it.  
#Life #Precious #Embrace
- ◆ Everyone is your best friend when you are successful. Make sure that the people that you surround yourself with are also the people that you are not afraid of failing with.  
#Bestfriend #Business #Best
- ◆ All you can do is the best you can do.  
#Best #You
- ◆ When you go to meetings or auditions and you fail to prepare, prepare to fail. It is simple but true.  
#Simple #Meetings #You
- ◆ If you lead with passion anything is possible!  
#You #Passion #Possible
- ◆ Break the rules, stand apart, ignore your head, and follow your heart.  
#You #Heart #Different

**Life is about balance. The good and the bad. The highs and the lows. The thing everyone should realize is that the key to happiness is being happy by yourself and for yourself. Happiness comes from within. You have the power to change your own mindset so that all the negative, horrible thoughts that try to invade your psyche are replaced with happy, positive, wonderful thoughts.**  
**-- Ellen DeGeneres**

*Her quote is so inspiring and one of my favorites. She literally makes me happy every single day and inspires me to keep going and have a positive mindset. She also inspires me to bring happiness and kindness to others. Let us eliminate negative thoughts today. Be happy. Be strong.*

- ◆ Here are the values that I stand for: honesty, equality, kindness, compassion, treating people the way you want to be treated and helping those in need. To me, those are traditional values.  
#Kindness #Equality #Honesty
- ◆ If we're destroying our trees and destroying our environment and hurting animals and hurting one another and all that stuff, there's got to be a very powerful energy to fight that. I think we need more love in the world. We need more kindness, more compassion, more joy, more laughter. I definitely want to contribute to that.  
#Love #Kindness #Laughter
- ◆ We focus so much on our differences, and that is creating, I think, a lot of chaos and negativity and bullying in the world. And I think if everybody focused on what we all have in common - which is - we all want to be happy.  
#Happy #Focus #World

- ◆ My grandmother started walking five miles a day when she was sixty. She's ninety-seven now, and we don't know where the hell she is.  
#Fitness #Health #Walking
- ◆ I work really hard at trying to see the big picture and not getting stuck in ego. I believe we're all put on this planet for a purpose, and we all have a different purpose... When you connect with that love and that compassion, that's when everything unfolds.  
#Love #Work #Purpose
- ◆ Beauty is about being comfortable in your own skin. It's about knowing and accepting who you are.  
#Beauty #Accept #Yourself
- ◆ It's failure that gives you the proper perspective on success.  
#Failure #Success #Perspective
- ◆ Find out who you are and be that person. That's what your soul was put on this Earth to be. Find that truth, live that truth and everything else will come.  
#Inspirational #True #Soul
- ◆ I am saddened by how people treat one another and how we are so shut off from one another and how we judge one another, when the truth is, we are all one connected thing. We are all from the same exact molecules.  
#Truth #Iam #Treat
- ◆ Sometimes you can't see yourself clearly until you see yourself through the eyes of others.  
#Eyes #Yourself #You
- ◆ The world is full of a lot of fear and a lot of negativity, and a lot of judgment. I just think people need to start shifting into joy and happiness. As corny as it sounds, we need to make a shift.  
#Happiness #Fear #Joy
- ◆ Most comedy is based on getting a laugh at somebody else's expense. And I find that that's just a form of bullying in a major way. So I want to be an example that you can be funny and be kind, and make people laugh without hurting somebody else's feelings.  
#Funny #Humor #BeKind

- ◆ Our flaws are what makes us human. If we can accept them as part of who we are, they really don't even have to be an issue.  
#Flaws #Human #Accept
- ◆ It's our challenges and obstacles that give us layers of depth and make us interesting. Are they fun when they happen? No. But they are what make us unique.  
#Fun #Obstacles #Challenges
- ◆ The most important thing in your life is to live your life with integrity and to not give in to peer pressure to try to be something that you're not. Follow your passion, stay true to yourself, never follow someone else's path.  
#Life #Integrity #Staytrue
- ◆ True beauty is not related to what color your hair is or what color your eyes are. True beauty is about who you are as a human being, your principles, your moral compass.  
#Truebeauty #Principles #Moral
- ◆ I say always follow your passion, no matter what, because even if it's not the same financial success, it'll lead you to the money that'll make you the happiest.  
#Success #Money #Passion

# Turn your wounds into wisdom. -- Oprah Winfrey

*In 2012 I suffered a lot from my panic attack disorder and depression. Oh yeah, life was pretty rough and tough on me. I knew I had to be brave to move on and followed what Oprah Winfrey said to turn my wounds into wisdom. I am glad I did that because now I have the ability to make sensible decisions and give good advice because of the experience and knowledge that I have.*

- ◆ The biggest adventure you can take is to live the life of your dreams.  
#Life #Adventures #Dreams
- ◆ The more you praise and celebrate your life, the more there is in life to celebrate.  
#Life #Birthday #Celebrate
- ◆ Never give up your power to another person.  
#Power #Never #Giveup
- ◆ Surround yourself with only people who are going to lift you higher.  
#Surround #Yourself #People
- ◆ Passion is energy. Feel the power that comes from focusing on what excites you.  
#Power #Passion #Energy
- ◆ 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.  
#Thankful #End #You
- ◆ Where there is no struggle, there is no strength.  
#Struggle #Strength #Where
- ◆ The greatest discovery of all time is that a person can change his future by merely changing his attitude.  
#Change #Time #Attitude

- ◆ Your journey begins with a choice to get up, step out, and live fully.  
#Journey #Getup #Live
- ◆ Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down.  
#Friendship #Ride #People
- ◆ Follow your feelings. If it feels right, move forward. If it doesn't feel right, don't do it.  
#Follow #Right #Feelings
- ◆ Nobody but you is responsible for your life. You are responsible for your life. What is your life? What is all life? What is every flower, every rock, every tree? Energy. And you're responsible for the energy you create for yourself, and you're responsible for the energy that you bring to others.  
#Life #Responsible #Energy
- ◆ If you are still breathing, you have a second chance.  
#Life #Second #Chance
- ◆ The challenge of life, I have found, is to build a resume that doesn't simply tell a story about what you want to be, but it's a story about who you want to be.  
#Life #Challenge #Want
- ◆ You will be wounded many times in your life. You'll make mistakes. Some people will call them failures but I have learned that failure is really God's way of saying, "Excuse me, you're moving in the wrong direction." It's just an experience, just an experience.  
#Life #God #Direction
- ◆ Always take a stand for yourself, your values. You're defined by what you stand for.  
#Yourself #Values #Define

# Life itself is your teacher, and you are in the state of constant learning. -- Bruce Lee

*I will never forget this quote. It reminds me how important it is to continue learning. Learn from my experience, good or bad, learn from my life. That way I will be stronger to solve any problems in my life. Now each day ask yourself what have you learned?*

- ◆ If you love life, don't waste time, for time is what life is made up of.  
#Life #Love #Time
- ◆ Always be yourself, express yourself, have faith in yourself, do not go out and look for a successful personality and duplicate it.  
#Success #Faith #Beyourself
- ◆ If you always put a limit on everything you do, physical or anything else. It will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them.  
#Inspirational #Life #Work
- ◆ A wise man can learn more from a foolish question than a fool can learn from a wise answer.  
#Learning #Wise #Man

**I want to say to all young women out there, there are going to be people along the way who will try to undercut your success or take credit for your accomplishments or your fame. But if you just stay focus on the work and don't let those people sidetrack you, some day when you get where you're going, you'll look around and you'll know that it was you and the people who love you who put you there and that will be the greatest feeling in the world. -- Taylor Swift**

*True enough, there are going to be haters in our life. Therefore I always tell myself it's okay to have these people around me because through them I learned a lot of lessons and one of them was to stay focus and don't let anything or anyone stopped me from achieving my dreams. The keyword is Focus.*

- ◆ We don't need to share the same opinions as others, but we need to be respectful.  
#Respect #Opinion #Same
- ◆ My ultimate goal is to end up being happy. Most of the time.  
#Time #Happy #Beinghappy
- ◆ In a relationship each person should support the other; they should lift each other up.  
#Relationship #Support #Lift
- ◆ Believe in everything you do. Believe in your mistakes and grow from them.  
#Believe #Mistakes #Grow

- ◆ The words you'll most regret are the ones that are left unsaid.  
#Words #Regret #Unsaid
- ◆ No matter what happens in life, be good to people. Being good to people is a wonderful legacy to leave behind.  
#Life #Good #Legacy
- ◆ When you hear people making hateful comments, stand up to them. Point out what a waste it is to hate, and you could open their eyes.  
#Eyes #Hate #People
- ◆ Anytime someone tells me that I can't do something, I want to do it more.  
#Want #Me #More
- ◆ You will never be able to find happiness if you stay attached to the wrong person and don't move on.  
#Happiness #Wrong #Moveon
- ◆ People are going to judge you anyway, so you might as well do what you want.  
#People #Judge #You
- ◆ You are the only one who gets to decide what you will be remembered for.  
#You #Decide #Remember
- ◆ Sparks fly whenever you smile!  
#Sparks #You #Smile
- ◆ Happiness can be reached by choice and how you look at life.  
#Life #Happiness #Choice
- ◆ There are two ways you can go with pain: You can let it destroy you or you can use it as fuel to drive you.  
#Pain #Drive #You
- ◆ You have to be able to make fun of yourself. Don't take things too seriously and when people make fun of you, laugh at it.  
#Fun #Laugh #Enjoylife
- ◆ Just because you make a good plan, doesn't mean that's what's gonna happen.  
#Good #Plan #Justbecause

- ◆ **My mom and I have always been really close. She's always been the friend that was always there. There were times when, in middle school and junior high, I didn't have a lot of friends. But my mom was always my friend. Always.**  
**#Mum #Friend #Life**
- ◆ **My parents taught me never to judge others based on whom they love, what color their skin is, or their religion.**  
**#Love #Don't #Judge**
- ◆ **My favorite thing in life is writing about life, specifically the parts of life concerning love. Because, as far as I'm concerned, love is absolutely everything.**  
**#Life #Love #Loveis**
- ◆ **No matter what love throws at you, you have to believe in it.**  
**#Love #Believe #Matter**

**The mind is the limit. As long as the mind can envision the fact that you can do something, you can do it, as long as you really believe 100%!**

**-- Arnold Schwarzenegger**

*Mind over body. I know that if I put my mind to something and really want it, I will go after it and get it. I believe you too can get what you really wanted, just put your mind to it. Nothing is impossible.*

- ◆ **Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.**  
**#Strength #Winning #You**
- ◆ **Just remember, you can't climb the ladder of success with your hands in your pockets.**  
**#Success #Climb #Remember**
- ◆ **For me, life is continuously being hungry. The meaning of life is not simply to exist, to survive, but to move ahead, to go up, to achieve, to conquer.**  
**#Life #Conquer #Me**
- ◆ **The resistance that you fight physically in the gym and the resistance that you fight in life can only build a strong character.**  
**#Life #Strength #Strong**
- ◆ **Help others and give something back. I guarantee you will discover that while public service improves the lives and the world around you, its greatest reward is the enrichment and new meaning it will bring your own life.**  
**#Life #Service #Helpothers**
- ◆ **Bodybuilding is much like any other sport. To be successful, you must dedicate yourself 100% to your training, diet and mental approach.**  
**#Fitness #Training #Yourself**

- ◆ **Start wide, expand further, and never look back.**  
**#Wisdom #Style #Look**
- ◆ **The worst thing I can be is the same as everybody else. I hate that.**  
**#Worst #Hate #Ican**
- ◆ **When your vision is powerful enough, everything else falls into place: how you live your life, your workouts, what friends you choose to hang out with, how you eat, what you do for fun. Vision is a purpose, and when your purpose is clear, so are your life choices. Vision creates faith and faith creates willpower. With faith, there is no anxiety, no doubt - just absolute confidence.**  
**#Vision #Purpose #Confidence**
- ◆ **The mind is incredible. Once you've gained mastery over it, channeling its powers positively for your purposes, you can do anything. I mean anything. The secret is to make your mind work for you not against you. This means constantly being positive. Constantly setting up challenges you can meet either today, next week, or next month. "I can't..." should be permanently stricken from your vocabulary, especially the vocabulary of your thoughts. You must see yourself always growing and improving.**  
**#Mind #Positive #Growth**
- ◆ **Concentrate on your goals. Do not allow other thoughts to enter your mind. If you allow them to, other things could take your concentration away from your ultimate aim.**  
**#Concentrate #Focus #Aim**
- ◆ **The body is very important, But the mind is MORE important than the body.**  
**#Mind #Important #Body**
- ◆ **Stay hungry, stay healthy, be a gentleman, believe strongly in yourself and go beyond limitations.**  
**#Believe #Strong #Gobeyond**
- ◆ **I would never exchange my life with anybody else's.**  
**#Life #Mylife #Never**

**Throughout life, people will make you mad, disrespect you and treat you bad. Let God deal with the things they do, cause hate in your heart will consume you too. -- Will Smith**

*Whenever I felt down and unhappy or even angry because people or things were mean and nasty to me, I always comfort myself with this inspiration. Every day I tell myself that sometimes things just happen for a reason. For that, I choose to believe that it's going to be a good one and hate or any negativities cannot touch me.*

- ◆ The first step is you have to say that you can.  
#Firststep #You #Can
- ◆ If you're not willing to work hard, let someone else do it. I'd rather be with someone who does a horrible job but gives 110% than with someone who does a good job and gives 60%.  
#Work #Good #110%
- ◆ Sometimes you have to forget what's gone, appreciate what still remains, and look forward to what's coming next.  
#Appreciate #Forward #You
- ◆ Whatever your dream is, every extra penny you have needs to be going to that.  
#Dream #Penny #You
- ◆ Don't compare yourself to others. That's when you start to lose confidence in yourself.  
#Compare #Yourself #Confidence
- ◆ 10 ways to love: listen, speak, give, pray, answer, share, enjoy, trust, forgive, promise.  
#Love #10ways #You

**It's much more interesting to embrace who you really are rather than waste energy pretending to be someone else. -- Adam Levine**

*Be who you are because that's what makes you special, different and unique as a person. I admit that sometimes I want to pretend to be somebody else but later realized that it was not the way to love myself. Nobody can ever become you and you can never ever become them. You're perfect, just stay You.*

- ◆ You just do what you can do, one day to the next.  
#Justdo #Oneday #Youcan
- ◆ Doing something that you love regardless when it's a blockbuster movie or you're writing a pop song or trying shamelessly to succeed in something is not selling out. I think that's actually fine, and I would encourage that all the time.  
#Do #You #Love
- ◆ I have a high self-opinion - I don't need to hide that. I don't need to be self-deprecating.  
#High #Need #Hide
- ◆ Chemistry cannot be purchased.  
#Chemistry #People #You

**I don't think sadness is always devastating. It can be quite uplifting and joyful as well. Sometimes you have to allow yourself to be sad in order to move forward. -- Adele**

*There are times we're happy and times we're sad. All these are part of life. I remember when I was dealing with my panic attack disorder, all I did was feeling negative and playing the blaming game. Later I learned that in order to go forward I had to draw strength from my struggles. Once I did that I was able to continue on, became stronger and embrace my life much happier.*

- ◆ I have insecurities of course, but I don't hang out with anyone who points them out to me.  
#Me #Hang #Insecurities
- ◆ Be brave and fearless to know that even if you do make a wrong decision, you're making it for a good reason.  
#Brave #Decision #Good
- ◆ I think no matter what you look like, the key is to, first of all, be happy with yourself. And then you know if you want to try to improve things that you don't like about yourself, then do it after you appreciate yourself.  
#Appreciate #Yourself #First
- ◆ Beauty comes from within, not from what you wear.  
#Beauty #Inside #You

**I think to be successful at anything you have to put in a hell of a lot of effort. Pick your battles. I picked music, put in a lot of effort and it works!**

**-- Ed Sheeran**

*Find out what you really passionate about, choose something you really love to do. That way you will enjoy yourself. For me, I love the interior decoration and I spent a lot of time researching and learning all aspects of it. It's always a pleasure doing what I love to do. What's yours?*

- ◆ The main thing that you have to remember on this journey is, just be nice to everyone and always smile.  
#Smile #Journey #Remember
- ◆ Be original; don't be scared of being bold!  
#Bold #Scare #Original
- ◆ Try to find someone with a sense of humor. That's an important thing to have because when you get into an argument, one of the best ways to diffuse it is to be funny. You don't want to hide away from a point because some points are serious, but you'd rather have a discussion that was a discussion, rather than an argument.  
#Funny #Humor #Best
- ◆ No one else is going to do it for you, if you want it bad enough then go out and do it yourself.  
#You #Doit #Yourself

# Every day is a new opportunity to change your life and be who you want to be. -- Demi Lovato

*You may already know that I wanted to do something that is to spread love to as many people as I can. This is my life mission and it makes me feel excited and happy every day. I think it's important for you to seize any opportunities and do something that is meaningful to you. Ask yourself what you want to be and start taking actions today.*

- ◆ No matter what you're going through, there's a light at the end of the tunnel and it may seem hard to get to it but you can do it and just keep working towards it and you'll find the positive side of things.  
#Positive #Light #End
- ◆ I try to keep it real. I don't have time to worry about what I'm projecting to the world. I'm just busy being myself.  
#Time #Myself #World
- ◆ Never be ashamed of what you feel. You have the right to feel any emotion that you want, and to do what makes you happy. That's my life motto.  
#Life #Happy #Motto
- ◆ Recovery is something that you have to work on every single day and it's something that it doesn't get a day off.  
#Work #Movingon #Day
- ◆ I think scars are like battle wounds - beautiful, in a way. They show what you've been through and how strong you are for coming out of it.  
#Strength #Beautiful #Strong
- ◆ I don't let anyone's insecurities, emotions, or opinions bother me. I know that if I am happy, that's all that matters to me.  
#Happy #Iam #Know
- ◆ Your imperfections make you beautiful, they make you who you are.  
#Imperfection #Beautiful #Youare

- ◆ It's gonna be okay, no matter how hard your rock bottom is, you can rise above it and you can come back.  
#Okay #Noworry #Youcan
- ◆ I've come to realize your career is all about the choices you make. Every single one matters.  
#Choices #Realize #Matters
- ◆ I learned that you go through things, you deal with them and that's what empowers you and ultimately makes you a happy person.  
#Happy #You #Go
- ◆ Nothing is more beautiful than a smile that has struggled through tears.  
#Beautiful #Smile #Strong
- ◆ When you do your best and live out your dreams, you inspire others to do the same.  
#Best #Dreams #Inspire

# You learn more in failure than you ever do in success. -- Jay Z

*Each failure you have is going to tell you and teach you what you need to do and do it better the next time. So don't be afraid to fail, understand what causes it, and most importantly learn from it. That's how we grow as a person with strong knowledge and skills.*

- ◆ Belief in oneself and knowing who you are, I mean, that's the foundation for everything great.  
#Great #Foundation #You
- ◆ I'm hungry for knowledge. The whole thing is to learn every day, to get brighter and brighter. That's what this world is about. You look at someone like Gandhi, and he glowed. Martin Luther King glowed. Muhammad Ali glows. I think that's from being bright all the time, and trying to be brighter.  
#Time #Day #Knowledge
- ◆ Excellence is being able to perform at a high level over and over again. You can hit a half-court shot once. That's just the luck of the draw. If you consistently do it... that's excellence.  
#Excellence #Luck #You
- ◆ I love what I do, and when you love what you do, you want to be the best at it.  
#Love #Best #Want
- ◆ Shakespeare was a man who wrote poetry. I'm a man who writes poetry. Why not compare yourself to the best?  
#Best #Man #Poetry
- ◆ Life is a gift, love opens it up.  
#Life #Gift #Love
- ◆ I'm far from being a God, but I work God damn hard.  
#Work #God #Damn

- ◆ I treat people based on who they really are, not the name. Everyone has to be respectful and be a human being. No one's above... That's how I carry it with anybody.  
#Name #Treat #People
- ◆ My mom always taught me that whatever you put into something is what you're going to get out of it.  
#Mom #Know #Me
- ◆ Remind yourself. Nobody built like you, you design yourself.  
#Yourself #You #Design
- ◆ A wise man told me don't argue with fools. Cause people from a distance can't tell who is who.  
#Wise #People #Fool
- ◆ It was a weird mix of emotions. One day, your best friend could be killed. The day before, you could be celebrating him getting a brand-new bike.  
#Bestfriend #Life #Unpredictable
- ◆ I look in the mirror, my only opponent.  
#Life #Enemy #You

**When you feel like giving up your dream, force yourself to work another day, another week, a year. You'll be amazed what happens when you don't give up. -- Nick Vujicic**

*A few years ago I was setting up a website for an online business of my dreams. I am not an expert in building a website and I remembered that there were a few times I wanted to give up because I struggled so badly in the technical areas. However, I pushed on and finally got it done! Don't give up on your dreams, keep going and trust your ability to accomplish anything. If I can do it, sure you can too.*

- ◆ If we went by the world's definition of who I'm supposed to be because I look weird... 'Well, surely, this guy can't have a productive life, surely, he doesn't have a sense of humor. Surely, he can't love life.' We stereotype people in this world. And so... if the world thinks you're not good enough, it's a lie, you know. Get a second opinion.  
#Life #Love #Good
- ◆ I found the purpose of my existence, and also the purpose of my circumstance. There's a purpose for why you're in the fire. If God can use a man without arms and legs to be His hands and feet, then He will certainly use any willing heart!  
#God #Man #Purpose
- ◆ Faith is walking by faith, not by what you feel. You are not always going to feel that Jesus loves you or that God is good, but you know He is. It is the up and down of the journey.  
#Journey #Faith #God
- ◆ We will fail God, we will fail our family, and our family might fail us at times, but God never fails us.  
#Family #God #Fail

- ◆ I know for certain that God does not make mistakes, but he does make miracles. I am one. You are, too.  
#God #Mistakes #Iam
- ◆ Often people ask how I manage to be happy despite having no arms and no legs. The quick answer is that I have a choice. I can be angry about not having limbs, or I can be thankful that I have a purpose. I chose gratitude.  
#Happy #Gratitude #Thankful
- ◆ I type 40 words per minute on a normal computer with my left foot. And with two cups of coffee, I can do 53 words per minute.  
#Coffee #Words #Ican
- ◆ Bullies want to abuse you. Instead of allowing that, you can use them as your personal motivators. Power up and let the bully eat your dust.  
#Power #Want #You
- ◆ I'm the world 'Guinness Book of Records' holder of 1,749 hugs in one hour. My arms fell off.  
#World #Book #Records
- ◆ Your son and your daughter need an excellent father more than an excellent college.  
#Father #Daughter #Son
- ◆ This life is full of great experiences if we only give it a shot.  
#Life #Great #Experiences
- ◆ No matter who you are, no matter what you're going through, God knows it. He is with you. He is going to pull you through.  
#God #Matter #You

# Make it work! -- Tim Gunn

*These 3 words impel me to be diligent in my life. At work or at home when facing obstacles or whatever, I asked myself to keep going, never give up, never be a loser and make it work.*

- ◆ Life is not a solo act. It's a huge collaboration, and we all need to assemble around us the people who care about us and support us in times of strife.  
#Life #Support #Collaboration
- ◆ I'm honest about expressing my opinions. At the same time, I'm diplomatic in how I do critique things if I have a negative response.  
#Honest #Diplomatic #Opinions
- ◆ I found early on in teaching if you're too blunt an instrument, the students discredit you and think you're just being mean. They're not interested in what you have to say.  
#Think #You #Blunt
- ◆ Take the high road. No matter how much strife, and consternation, frustration, and anger you might be confronted with - don't go to that level.  
#Anger #Road #Frustration
- ◆ I have my mantra about silhouette, proportion, and fit. I believe that when they are in harmony and balance, you'll look great in anything.  
#Great #Balance #Believe
- ◆ There's nothing I like better than going to my apartment, closing the door, cooking my little dinner for one and just tuning out. My apartment really is my heaven. It's a nest where I go to heal.  
#Heaven #Cooking #Heal
- ◆ I have my flaws and my issues, the past, and present and who knows what will happen in the future. I want people to know I'm vulnerable too and each one of us is.  
#Future #Past #Know

- ◆ Everyone has the best feature, so find clothes and accessories to accentuate those, whether it's your shoulders or your long legs!  
#Best #Accentuate #Clothes
- ◆ If you want to write an angry e-mail, write it but don't send it. It's based on my experience that whenever I have acted out in some manner, I have always regretted it.  
#Experience #Angry #Regret
- ◆ But I will add, there's one thing I will not do, ever: I will never talk to you about things you cannot change. It plants a negativity in the head of a designer or the student, and it's a distraction.  
#Change #Distraction #Negativity
- ◆ I love helping people.  
#Love #People #Helpingpeople
- ◆ I learned quickly that if the student's perception is that you're not listening to them, and not understanding them, they discredit you.  
#Listening #Perception #You
- ◆ I just don't like conspicuous consumption. I find it distasteful.  
#Find #Consumption #Distasteful

**All that ever holds somebody back, I think, is fear.  
For a minute I had feared. [Then] I went into the  
[dressing] room and shot my fear in the face.**

**-- Lady Gaga**

*Fear comes to me when I was out of my comfort zone doing something like speaking in front of a crowd, cooking a first time dish, building a business, meeting my boss etc. It can be scary enough to make me take a step back. To overcome it I always tell myself everything is going to be fine, just take a deep breath and believe in my ability to handle the situation. So never hold back because of fear. Fight back because you can!*

- ◆ 'Born this Way' is about being yourself, and loving who you are and being proud.  
#Yourself #Proud #You
- ◆ Fight and push harder for what you believe in, you'd be surprised, you are much stronger than you think.  
#Fight #Believe #Strong
- ◆ Don't you ever let a soul in the world tell you that you can't be exactly who you are.  
#Life #Soul #You
- ◆ My new year's resolution: Never be afraid to be kicked in the teeth. Let the blood and the bruises define your legacy.  
#Resolution #You #Legacy
- ◆ Even if the whole world turns their back on you, you will always have yourself.  
#World #You #Strong
- ◆ It doesn't matter who you are, or where you come from, or how much money you've got in your pocket. You have your own destiny and your own life ahead of you.  
#Life #Destiny #You

- ◆ I feel like if you're a really good human being, you can try to find something beautiful in every single person, no matter what.  
#Beautiful #Good #Matter
- ◆ You have to fail and then get better. Then you have to fail again, and then get even better.  
#Fail #Learn #Getbetter
- ◆ I am my own sanctuary and I can be reborn as many times as I choose throughout my life.  
#Life #Iam #Mylife
- ◆ Bare your struggles very close to your heart and have them be a part of you that you're proud of instead of something that you're ashamed of.  
#Struggles #Heart #Proud
- ◆ Peace, it does not mean to be in a place where there is no trouble, noise, or hard work. It means to be in the midst of those things and still be calm in your heart.  
#Peace #Calm #Inyourheart
- ◆ If you don't have any shadows, you're not standing in the light.  
#You #Positive #Light
- ◆ Never bully anyone because Karma has everyone's address!  
#Bully #Karma #Bekind

**The truth is you don't know what is going to happen tomorrow. Life is a crazy ride, and nothing is guaranteed. -- Eminem**

*Treat every day like it is your last because tomorrow is never promised. Dream big and make sure you live each day meaningfully and happily. Love and cherish every single moment of your life. List down all the things you wish to accomplish and do it right away.*

- ◆ You don't get another chance, life is no Nintendo game.  
#Life #Chance #Cherish
- ◆ Just be yourself, the minute you start being yourself you're gonna win.  
#Life #Beyourself #Win
- ◆ Dealing with backstabbers, there was one thing I learned. They're only powerful when you got your back turned.  
#Powerful #You #Back
- ◆ You can make something of your life, it just depends on your drive.  
#You #Yourdrive #Life
- ◆ Before you judge someone, walk a mile in his shoes.  
#Judge #Never #You

**At the end of the day, life is about being happy being who you are, and I feel like we are so blessed to have the support system and the best family to really just support each other no matter what we're going through. -- Kim Kardashian**

*My family is very important to me, I love them very much. Without them, especially my Mother, I will not be who I am today. I am very grateful, so thankful as well to be able to continue receiving their blessings every day. Henceforth, I make sure I spend more time with my family and give them my love as much as possible. With their support, I am not afraid of anything anymore.*

- ◆ If I don't like something that's going on in my life, I change it. And I don't sit and complain about it for a year.  
#Life #Changeit #Motivation
- ◆ Take a chance and don't ever look back. Never have regrets, just lessons learned.  
#Learn #Takechance #Goforit
- ◆ Remember, people only rain on your parade because they're jealous of your sun and tired of their shade.  
#People #Jealous #You

**I believe there are certain things that God uses to get us out of a bad situation, and I believe music was one of the things he used on me.**

**-- Mary J. Blige**

*There are many ways to make yourself feel better in a bad situation. For me, I love to use music as a form of my meditation. It calms me, motivates me and inspires me to stay positive. I felt great and better after that. What's yours?*

- ◆ I know who I am. I am not perfect. I'm not the most beautiful woman in the world. But I'm one of them.  
#Beautiful #Women #Perfect
- ◆ You can hate me. You can go out there and say anything you want about me, But you will love me later because I told you the truth.  
#Love #Truth #Honest
- ◆ It's that first step-getting out the door that's the toughest. If you can do that, you've already won.  
#Strength #Win #Firststep
- ◆ The important thing is to realize that no matter what people's opinions may be, they're only just that - people's opinions. You have to believe in your heart what you know to be true about yourself. And let that be that.  
#Believe #Heart #Yourself
- ◆ There's so many things that life is, and no matter how many breakthroughs, trials will exist and we're going to get through it. Just be strong.  
#Life #Strong #Matter
- ◆ Once you climb to another level, you have to figure out how to sustain it.  
#Climb #You #Level

- ◆ When life is real, it's not going to be smooth.  
#Life #Journey #Growth
- ◆ Negative words are powerful boomerangs so be careful what you say about people and yourself.  
#Negative #Karma #BeKind
- ◆ I can have as many bad days as anyone. But I choose to say, 'I'm just fine.'  
#Positive #Ican #Fine
- ◆ In your life, there's peaks and valleys and sometimes we regress, and we don't even know we regress. You just have to learn how to accept all of your mistakes and learn to love yourself again.  
#Accept #Learn #Love
- ◆ Music makes us want to live. You don't know how many times people have told me that they'd been down and depressed and just wanted to die. But then a special song caught their ear and that helped give them renewed strength. That's the power music has.  
#Strength #Music #Power
- ◆ Only God knows where the story ends for me, but I know where the story begins. It's up to us to choose, whether we win or lose and I choose to win.  
#God #Winorlose #Story
- ◆ My responsibility to God is to live. That's the gift he gave me.  
#God #Responsibility #Live

**Imagine all the people living life in peace. You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us, and the world will be as one. -- John Lennon**

*When I first heard this song I was drawn to the lyric immediately. I thought what a peaceful message. I wonder how brilliant this world will be where there is no struggle, no pain, no fight and no war. At the beginning of my eBook, I mentioned that with everything that happened around us and what the world really needs right now is Love. Hence my life mission is to send love to as many people as possible, hopefully, one day the world will be as one. Will you join me?*

- ◆ **There are two basic motivating forces: fear and love. When we are afraid, we pull back from life. When we are in love, we open to all that life has to offer with passion, excitement, and acceptance. We need to learn to love ourselves first, in all our glory and our imperfections. If we cannot love ourselves, we cannot fully open to our ability to love others or our potential to create. Evolution and all hopes for a better world rest in the fearlessness and open-hearted vision of people who embrace life.  
#Love #Fear #Life**
- ◆ **We've got this gift of love, but love is like a precious plant. You can't just accept it and leave it in the cupboard or just think it's going to get on by itself. You've got to keep watering it. You've got to really look after it and nurture it.  
#Love #Relationship #Loveis**
- ◆ **Being honest may not get you a lot of friends but it'll always get you the right ones.  
#Honest #Right #Friends**

# Hair loss is God's way of telling me I'm human.

## -- Bruce Willis

*This reminds me of my mother. She will complain about how she used to have more hair than now. She is worried that one day she will go bald, and she is so unhappy about it. I wanted to let her know that no matter with hair or without hair, she is still my ultimate beauty queen! We are human, and this is perfectly alright and normal as we age. I think real beauty is on the inside which is more important than our appearance. One may look beautiful outside but is known better from the inside.*

- ◆ I believe in justice, and I believe in people being held responsible for their actions.  
#People #Responsible #Justice
- ◆ I wake up laughing. Yes, I wake up in the morning and there I am just laughing my head off.  
#Morning #Laugh #Positive
- ◆ When you think about where are you going to find that big love of your life, you seldom think it's someone you already know. You think it's someone you're yet to meet.  
#Life #Love #Know

**When you get to that point where you don't want to live, and you don't want to die, it's a desperate, horrible place to be. And I just hit my knees. And I had to use 'The Passion of the Christ' to heal my wounds. -- Mel Gibson**

*When I was battling against my disorder and depression, negative thoughts just seem to come into my mind so easily. I knew what was going on, but I didn't have the strength to fight it. I felt so much in pain and helpless. One day I just started praying for God's help. I prayed to him to give me strength whenever I had problems, and I felt a sense of calmness and peacefulness after that. I feel that praying can be a solution, a solution to have peace in my life.*

- ◆ Life's experiences, whether they be pleasant or unpleasant, torturous or excruciatingly wonderful and blissful, you know, season you somehow and you learn from them.  
#Life #You #Learn
- ◆ Every time you go out there to do something, you wonder if you can do it. There's no assured success. There's no secret recipe for success. Every time you go out there, you go out there with the possibility of great failure.  
#Success #Failure #Nosecret
- ◆ Life is life, and one has experiences that are painful and some that are very pleasant, and one has reward and sacrifice and more reward and disappointment and joy and happiness, and it's always going to be the same.  
#Life #Experience #Same
- ◆ The only way to maintain a moderate sum of happiness in this life is not to worry about the future or regret the past too much.  
#Happiness #Life #Noworry

- ◆ It's a wise man who understands that every day is a new beginning, because boy, how many mistakes do you make in a day? I don't know about you, but I make plenty. You can't turn the clock back, so you have to look ahead.  
#Wise #Mistakes #Newbeginning
- ◆ The thing we're all looking for is happiness, and if we achieve just a modicum of that or even a little piece of serenity even for five minutes a day, we're very lucky.  
#Happiness #Serenity #Lucky
- ◆ I think everything is pretty well preordained - even your mistakes.  
#Mistakes #You #Preordained
- ◆ I have learned that a bitter experience can make you stronger.  
#Experience #Life #Stronger

**It's never too late. Don't focus on what was taken away. Find something to replace it, and acknowledge the blessing you have.**

**-- Drew Barrymore**

*Most of us, including myself, tend to pay attention to what we don't have and it spirals into a negative daily life focal point. I used to complain a lot about my health issues until it was so bad, I realized it was sinking me. Once I began to switch my attention away from the negativities, I realized I was so lucky to be alive each day and that someone out there may not be as lucky as I was. From today on, please let yourself focus on the lighter side of things and the brighter side of life.*

- ◆ I think happiness is a choice. If you feel yourself being happy and can settle into the life choices you make, then it's great. It's really, really great. I swear to God, happiness is the best makeup.  
#Choice #Life #Happiness
- ◆ Everyone is like a butterfly, they start out ugly and awkward and then morph into beautiful graceful butterflies that everyone loves.  
#You #Beautiful #Butterfly
- ◆ Life is very interesting... in the end, some of your greatest pains, become your greatest strengths.  
#Life #Greatest #Strength
- ◆ I am not someone who is ashamed of my past. I'm actually really proud. I know I made a lot of mistakes, but they, in turn, were my life lessons.  
#Proud #You #Lesson
- ◆ I think that being happy makes the biggest impact on your physical appearance.  
#Appearance #Happy #Impact

**There are many talented people who haven't fulfilled their dreams because they over thought it, or they were too cautious and were unwilling to make the leap of faith. -- James Cameron**

*I think all of us are a bunch of skillful talented people. If you dream of becoming a singer, go for it! If you dream of becoming a chef, go for it! If you dream of becoming a teacher, go for it! I understand the reservations, but if you don't try, how would you know the result? When I was given an opportunity to go to an internet marketing boot camp, I was hesitant as well. I was thinking a lot about the outcome. In the end, I took the leap of faith and just trust it. Now I enjoy working as an internet marketer which I never dream of doing. So take your leap of faith and go for your dreams. You will be pleasantly surprised how things actually unfold for you.*

- ◆ **People call me a perfectionist, but I'm not. I'm a rightist. I do something until it's right, and then I move on to the next thing.  
#Perfect #Right #People**
- ◆ **Every time you dive, you hope you'll see something new - some new species. Sometimes the ocean gives you a gift, sometimes it doesn't.  
#Dive #New #Gift**
- ◆ **Inspiration can hit you in the head at any time in any context. It could happen in a conversation. Talking to someone at a party, you can get an idea. But you've got to remember those inspirations.  
#Inspiration #Remember #You**
- ◆ **You have to not listen to the nay sayers because there will be many and often they'll be much more qualified than you and cause you to sort of doubt yourself.  
#Yourself #You #Doubt**

- ◆ If you set your goals ridiculously high and it's a failure, you will fail above everyone else's success.  
**#Goal #Failure #Success**
- ◆ To convince people to back your idea, you've got to sell it to yourself and know when it's the moment. Sometimes that means waiting. It's like surfing. You don't create energy, you just harvest energy already out there.  
**#People #Convince #You**

**For myself, for a long time... maybe I felt inauthentic or something, I felt like my voice wasn't worth hearing, and I think everyone's voice is worth hearing. So if you've got something to say, say it from the rooftops. -- Tom Hiddleston**

*Be it an idea, an opinion, a suggestion, a thought, or a concern, it is always a good practice to share it with your team, friends or family. It is important to let them hear your voice because, to me, it shows that you care, you bother and it matters to you. Who knows your idea or suggestion can be the best of all? So speak out, don't hide that beautiful voice of yours.*

- ◆ When people don't like themselves very much, they have to make up for it. The classic bully was actually a victim first.  
#People #Like #Victim
- ◆ The dream is to keep surprising yourself, never mind the audience.  
#Dream #Surprise #Yourself
- ◆ Haters never win. I just think that's true about life because negative energy always costs in the end.  
#Haters #Negative #Life
- ◆ Never stop. Never stop fighting. Never stop dreaming.  
#Never #Stop #Dreaming
- ◆ I think we all see ourselves as the heroes in our own lives.  
#You #Hero #Life

**I feel like you get more bees with honey. But that doesn't mean I don't get frustrated in my life. My way of dealing with frustration is to shut down and to think and speak logically. -- Beyonce**

*I don't like frustration. I don't like the feeling of it. I remember hurting my mother's feeling when I got very frustrated and saying something that was not appropriate. The sight of her sad face made me remorseful for what I'd done. And that hurt me because I didn't mean to do that. From that day on out, I was very cautious about my emotions and I always walked away when I didn't feel good. I think the best way to overcome frustration is to step away and take a deep breath. It helps me to stay calm.*

- ◆ If everything was perfect, you would never learn and you would never grow.  
#Perfect #Learn #Grow
- ◆ Power means happiness; power means hard work and sacrifice.  
#Happiness #Power #Sacrifice
- ◆ When you love and accept yourself, when you know who really cares about you, and when you learn from your mistakes, then you stop caring about what people who don't know you think.  
#Love #Yourself #People
- ◆ We all have our imperfections. But I'm human, and you know, it's important to concentrate on other qualities besides outer beauty.  
#Imperfection #Human #Beauty
- ◆ Whenever I'm confused about something, I ask God to reveal the answers to my questions, and he does.  
#God #Answer #I

**Keep your nose out the sky, keep your heart to  
God, and keep your face to the rising sun.  
-- Kanye West**

*I was drawn to the lyric and I have been using it to remind myself that no matter the situation or the position I am in, no matter the issues or problems I may have, I have to stay focus. Focus on the positive, do the right thing, be kind and hold hope. That's what I remind myself of every morning when I woke up.*

- ◆ If you have the opportunity to play this game of life you need to appreciate every moment. a lot of people don't appreciate the moment until it's passed.  
#People #Lifegame #Appreciate
- ◆ I refuse to accept other people's ideas of happiness for me. As if there's a 'one size fits all' standard for happiness.  
#Standard #Happiness #Me
- ◆ Nothing in life is promised except death.  
#Life #Promise #Nothing

# Live as if you were to die tomorrow. Learn as if you were to live forever. -- Gandhi

*I mean we only live once, so every single day is important. This definitely made an impression on me, and I found myself asking: "If today is my last day of life, will I want to do what I'm about to do today?" "If today is my last day of life, what will I want to learn today?" Whatever the answer, I feel that I have to do something to change my mindset and I need to change because I don't wish to take each day of my precious life for granted.*

- ◆ You must be the change you wish to see in the world.  
#You #Change #World
- ◆ Strength does not come from physical capacity. It comes from an indomitable will.  
#Strength #Indomitable #Will
- ◆ Happiness is when what you think, what you say, and what you do are in harmony.  
#Happiness #You #Harmony
- ◆ The best way to find yourself is to lose yourself in the service of others.  
#Best #Yourself #Others
- ◆ To give pleasure to a single heart by a single act is better than a thousand heads bowing in prayer.  
#Pleasure #Heart #Better

**Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that. -- Martin Luther King, Jr.**

*Back in 2012, I hated my life so much because of my disorder that I stayed in the darkness for a very long time. Then an inspirational quote that I came across changed my focal point and I started to look towards the light and right. Darkness, hate or any other negative emotions will not consume you if you do not allow it. I think it is very important to understand how precious life is and start loving yourself more. That's how I heal from my torment.*

- ◆ Change does not roll in on the wheels of inevitability but comes through continuous struggle. And so we must straighten our backs and work for our freedom. A man can't ride you unless your back is bent.  
#Change #Freedom #Back
- ◆ Love is the only force capable of transforming an enemy into a friend.  
#Love #Force #Friend
- ◆ The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.  
#Man #Comfort #Challenge
- ◆ Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness.  
#Light #Darkness #Man
- ◆ The art of acceptance is the art of making someone who has just done you a small favor wish that he might have done you a greater one.  
#Art #Acceptance #You
- ◆ Faith is taking the first step even when you don't see the whole staircase.  
#Faith #Firststep #You

# Choose people who lift you up. -- Michelle Obama

*I've met all kinds of people and have friends from different walks of life. Not all of them are worthy of my time and energy because I don't find any values in them. As I grow older, I think I'm looking for different things in people; Honesty, Integrity, Loyalty, Compassionate, Kind and Sincerity. I remember mixing with a wrong group of friends who tried to manipulate me to do something that I don't want because it was bad for my health. Then I left and never stay in contact with them anymore. So stay away from negative friends and surround yourself with positive people. You know a person is right when all he wanted is to support and lift you up positively.*

- ◆ We learned about honesty and integrity - that the truth matters... that you don't take shortcuts or play by your own set of rules... and success doesn't count unless you earn it fair and square.  
#Honesty #Integrity #Success
- ◆ You have to stay in school. You have to. You have to go to college. You have to get your degree. Because that's the one thing people can't take away from you is your education. And it is worth the investment.  
#Education #Investment #Worth
- ◆ The difference between us and them, between you and success, is not that you never fail, but it's how you recover from those failures - is that you keep getting up time and time again. You figure out what you did wrong, and then you make it right. I say that to my kids every day.  
#Success #Failure #Getup
- ◆ One of the lessons that I grew up with was to always stay true to yourself and never let what somebody else says distract you from your goals. And so when I hear about negative and false attacks, I really don't invest any energy in them, because I know who I am.  
#Goal #True #You

- ◆ You should never view your challenges as a disadvantage. Instead, it's important for you to understand that your experience facing and overcoming adversity is actually one of your biggest advantages.  
#Challenge #Advantage #Biggest
- ◆ We learned about gratitude and humility - that so many people had a hand in our success, from the teachers who inspired us to the janitors who kept our school clean... and we were taught to value everyone's contribution and treat everyone with respect.  
#People #Respect #Value
- ◆ Success is only meaningful and enjoyable if it feels like your own.  
#Success #You #Own
- ◆ We learned about dignity and decency - that how hard you work matters more than how much you make... that helping others means more than just getting ahead yourself.  
#Help #Others #You

**I have my moments of insecurity and figuring out what's going on and what I'm supposed to do, but if you don't push yourself, you're not growing, so where do you go? -- Selena Gomez**

*I have these questions constantly in my mind. Till now I'm still trying to figure out what's going on and what am I supposed to do? I guess it is normal to have these recurring questions because the world is changing every day. I realize that my perspective today may not be my perspective tomorrow because of situation changes every time. Thus in order to handle changes, I've to continue to push myself to be better each and every day. I think that's what I should do and perhaps that's the answer to my questions.*

- ◆ I realize everybody wants what they don't have. But at the end of the day, what you have inside is much more beautiful than what's on the outside!  
#People #Inside #Beauty
- ◆ You reflect on the people who used to be in your life, and it's like, 'Wow, I can't believe that person was ever really in my life.' But people are put into your life for seasons, for different reasons, and to teach you lessons.  
#Reflect #Life #Lesson
- ◆ I think it's healthy to gain a perspective on who you are deep down, question yourself, and challenge yourself; it's important to do that.  
#Healthy #Perspective #You
- ◆ You are who you surround yourself with. I know that's such a cliché quote, but it's true.  
#You #Yourself #True
- ◆ We only have one life, and it is very precious, and there's a lot we can do, and there's a lot we should do.  
#Onelife #Wecan #Precious

- ◆ You can't be afraid of what people are going to say because you're never going to make everyone happy.  
#Impossible #Everyone #Happy
- ◆ If you are able to look yourself in the mirror every day with the decisions that you make, that's where power starts.  
#Mirror #Decision #Power
- ◆ Whenever you have a goal, whether you want to be a doctor or a singer, people will find a way to bring you down. I always tell people that if you have something you're really passionate about, don't let anyone tell you that you can't do it.  
#Goal #People #Youcan
- ◆ People are going to bring you down because of your drive, but, ultimately, it makes you a stronger person to turn your cheek and go the other way.  
#Strong #Drive #People
- ◆ Sometimes you'll have moments where you'll feel weak. They're supposed to encourage you, they're supposed to motivate you and push you.  
#Weak #Encourage #Push
- ◆ I've gotten to the point where the label of 'Best Friend' is so ridiculous. If you have three people in your life that you can trust, you can consider yourself the luckiest person in the whole world.  
#Bestfriend #Life #Lucky
- ◆ It's all about baby steps and trying to figure out how to slowly, elegantly become an adult.  
#Baby #Step #Adult

**Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And 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. As with all matters of the heart, you'll know when you find it.**

**-- Steve Jobs**

*When I was in my 20s I wanted to be a chef, so I went to a culinary school for 2 years and worked as a chef after that. When I was in my 30s I wanted to be an interior designer, so I went to a design school for 1 year and worked as an interior designer after that. Then when I was in my 40s I wanted to be a professional florist, so I went to a floral design school for 6 months and worked as a florist after that. I always know what I want and what I love to do, and I go for it. Although I am not a chef, interior designer or florist anymore, but, the pleasure of going after and doing something I'm so passionate and in love about, makes me very happy and proud of my achievements. So remember one of the ways to stay happy in your life is to do something you truly love. Do it!*

- ◆ I'm convinced that about half of what separates successful entrepreneurs from the non-successful ones is pure perseverance.  
#Entrepreneur #Pure #Perseverance
- ◆ Quality is more important than quantity. One home run is much better than two doubles.  
#Quality #Important #Quantity

- ◆ I think if you do something and it turns out pretty good, then you should go do something else wonderful, not dwell on it for too long. Just figure out what's next.  
#Good #Wonderful #Next
- ◆ Being the richest man in the cemetery doesn't matter to me ... Going to bed at night saying we've done something wonderful ... that's what matters to me.  
#Richest #Wonderful #Matter
- ◆ You can't connect the dots looking forward; you can only connect them looking backward. So you have to trust that the dots will somehow connect in your future. You have to trust in something – your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life.  
#Future #Trust #Life
- ◆ Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart.  
#Remember #You #Heart

**Believe in love. Believe in magic. Hell, believe in Santa Clause. Believe in others. Believe in yourself. Believe in your dreams. If you don't, who will? -- Jon Bon Jovi**

*Believe is a powerful thing that without it, I wouldn't be here writing this eBook. I believe I can overcome my life obstacles, I believe I have confidence and faith, henceforth, I am able to recover from my depression. So if you believe in something, and you have faith and conviction, you can absolutely make it a reality.*

- ◆ Miracles happen every day, change your perception of what a miracle is and you'll see them all around you.  
#Miracle #Perception #Change
- ◆ Don't get too comfortable with who you are at any given time - you may miss the opportunity to become who you want to be.  
#You #Comfortable #Opportunity
- ◆ Success is falling nine times and getting up ten.  
#Success #Fall #Getup
- ◆ Nothing is as important as passion. No matter what you want to do with your life, be passionate.  
#Passion #Life #You
- ◆ Each one of you has something no one else has or has ever had: your fingerprints, your brain, your heart. Be an individual. Be unique. Stand out. Make noise. Make someone notice. That's the power of individuals.  
#Individual #Standout #Power
- ◆ When you're about to give up and your heart's about to break, remember that you're perfect, God makes no mistakes.  
#Giveup #Perfect #God

# **I believe that when you put a smile out there, you get a smile back. -- Heidi Klum**

*I really agree to that. For instance, last December I was at a hotel and a bell boy was helping with my luggage. When he was done, I smiled to thank him for his job well done and he smiled back. That connection between us just created a positive impact and we were both very happy. I think right now all of us are so wrapped up with our own personal problems that we forget about our facial expression, we forget to smile. Therefore, it is important for us to be aware of our surrounding, make eye contact with people, smile and be kind. If we do so, it will improve our own well-being.*

- ◆ I'm not saying that everyone should swim with sharks, but sometimes you have to jump over your own shadow in order to learn something that you will never forget for the rest of your life. Then you know you can conquer your fears.  
#Learn #Conquer #Fear
- ◆ If you have issues with family, friends, and people at work, try and solve these issues head on so you can move on and concentrate on having the life you want.  
#Issue #Life #Moveon
- ◆ If you are talented, you can really do anything. And if your heart is at the right place and you have the passion for it, you can go for it and do it.  
#Talent #Passion #Doit
- ◆ For me, life is about enjoying yourself because you only live once. We should try to make the most of the things and follow our dreams.  
#Live #Enjoy #Dream
- ◆ You shouldn't wait for other people to make special things happen. You have to create your own memories.  
#Special #People #Memory

**Stay Strong...**

Stay strong because..

- ✓ You are perfect you.
- ✓ You light up the room.
- ✓ You are more formidable than you realize.
- ✓ You are the kindest person in the world.
- ✓ You are so talented.
- ✓ You can make the rest of your life the best of your life.
- ✓ You are even more beautiful on the inside than you're on the outside.
- ✓ You have the courage of your convictions.
- ✓ You are making a wonderful difference.
- ✓ You are like sunshine on a rainy day.
- ✓ You bring out the best in other people.
- ✓ You are a great mentor to other people.
- ✓ You are a brilliant listener.
- ✓ You are one of a kind!
- ✓ You bring joy to everyone.
- ✓ You are a gift to those around you.
- ✓ You are really something special.
- ✓ You have a great head on your shoulders.
- ✓ You are not alone to face the battle.
- ✓ You are not a failure.
- ✓ You are not facing the end of the world.
- ✓ You are more than capable to overcome your struggles.
- ✓ You are not a loser.
- ✓ You are a life warrior.
- ✓ You are not an identity of your struggles.
- ✓ You are wise. You learn from mistakes.
- ✓ You are who you are.
- ✓ You will never give up.
- ✓ You are going to achieve your dreams.
- ✓ You are not a person who accepts 'NO' as an answer.
- ✓ You don't bow down to bullies.
- ✓ You are not a victim.
- ✓ You are not weak.
- ✓ You will never stop dreaming.
- ✓ You are powerful than anyone else.
- ✓ You are going to get better and better.
- ✓ You are worth it.
- ✓ You can do it. Trust yourself!
- ✓ You are the CEO of your life.

# Final Chapter

This is such an inspirational ride with you. I've had a marvelous time sharing my collection and I think what we can both take away from this experience having learned a little something about ourselves.

So in conclusion, let me leave you with these parting words: Stay strong, Be yourself and Be happy. There is a hero inside of you, reach out, draw strength and trust that you have the power to do something, to contribute something, to share something, to help or whatever just do it and trust yourself no matter what. Dare to make a difference! Because I know you can.

Always be yourself. No matter what you wear, what you eat, how you talk, how you walk, skinny, fat, black, brown, white, short, tall, fit, beefy, muscular, rich, poor, employed, unemployed, young, old, straight, lesbian, gay, bi, transgender, whatever, what I'm trying to say here is just be You, stay You, remain You, don't change anything unless they are bad habits you want to quit. You don't have to look or behave like someone else to be perfect, to me like what Tyra Banks had once said: Perfect is boring. You are who you are, you are one and only, you're special! Embrace it and rock it!

You ought to stay optimistic and remain a happy person. Life is too precious for anything bad or stupid because it can lead to a disaster. When I found out that I had panic attack disorder as well as I was called to leave my company, all I did was self-pity. I stamped all my attention and focus on the negative side of everything and that nearly destroyed me and killed me. I am so thankful that I am still alive today and I want to tell you that although sometimes the pain can be unbearable and terrible, you're not alone on this planet to feel that. In order to overcome all those bad experiences, try to remain positive and stay happy. Nothing is impossible to solve just look for help and support from your friends, family, treatment centers or organizations. Only when you're happy, optimistic and positive, your life will be much easier to live. Believe that you have the ability to handle things like what Kelly Clarkson once said: God will not give you anything you can't handle, don't stress.

With that, do something that makes you happy like fishing, jogging, shopping, writing, reading, cooking, laughing...oh yeah talking about laughing. I remember Ellen DeGeneres once said: Laugh. Laugh as much as you can. Laugh until you cry. Cry until you laugh. Keep doing it even if people are passing you on the street saying: "I can't tell if that person is laughing or crying but either way they seem crazy, let's walk faster." Emote. It's okay. It shows you're thinking and feeling. I am motivating myself to be the happiest person in the whole world and I need you to do it with me.

Love others as you love yourself. Love your neighbor as you love yourself. It is so important because how I feel about this world is that it is getting colder and colder because everyone cares more of themselves than others. Imagine how beautiful this world will be if everyone treats and loves each other like brothers, sisters, buddies, best friends or one big family, isn't it wonderful? I want to send love to as many people as possible(my mission), you can contribute too. Love the person beside you, in-front you, behind you. Try to love as many as possible. Just love. Make an impact. Show someone you care. Speak positively. Smile. Spread seeds of love. Don't stop! Only then this place will become a heaven to live in. I want that.

I am not trying to tell you what you should do or how you should live your life, I don't mean that. I felt that if we could all contribute a little bit, try our best, this world can really change and become a better happier place to live. And if we try even harder, I believe we can make an impact and create something spectacular. Though it sounds improbable I do think it's possible.

Thank you for purchasing, downloading this eBook. It has been an absolute pleasure for me to share my personal journey and inspiration with you. I enjoy the time spending with you. No matter where you from, what religion, what race, what nationality, what age, what season, what time, what temperature, whatever, I hope this eBook brings you joy, hope, and inspiration to be strong. I wish you a beautiful future. Take care.



Sending positive vibes your way,  
Daryl Teo  
<http://thebadasseryclub.com>

# Resources

## Resources For Motivational And Transformational



[Manifestation Miracle](http://thebadasseryclub.com/Manifestation) – The ultimate secrets to help you live the life you always want to live and achieve your dreams. - <http://thebadasseryclub.com/Manifestation>



[15 Minutes Manifestation](http://thebadasseryclub.com/15min) – Imagination is everything. It is the preview of life's coming attractions. Manifest the life of your dreams, try the 15 minutes manifestation risk-free. - <http://thebadasseryclub.com/15min>

## Resources For Health And Fitness



[The 2 Week Diet](http://thebadasseryclub.com/2Week) - is *the* diet program for safe, rapid weight loss. Based on a decade of scientific research, it promises 8-16 pounds of body fat in just 14 days. The 2 Week Diet succeeds where other weight loss systems fail because it addresses cellular inflammation, which is the real cause of weight gain, but also because it corrects the questionable information many dieters receive from the mainstream dieting industry. - <http://thebadasseryclub.com/2Week>



[Lean Belly Breakthrough](http://thebadasseryclub.com/LeanBelly) – Do this simple 2 minute ritual to lose 1 pound of belly fat every 72 hours. - <http://thebadasseryclub.com/LeanBelly>



[Fix My Back Pain](http://thebadasseryclub.com/FixBack) – Escape a major blowout and fix your back in just minutes. So you can get back to your 100% intensity pain-free workouts without feeling bullied into time-wasting appointments, expensive medications or going under the knife. - <http://thebadasseryclub.com/FixBack>



[Big Diabetes Lie](#) - Learn the 7 easy steps to perfect health, the culmination of all the research, studies, data, and thousands of testimonials into an easy, simple and complete step by step solution to kick your diabetes butt for good. -

<http://thebadasseryclub.com/Diabetes>



[Flat Belly Detox](#) – Great formula to get fit and to get that flat belly. For those who are looking for weight loss and fitness in a healthy manner. -

<http://thebadasseryclub.com/FlatBelly>