

How to transform yourself

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1. The right mindset

Becoming successful in anything it is all about your mindset. Do you have the right mindset for whatever that you want to achieve?

For example, in business you have to develop the right mindset to help you become successful. That is why there are millions of books that have been written about developing a successful mindset. Or if you want to become a millionaire, there is a specific mindset needed to become a millionaire.

It is the same with health, relationships, careers and life. **To become successful in life also requires you to develop the right mindset about life.** For example, you would need to know what kind of things you should be thinking about to help you develop a successful lifestyle, or what kind of mindset you would need to develop to overcome life obstacles. **When you have the right**

mindset you can start to take the right action steps to develop the lifestyle that you want.

To develop the right mindset for your life you need to learn more about being a human being, what the purpose of being alive is, understand what you can and cannot control, and the different areas that you need to manage to develop a successful lifestyle. The more you learn about life the higher chance you would have to develop the right mindset, which would help you take the right action steps to create the lifestyle you love.

2. You are not your past generations

It does not matter what kind of life you were born or brought up in, you have the strength to develop and live the life you want. Today it does not matter what you want to do or achieve; there is a way. Do not believe

that because you were born into a poor family you are meant to live the same lifestyle.

One of the reasons why you were born into a poor family or lifestyle is because your past generations did not have the right mindset and/or did not know how to use their knowledge to help them live a more successful life. No one is meant to live any lifestyle. The lifestyle you are living right now is because you were raised to live in that way, but you do not have to.

Yes, you might have a disadvantage compared to others who were born into a more advantageous lifestyle, but you can develop and live any lifestyle you want when you learn the right knowledge and have self-belief, persistence and determination.

That is why it is important to develop the right mindset—to help you become successful. When you have the right mindset, you can start to think about and take

different actions than your past generations and create a different and better lifestyle than they did. **Do not follow your past generations' mistakes.**

3. No right or wrong

There is no right or wrong way of living. However, there might be a better way to live that would bring you more fulfillment and happiness, but it is not the right or only way. **You decide what is right or wrong for your life.** Sometimes something might seem wrong for one person, but it might not be wrong for another person because each of us lives a different life.

Right and wrong only come from social expectations, and they are not the ultimate way of living. For example, the moment you are born, there are social expectations for you to follow. When you are born, your family has expectations that you have to live by. Society

also has a set of expectations, norms and standards for you to follow.

However, since you create and live your own life, it is important for you to create your own beliefs, values and standards and follow them. **Some of your beliefs, values and standards might be the same or similar to other people's, but make sure you believe in them and do not just follow what everyone else is doing or believing.**

4. Everything is learnable

Today, you can learn anything. No matter what you want to master or what kind of lifestyle you want to develop there are thousands and millions of people who have already accomplished what you want to do and have left clues for you to learn and master the same things. **You just need to research those people and find the clues,**

believe in yourself, and start taking action. Before you know it, you will achieve what you want.

For example, if you want to write and publish your own book, YouTube and Google have all the information for you with easy step-by-step advice about how to accomplish it. In addition, there are thousands and millions of people who have posted their content on YouTube and Google, which means there are different ways to achieve the same thing. You just need to research and find the approach that best fits what you want to accomplish.

5. Know happiness

The first step to achieving happiness is to know what it is. When you know what happiness is, then you can develop thoughts, behaviors, and actions that will help you experience more happiness. However, if you do not know what happiness is, then it does not matter how

much time and effort in doing the wrong things, you will rarely experience happiness.

The misconception that many people have is that they would know what happiness is the moment they are born. However, in life, nothing comes to us automatically; everything requires learning, discipline and hard work.

Even though there is no set and stone definition on what happiness is, but there are common and similar definitions of happiness. Below are some popular and well known definitions of happiness.

According to Webster dictionary, “Happiness is the pleasure, contentment, satisfaction, joy, delight, well-being, and bliss.”

According to positive psychology, “Happiness is defined as experience frequent positive emotions such as joy, interest, life satisfaction, and appreciation for life.”

According to the Dalai Lama, happiness is about “reflecting what is truly value in life, what gives meanings to our lives, and set our priorities on the basis of that develop basic good human qualities such as warmth, kindness, and compassion, then our life becomes meaningful and more peaceful, and happier.”

You have to take the personal time to learn more about happiness. In today’s society, no one will teach you about happiness. Your parents do not teach you, the school does not teach you, you are the person who needs to teach yourself.

6. Know your purpose

If you have trouble pursuing and accomplishing things in life, it might be because you have the wrong purpose or reason for pursuing them. Your purpose could

also be called your “why.” Why are you doing what you are doing?

When you have the right purpose or reason for what you want to achieve, it will help you accomplish your goal quicker and better. Your purpose is your backbone or anchor when you face an obstacle or setback. It will also give you motivation to move forward when you need it.

No matter what you want to achieve in life, you are likely to face an obstacle that you need to overcome, and if you do not have a strong purpose to help you pick yourself up again you are more likely to want to quit.

Before you start achieving anything, take some time to know and understand your purpose and make sure it relates to your happiness. You need to have a specific purpose. The more specific your purpose is the

more easily you can stay focused on achieving what you want.

7. Create the life you want now

The main cause of fear is the unknown, such as the future. **To help you eliminate the fear of the unknown, make sure your current life is what you want in your future.** If you are not living the life that you want at the moment, create a plan for the life you want and start taking action. When you take action in the present moment to make your life better, you will be less fearful of the future.

The main reason why many people are afraid of the future is because they are not happy with their current lifestyle and they are afraid that their future will be the same. In this case, look at your life and see which areas need improvement. Start working on them and take out what is not working. **As long as you are taking action to**

make your life better and you are moving toward a better future, you will be less fearful of life.

8. The importance of a strong life foundation

In life, no matter what you want to achieve there is a chance that you could fail. However, failure should not be like a stop sign. Failure is just a stepping stone to encourage you to grow your strengths and skills and help you to accomplish your goals and achieve greater things in the future. It does not matter how many times you have failed. **The most important thing is to learn how to pick yourself up again and keep on moving forward until you reach your goals.** If you allow failure to stop you, you won't be able to achieve much in life. In life, it is almost impossible to accomplish all of our goals and dreams the first time around.

Having the strength to pick yourself up again after a failure depends on how strong your life foundation is. For example, your life foundation is like the foundation of a house. Before you can build the actual house, you first have to build its foundation. The stronger your foundation is, the easier you can build your house. In addition, it does not matter what happens to the house, you can always rebuild the house again when you have a strong foundation. However, if you have a weak foundation it will be difficult and take longer for you to build another house because you will have to start from the beginning with a new foundation.

It is the same with your life. **The stronger your life foundation is, the quicker you can pick yourself back up and starts over when you fail.**

In this book, all the tools are to help you develop a successful and strong life foundation.

9. Self-esteem building

Self-esteem is the building block that helps you to believe in yourself and that you can accomplish anything you set out to do. If you do not believe in yourself it would be difficult for you to accomplish anything, even small goals. For example, in order for you to raise your children successfully you need to have high self-esteem and believe in yourself and that you can raise your children well; otherwise, you won't be successful. Success starts with your self-belief.

If you have low self-esteem you will doubt yourself, believing that you do not have the knowledge and skills to become successful. **However, as a human being, you already have more than enough knowledge and skill to get started and become successful. The only thing that is stopping you is yourself.** Even if you do not have the skills or knowledge that you need, you can always

learn them. It does not matter what you want to achieve in life. Today, there are thousands or millions of people who already have accomplished what you want to do and they have left clues to help you become successful.

Below are six ways to help increase your self-esteem:

1. **Dare to be different:** Self-esteem is about being as unique as possible. The more you can be different from everyone else, the higher your self-esteem becomes.
2. **Words of commitment:** Self-esteem is about you, the more you keep your words of commitment to yourself and others, the higher your self-esteem will be.
3. **Self-acceptance:** Self-acceptance will help you to see how terrific a person you are, no matter what kinds of negative qualities and experiences you have had.

4. **Take good care of yourself:** Make sure to take good care of yourself physically, mentally, spiritually, emotionally, and in every other area in your life.
5. **Share from your heart:** Sharing from your heart allow you to understand more about the emotions that will boost your self-esteem and happiness.
6. **Follow your belief system:** Create a belief system that you can refer to that will help you make good decisions.

10. A healthy lifestyle

A healthy lifestyle will give you the energy and strength to tackle obstacles successfully. You want to make sure you are ready to tackle any goal, dream, or opportunity. No matter what you want to accomplish or achieve, you will need energy and strength. You do not want to be a person who says that you are not strong

enough or do not have the energy and strength for certain goals. **In addition, even if you find the right opportunity, without energy and strength you would be unlikely to grab a hold of it because you would feel that you do not have enough energy and strength.**

A healthy lifestyle consists of healthy nutrition, exercise, and sleep. You want to make sure these are part of your daily life.

11. Control your stress and emotions

Learning how to control your stress is important because anything can create stress if you do not know how to control it. Stress develops when you do not know how to control your emotions.

For example, there will be times when other people might say or do things that you do not like, and then you

may feel negative emotions. If you do not know how to control your emotions, you will behave in a negative way that will not benefit you. Since you do not have control over other people, you have to learn how to control your emotions and not let your emotions get the best of you.

Or, when things did not go as planned; you want to make sure your negative emotions do not get the best of you so you can stay calm to come up with a productive solution to solve your problem. Or, when your boss gives you extra work, you have to accomplish those tasks; but if you get mad or angry, it would be difficult for you to accomplish those tasks successfully.

When you learn how to control your emotions, nothing will pull you down. It will not matter what people say or do; you will not allow them to affect you and that will help you become successful in whatever you are doing.

12. The power of goal setting

As human beings, we crave to achieve our desires, goals, dreams, and reach our full potential, and goal setting will help you achieve these things. **According to positive psychology, goal setting is the best tool for personal growth and to achieve your desires in life.**

Goal setting will help you learn a new skill, raise a child, cook a meal, improve your eating habit, quit smoking, or whatever you want to achieve in life. If you have trouble knowing what kind of goals to set, the process of goal setting will help you to understand more about yourself and help you to develop goals that bring you success, fulfillment, and happiness.

Some people might already know what they want to achieve, but what is stopping them is not knowing how to set goals correctly to accomplish them. When we do not see a clear step-by-step plan, we tend to believe that our

goals and dreams are impossible. **However, setting goals will open up the path and help you realize that your goals and dreams are possible.** Goal setting helps you develop a step-by-step plan to achieve your desires and dreams.

13. Unleash your passion

Your passion will play a big role in developing a successful lifestyle. **Nothing in life will give you more energy, strength and motivation than your passion.** Since the best motivation comes from within, passion is the key. When your passion is unleashed, nothing will compare to your passion. For example, when you fail you will have the energy and strength to move forward quickly. You will be able to overcome any obstacle that life presents to you.

Your passion could also be your life purpose.

When you have a purpose that motivates and inspires you to do great things, nothing will stop you. In addition, passion will give you so much happiness. When you are a happy person, you are more likely to take more risks, challenge yourself, and step out of your comfort zone. The main reason why many people are afraid to take risks or challenge themselves is because they are afraid of failure, or look bad to other people. However, passion will help eliminate all those negative feelings.

14. Keep it balanced

Everything in life needs to be done in moderation and kept in balance. For example, when does a weigh scale become balanced? When both sides have an equal amount of weight, right?

For example, a healthy plate is when you have the right proportion of all the food groups. You should not have too much protein, grain, dairy or even vegetables and fruits. Even though fruits and vegetables are good for you, eating too much of them and neglecting other food groups will not provide you with the full nutrition you need to stay healthy.

Below are some areas that you would want to make sure are in balance throughout your life.

We have three main life categories that should be kept in balance throughout your life: family, health, and work. You do not want to give one area too much attention while neglecting the other areas. A simple sign that those areas are not in balance is when your stress level increases. Stress develops when you believe something is important to you but you do not give enough attention to it.

It is the same with your social and personal lives. Social engagement is important, but you also need to give yourself personal time. Spending time alone does not mean you are a loner. When you are always around people you do not have the chance to reflect on yourself and see what is important to you because you are busy interacting with other people.

Just remember that you should not have or do too much of one thing. It does not matter how positive something might be, too much of it is still not good. Always remember to keep things in moderation and keep your life in balance. There are many things that you need to do to go through life successfully, so make sure to give them the attention they need.

15. Become an independent person

The word independent does not only mean relying on yourself, it is also about creating and living your own life. For example, if you are copying another person's lifestyle or doing what they are doing, you are not an independent person. If you want to know how independent you are, pay attention to how similar your life is to other people.

Since each of us is different, with different strengths and talents, we should be living different lifestyles. Also, each of us should have different goals and dreams, so you should not be chasing after the same things as others.

Or, if you wait for others to take the first step to help you fulfill your goals and dreams, you could be waiting forever. Think about it—why would other people take action to help you fulfill your goals and dreams when

they have their own goals and dreams to fulfill? In addition, if you are waiting for others you are relying on their motivation, which is called external motivation. That would not help you to become successful. **An independent person does not rely on other people's motivation to start taking action; instead they use their own motivation.**

When you take the initiative by taking the first step to make your goals and dreams real, you will start to create and live your own life, which is important for helping you to develop a successful lifestyle.

16. Apply your knowledge

Whatever knowledge you have, you must take action and apply it into your life. Knowledge is useless unless you apply it. **Applying your knowledge is the only**

way for you to know if it will benefit you or not. You can discover new information to improve your life. You need to apply your knowledge as soon as possible and not put it on hold until you believe it is the right moment. The right moment to apply your knowledge is now.

When you keep delaying applying your knowledge, you are less likely to want to learn new things because your current knowledge is taking up mental space; this means you have less room for new knowledge. However, when you apply your knowledge you release the knowledge into your life and open up room for new information to enter.

New knowledge is consistently being developed, and it is important that you make room for new knowledge by applying your current knowledge.

17. Be a good student

When you are a good student, you are more likely to follow directions correctly, and then you will have a higher chance of becoming successful. When you first learn something it is important for you to do exactly what you are taught. Do not take shortcuts or skip certain steps because you believe you can do better.

When you do not follow the exact steps you are taught, you are not building the habit of following directions. Remember, no matter what you want to achieve in life, many people have already left clues with clear step-by-step directions explaining how to do something. You just need to copy what they did and you will become successful.

In addition, by being a good student, you also take some of the guess work out to decrease your fear because your brain knows exactly what to do. However,

if you take shortcuts or try something different, your brain would start to create more fear because you are going off to do something different and unknown, and the brain does not like the unknown.

18. Make your own decisions

You have to make your own decisions in life. **If you allow people to make your decisions for you, it means that other people are controlling your life, not you.** It also means that you are afraid that you will not have the ability and strength to handle whatever the outcome is.

You have to understand that no one understands your life better than you, so it is important that you make your own decisions. If you count on others to make your life decisions, they are likely to make the wrong decision

for you. When others make decisions for you, they are using their own life experiences to make the decision, which may not match how you want to live your life.

Making good decisions is also a learning process.

At the beginning, you might make poor decisions and mistakes. The main reason why you might make poor decisions at the beginning is because you do not fully understand who you are yet, and that is okay. However, as you keep making your own decisions it will become easier to make great decisions because you will learn from right and wrong decisions, from negative and positive experiences, and most importantly you will understand more about yourself. This will help you to create the lifestyle that you want.

19. Take responsibility

Taking responsibility will give you the motivation to take action to solve your problems and be in control of your life. When you do not take responsibility you are more likely to make excuses and blame others for your life outcomes, which will not only make the situation worse but also take away some of your inner power.

Taking responsibility does not mean you have to know all the answers right away, but that you are willing to find the answers to solve your problems and not let them hold you back from moving forward in life. Sometimes it might take you awhile to fix something. As long as you take responsibility, try to fix your problems and work to move forward daily, you are in control of your life.

In addition, the more you take responsibility for your problems, the faster your brain will unleash the knowledge and skill you need to solve your problems. Remember, your problems are your responsibility because no one will solve them for you.

20. Face your problems

By now, you will realize that there are many things and areas that you need to do and manage in order to keep your life in balance to experience happiness. In this case, it is important that you solve your problems as soon as possible and not let them take control of you to prevent you from taking care of your life areas.

The faster you solve your problem, the faster it will be out of your mind, and the lower your stress level becomes, the more time and energy you would have to

take care of your life areas, the happier you would become.

However, the longer you avoid your problem, the higher your stress level become because the brain does not like to keep on thinking about the same problem over and over again. **The only time when the problem and your stress go away is when you solve your problem.**

Whatever life problem you have, make a list of options for your problem, and then choose the best solution and take action right away. If the first method does not work, then go to the second method. Do not stop until your problem is solved. When you are constantly taking action, the brain has something else to focus on instead of the problem, which means your stress level is reduced, which means you would have more energy to focus on what is important to you in life.

21. Do not make excuses

The moment you make excuses for why you cannot do something, it automatically becomes harder for you to become successful because you are reinforcing the obstacles that you have to overcome to achieve your goal. The more you reinforce obstacles, the harder it would be for you to be successful.

When you make excuses, you are taking some of your energy and time away. Staying focus on your goals require a lot of time and discipline, and if you make excuses, the brain has to use energy to focus on the excuses and less time on your action steps.

In addition, if you pay attention, you will use a lot of time and energy by making excuses. If you add up all the time you spent making excuses that same amount of time could have been used to take action to achieve your

goal. You will realize that making excuses and taking action take almost the same amount of time.

We might say that we do not have time to do this or that but we have time to sit and make excuses about many things. **If you have time to make excuses, you have time to take action to achieve your goals.** However, many of us have built the habit that we would rather make excuses and tell stories about why we cannot do this or that than stand up and do something about it.

Yes, it is important to become aware of the reasons why something might slow you down a bit on your journey to achieve your goal, but do not reinforce those reasons by making excuses that make them stronger.

The next time you think about making excuses, use that time to create an action plan to get started on what you

want to achieve. It only takes 5 to 10 minutes to develop a plan.

22. Everything is a choice

To help you take more responsibility for your life, you have to understand that everything you did was solely your own choice, and no one forces you to do anything in life.

For example, imagine that you have a job that you do not like and you need it to support yourself and pay your bills. Many people would say that they had no other choice but to take the job. The fact is, they chose to take the job because they would rather take that boring job and earn money so they can have a home, food, and clothes on their body than become a homeless person if they do not take the job. The two obvious options are, either choose the

boring job and have a home, food and clothes, or do not choose the job and become a homeless person. Many of us would choose the boring job. Some choices are simple and more obvious than others, like the boring job vs. being homeless. The most important thing to understand is that you made the choice to accept the boring job. No one forced you to do it.

Another example would be when someone puts a gun on your head and tells you to give them your money. You still have a choice. The choices are either to give up your money and stay alive, or not to give up your money and die. It is your choice. Many of us would choose to give up our money to stay alive.

Whatever you decide to do, remember that it was your choice to make that specific decision.

Sometimes the choice is simple while other times it might be more difficult or complex. In life, sometimes you have

to make tough choices so you can have a better future. It is still your choice. When you understand that your choices and decisions are the result of your free will, you are taking more responsibility for your life and outcomes, which will motivate you to change and improve when you need to.

23. Tools at your disposal

It is important that you know what your skills are, so you will be ready to face any life obstacle successfully. If not, when something happens and you do not have the tools to fix your problem, you would most likely fail. In addition, when you do not have the tools at your disposal and a problem manifests, your brain would have a more difficult time coming up with a productive solution because it would be so worried and focused on the problem. However, when you have the tools at your disposal, when something happens you will know exactly

what to do instantly and not have to waste time thinking and worrying about it.

To make sure you have the necessary tools to prepare for any life problem, become a lifelong learner.

The more you learn, the more methods, knowledge, skills and tools you will have and be ready for anything that could happen.

In addition, your tools would also help to decrease your fear of life. For example, many people are afraid of the future because they might not have the tools to deal with what could happen in the future. However, when you have the tools at your disposal, you are less likely to be afraid because you would have the tools ready to tackle anything. The more tools you have, the less fear you would experience, the less you would worry, and the more time and energy you would have to focus on developing a successful lifestyle. To develop a successful lifestyle

requires a lot of time and energy, and you do not want to lose your energy and time by worrying about life.

24. Personal growth

Always be on the path of self-improvement.

Personal growth is about understanding and growing yourself. The more you understand who you are such as your strengths and talents, the more you can grow them to help you become a stronger person.

As human beings, we crave for growth because we are living beings. For example, in order for a flower to bloom and become beautiful, you have to water it daily. If the flower does not get enough water, it will die. It is the same with you as a human being. You have to improve and grow yourself on a daily basis to become stronger and happier.

Since you are a human being, the first aspect of personal growth is to learn about human potential. There are many things that you might think you are not capable of doing until you actually learn that you are capable of.

Human potential and personal growth could be in the categories of happiness, spirituality, self-help, success, or any topic to help you learn more about and life and yourself to grow and become a better person.

There are countless ways where you can learn more about human potential. First, you can read books, journals or magazines. You can purchase them, rent them, borrow or go online. Second, you can listen to audio or watch DVDs. Again, you can buy, rent, or borrow them. There are many successful people who share their messages on audios and DVDs. Third, you can get a mentor or coach to help you. You can interview someone. Studies have shown that if you want to become successful in something, one of

the best way is to get a mentor or coach. People love to share their successes and experiences. They can give you all the details of what they have overcome, their success and failure and how they learn from them. Fourth, you can attend live workshops, seminars, or trainings. There are countless of workshops, seminars, and trainings on personal growth and human potential.

25. Learn and experience new things

When you learn new things, it forces your brain to think differently to come up with new ideas and a solution, which means you will gain new knowledge, skill, and strength. **The more you learn the stronger and empower your mind become, the strong you become.**

If you have trouble knowing what to learn, than reflect back into your life on the things that you want to learn or try that you have been putting off.

Make a list of all the things that you have wanted to try or learn, or things you believe you should learn to improve yourself. From the list, pick one and start learning it. There are many ways to help you learn something such as through watching videos on YouTube or purchase from others, read articles on Google or books, attend workshops and seminars, or you can ask someone specifically to teach you on how to learn or do something. Other people love to share their knowledge and experience, so do not be afraid to ask them.

Today, there is unlimited ways on how to learn something. The only thing that is stopping you is you.

26. Creativity

In order for you to be motivated to do things in life, you need to know how to make those things happen. One way is to become more creative. **Everyone can be creative. Creativity is about doing things in different ways.** The more ways you can do things, the more tools, knowledge, and skill you will have. There are five ways to increase your creativity.

1. **Learn new things.** When you learn different things, your mind is exposed to different knowledge, tools and skills, and this will help you to come up with different ways to do things and solve problems.
2. **Be around different types of people.** When you are around different types of people you will learn different things from them, which means you will have a better chance to create different ways to do things.

3. **Do different activities.** When you do and try out different activities, they require you to learn new knowledge and skills.

4. **Be in environments and settings that allow you to think about your own ways to apply your own strengths and talents.** When you use your own strength and talent, your thinking tends to be more natural that would help you to think in divergent ways to be creative.

5. **Be around people who motivate and inspire you.** These people will push you to do things that make you happy and that most likely match your own strengths and talents. When you use your own strengths and talents, it makes it easier for you to be creative compared to when you are not using your own strengths and talents.

27. Be ready for opportunities

Opportunity is everywhere whether you see it or not. **The only way for you to grab onto an opportunity is when you are ready for it.** It does not matter how perfect the opportunity might be, you will not grab onto it unless you are ready.

To be ready for opportunities, you must always develop and grow. Do something every day to grow your strengths, talents and passion. Do something to make yourself a better person. The more you grow, the more knowledge, skill, strength and talent you will have in preparation for any opportunity. When the right opportunity comes you will see it clearly and not hesitate to grab it.

In addition, as you grow and understand yourself, you will have a higher chance of grabbing onto the right

opportunity because not every opportunity will be right for you. However, if you do not develop and understand yourself you will be less knowledgeable about your strengths and talents, and that means you will be less likely to know which opportunities are right for you. If you grab onto the wrong opportunity, it would be more difficult, if not impossible, for you to become successful.

28. Create a positive circle of influence

There are many areas we want to become successful in such as family, health, relationships, career, etc. Sometimes those life areas can be difficult to manage on your own. That is why social support is important. Sometimes when you face failure or obstacles you might lose some of your motivation to keep on moving forward. **However, the right social support will empower,**

motivate and inspire you to keep on moving forward. In addition, social support can also motivate and inspire you to create the life you want.

Social support can develop from different people. It can come from your family, friends, colleagues, acquaintance, or others who can motivate and inspire you to keep on moving forward. If you do not have a close family or a relative who supports you, there are many places filled with people who have similar aspirations as you do, and they can motivate and inspire you to achieve what you want in life. You just need to seek out those people.

The great thing about meeting new people is that your circle of influence will become bigger. The bigger your circle of influence is the more motivation and inspiration you will have to help you face failures, obstacles and ultimately become successful in life.

29. Ask for help

Do not be afraid to ask for help. It is impossible for you to know everything, especially regarding life obstacles that you have never faced before or when something is outside of your comfort zone.

Asking for help is not a sign of weakness but a sign of strength and courage. In today's society, we are influenced to hide our weaknesses. However, in order to improve our weaknesses, we need the help of others.

In addition, asking for help is another trait of being a successful independent person. Remember, being independent means that you take action to fulfill your goals and dreams, and sometimes what you need to do to achieve your goals and dreams is to ask for help.

However, there is a right and wrong way to ask for help. An independent person will actively engage in the process when they are seeking help. For example,

asking for help does not mean you allow the other person to do everything for you and then just sit back and watch. The person who is helping you is only there to assist you and not to do the job for you. If you did not learn anything after someone helped you, then you did not ask for help.

The main purpose of asking for help is to gain more knowledge so you can solve the same problem the next time it occurs. As an independent person, you need to understand and believe that you are the main person who will accomplish what you want to do. People are only there to show you the correct ways to accomplish something.

30. There are two sides to everything

In life there are two sides to everything. For example, your left hand cannot exist without your right hand. The color black cannot exist without the color white.

The term positive cannot exist without the term negative.

Every problem or obstacle that you will face will contain an opportunity within it, no matter how terrible the situation might seem. Sometimes you might have to be patient for the opportunity to manifest. Patience is the best quality that you can develop because great things in life do not come instantly.

For example, when a problem manifests, you would develop two different emotions, positive and negative. To help you stay more focused on the positive side, you first have to plan out a course of action that will lead you to the positive result. **A positive result cannot manifest without taking action.**

Second, you have to put trust in the universe that the positive side will manifest. In life, there are certain times when you just have to have faith and put trust in the universe to help you because you do not know what the

outcome and the future will be like. However, the more you take action, the higher the chance will be that you will get a better result compared to not taking action at all.

31. Fear is a part of life

Fear is part of life. You cannot escape it. No one can. Since you cannot escape fear, you have no other choice but to face it. If you do not face it you will experience a lot of suffering. However, the more you face your fear the more courage you will have. So make your choices: either experience suffering when you avoid fear, or gain courage when you face it.

The best way to make the most of your fear is to become as familiar with it as possible. Most often, fear develops from something you have never done before. However, whatever you are fearful of; it does not mean

your fear will become a reality. Fear is just something that manifests when you are about to do something new.

When fear manifests, let it come forth and become aware of it. It will go away when you acknowledge it. It is like when you acknowledge a child who keeps bugging you for something. The moment you acknowledge that child, he or she will leave you alone. It is the same with fear; the sooner you acknowledge and face your fear, the faster it will fade away.

Another way to decrease your fear is to take action. Action conquers fear. Whatever you want to do, quickly make a list of action steps to achieve it, and start taking action right away. **The more action steps you take, the faster your fear will go away.** However, the more you sit around and do not take action, the stronger your fear level will become.

32. Have faith

Having faith is important in life. **Without faith, dreams are not possible.** In addition, faith helps us to develop patience and helps you to keep on moving forward when you face obstacles.

You have to understand that great things require time to grow. Without faith and patience, you cannot achieve them. For example, did you know that it takes at least four years for a gardener to water and nourish a bamboo tree in order for him to see the physical result on the surface? Even though the gardener does not see physical result on the surface in the first four years, he still must have faith that the bamboo tree will grow into a strong and beautiful tree if he continues to water and nourish it. However, without faith, the gardener would stop nourishing the tree because he believed that the bamboo tree was not growing.

In this case, your goals and dreams require the same nourishing and discipline through the years before you will start to see the physical benefit. **You have to have faith in your small daily actions because they will bring you a massive physical benefit later on.** For example, after four years of watering the bamboo tree, the bamboo tree will grow and bloom very quickly in the physical world. It is the same with great results. It might take two to three years of working on your goals and dreams before the physical benefit develops, but when you start to see the physical benefit, it will skyrocket.

33. Appreciate every experience

We can learn from all our experiences, both positive and negative. Positive experiences help you discover your strengths and help you become stronger when you use them. Negative experiences help you to

discover your weaknesses so you can avoid or work on them. **No matter what happens, there is always an opportunity for you to learn and grow, and that should be a positive thing.**

In addition, growing yourself requires you to understand both the positive and negative aspects of yourself because they are a part of you. The more you understand about you the better chance you can make better decisions to help you create the lifestyle that you want.

When you embrace everything in life and take advantage of them, you will start to look at life in a whole new direction and build a strong connection with yourself and everything and everyone around you to help you discover a life path that you love.

34. Small act of kindness

It is the small, daily actions that matter and bring you the most joy and happiness in life. A small act of kindness can bring you many benefits. The benefit could develop in physical, mental, spiritual, emotional or other forms.

Today, we are so focused on the physical benefits that we often overlook the other benefits. We tend to believe that if there is no physical benefit, then there is no benefit at all. However, the benefit that matters the most is not the physical. Since happiness comes from within, the benefit of happiness tends to manifest in a mental, spiritual, or emotional form. Learn how to look for these kinds of benefits, and you will start to appreciate the small acts of kindness.

The more you engage in small acts of kindness, they will soon add up to bring you a lot of benefits into

your life, not only the mental, spiritual, emotional, but also the physical benefit as well.

35. About the author --- Mykim Tran

Mykim Tran is a personal transformation expert, speaker, educator, life coach, and author. She seeks to help transform individuals to become the best version of themselves and in reaching their full potential. Mykim is a national best-selling author of *Self-Esteem Building: How to live your life as YOU* and other self-help books on life and happiness topics such as self-confidence, goal setting, stress management, health and wellness, and career development. Mykim is the founder and CEO of Wake-Up Foundation, a non-profit agency, in transforming individuals to become social change agents to promote stronger communities. Mykim is a certified Recovery Coach. She received her bachelor's degree in Media Communications from California State University of Sacramento, and her master's degree in Psychology at Walden University. She is currently a PhD student at

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