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## Inner Strength Manifesto

Hi there, my name is Alex Hui and I want to personally thank you for taking your time in checking out my guide.

Throughout the years of my working experience in the corporate world, I have discovered that many good hardworking employees has begun to lose interest in their chosen careers and soon fizzle out. They even ask themselves *“How did I even ended up in this situation?”*

With the similar questions above, I start to analyse the human behaviours and interactions of my social and working life, particularly of myself. At times I even wonder, can all these be *“fixed”*?

By reflecting and understanding the dynamics with some of the personal development coaches and mentors, I begin to *“see”* the scientific issues of what has gone wrong with myself and other people. In fact, by understanding and begin to accept some of the responsibilities that these issues stem from me and not others, now, I have managed a better interaction with my staffs and managers.

They say that experience is the best teacher in life. I could not agree more. Instead it would even be better if there is someone that is able to share all these with me much earlier in my life so that my career and life development would be so much smoother.

By incorporating and practicing manifestation, I realize that I managed to produce and yield better results in my life, be it in my career, relationships and overall happiness.

Thus, by writing this guide, it is an indirect invitation to you to try and venture out of your comfort zone. If what you are doing in life have not been working out perfectly, it is time to **STOP** and evaluate and spice things up a little differently.

I also hope that this guide serves as a yardstick on how you can navigate through your life if you feel like you are at a loss and begin to challenge yourself to venture into the unknown.

To your personal success!

Alex Hui

## What 95% Of The People Do Not Know About Personal Growth



Any individuals who are in the business of leading, motivating and inspiring others should give careful consideration to embarking on a self-development program of any kind first to have a **critical** look at themselves. This is essential to knowing yourself well in order to ascertain what areas that needs further improvement. Once a weakness is identified, then **fixing** it would be much simpler. I like to call this process the “**scientific way**” because it involves diagnosing the issues and rectifying it.

There is 3 processes involve in this:

- 1) **Identifying**
- 2) **Admitting**
- 3) **Addressing**

We begin by first **identifying** our focal points and gaps. If we intend to change for the better, it is crucial that we have to be outright honest with ourselves by asking some simple questions first. What are our strengths,

weaknesses and aspirations? Write it down into a piece of paper. For example, the individuals presented here are just for illustration purposes:

Individual	Strengths	Weakness	Aspirations
A	Ambitious, disciplined, Goal-oriented	Lack of gratitude, selfish, overpromises, calculative	To be more kind, patience, and tolerant To think ahead before committing
B	Meticulous, loving and caring, generous	Socially awkward, avoidance, stubbornness	To build more courage and confidence To speak out, to be heard and dare to confront the matter

By these two individuals' examples, you can tell that they have very distinct personalities. Because we are living in such a large world where everyone is a complete different type of people with unique behaviours. Thus, this makes the world such an interesting place!

Since we are all brought up differently due to our previous teachings and environment; that is what moulded us to be who we are today. Some might argue that certain characteristics (strengths and weaknesses) are passed down from generation to generation, but these can be tweaked, granted that if you have the intention to change in the first place.

**Strength** – is the fundamental aspect of yourself. It is what makes you who you are today! Certain people are attracted to you because you exhibit these types of traits that they do want to emulate or know you better.

**Weakness** – the other brother of strength, unfortunately everyone has them whether they admit it or not. These are the traits that you might want to consider toning it down.

**Aspirations** – Usually associated with weakness because you intend to change this weakness in due time.

Back to the individuals' examples, Individual A is your typical cookie cutter for someone who is driven and ambitious, and usually they are the people who are involved in corporate and sales line (I guess you can begin to picture some of your surrounding friends). They are dead right focused, goal-oriented and most likely loves to accept challenges. On the flip side, they might turn out to be rather unkind and does not seem to appreciate the goodness in other people.

Now take a look at what you had wrote in the paper, I want you to embrace your strengths (that's good by the way), and begin to genuinely **accept** and **admit** your weaknesses. Because you see, if you can't even accept that part of yours, it is very challenging to move forward to the next stage. The irony? Most people wrote down their "weaknesses" and frown, either they think it is a small matter or they find it difficult to admit.

Psychologically speaking, this is what will happen:

- It is very contradictory
- By writing down your weaknesses, unconsciously a part inside of you, does admit that it is a weakness (whether you want to do something about it, is altogether a different matter depending on how much importance you place on it)

Before we delve into aspirations, I want you to begin by seeking honest opinions and feedbacks from the people whom you trust. This is also deemed an important exercise because earlier what you just did is about “how you look yourself in the mirror”. The second exercise as you have guessed it right, is about how other people look at you. It is no point asking people who know you like 6 months or so because they lack the judgment depth and breadth to truly know you as a person. Ask these questions to your close acquaintances, siblings or even your significant other!

If the feedback you get correlates with what you wrote down, then great! This will actually give you a confirmation that you should change your weaknesses albeit initially you are hesitant or even frown upon it.

If it is different from what you wrote down, it should come as a pleasant surprise. I want you to take it in with an open mind, because what you think is your weakness, turns out that your close friends are not deeming it so.



Here comes the third step, **addressing**. Addressing is all about **taking actions**. For example, take individual B, he listed down avoidance as his weakness trait and he has accepted (begrudgingly) after he confirmed it with his close friends.

Most of us find this step one of the toughest thing to do. Why? Because we have been **“living”** with our weaknesses for so long that it has become a part of us. Maybe we are afraid that by discarding our trait, we lose a unique personality of ourselves? Let me dispel this notion first, if you have listed down your weakness and in the case of individual B, *avoidance*, right beside his weaknesses, is the aspiration.

Aspiration is what we want to be but are in the **“work in progress”** stage. He sees a charming and confident person, and how he wishes that he can just be that person. ***But in the end, it just boils down to how badly you want it.*** If you have admitted but are not addressing it, then this exercise is useless to begin with.

That is because you are not taking this seriously! Change can only begin by taking actions, and to be precise, **MASSIVE ACTIONS**. If you want something, you have to work for it, there is no free lunch in the world. Heard of the saying, **“No pain, No gain”**?

Another defeatist mentality that most of us like to adopt is, **“I will try my best”**. Well, trying is just not good enough, because if in the end, if things do not work out well on our end, we will console ourselves by saying **“at**

***least I have tried.***” How wrong my dear readers... because trying is just **overrated**. Instead, if you do seriously want to address your weaknesses and aspire to be who you set out to be, why don't we begin by changing the sentence... Nothing fancy, it seems ridiculous, but it sure works well, because every time if you encounter a roadblock, you will tell yourself:

### ***“NO MATTER WHAT”***

In fact, treat this as your ***“mantra”*** moving forward, I have seen too many people given up without putting up a good fight in life. They throw down the towel too quickly and not committed to change because they lack of the determination and persistence.

#### **Little Known Way To: Self Assurance!**

For the purpose of the exercise, since individual B has exhibited ***socially awkward symptoms*** and do have the aspirations to be more courageous and confident, I will continue to use him for the remainder of this book.

Not everyone is born confident, in fact, confidence is built throughout time. Some children are blessed to have brought up in an environment where discussion is free within the family. Hence, they are able to debate and give their thoughts and views. That will ultimately shape and contribute to the person they are today.

That is not to say that children who are brought up in a strict family environment will end up to be lack of confidence. No doubt that this will more or less impede their confidence personal development in the adult stage, however, it is not the end of the world.

Thankfully, I have found some certain quick methods that works like a charm!

- **Phasing out certain voices**
- **Follow your heart**
- **Morale support**
- **“You can do it too!”**

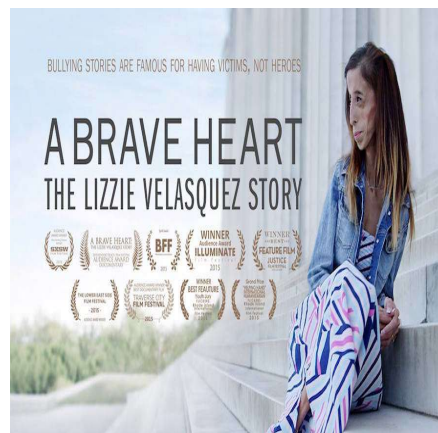
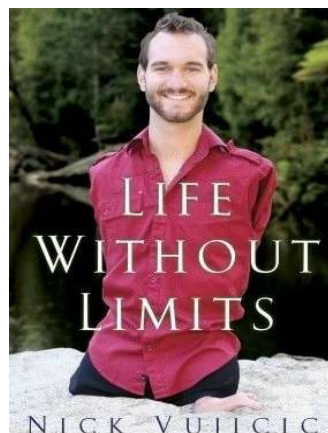
The first step to improving your confidence is *phasing out that internal voice* in your mind that keeps telling you that it is not possible; begin to block it out and ask yourself “*what is the worst-case scenario?*” After experiencing something you feared doing for the first time, you realize that it was not as frightening as you thought it would be.

Have you ever experienced the situation when you lack of the courage or the confidence to approach your crush? That is because you have constantly build an obstacle as high as the mountain that it becomes a daunting task. *Follow your heart*, you have allowed your brain to determine your logical and reality aspects of your life but how can you truly live your life if you have not tried it yet? Are you afraid of embarrassment or people making fun of you?

Thus, my question to you is **“so what?”**, if you have not tried it, how will you know the outcome? Besides, guess what? No one will actually remember that *blooper* few years down the road. Better to live life with no regrets than looking back later in life thinking **“what if?”**

**Moral support** is also the key to beefing up your confidence level, always confide in someone that you can trust and help you feel better about yourself. Opening up about your fears and inner feelings will not only make you feel better but also it will give you another perspective of how other people see you. Besides, listening to someone that tells you that you can do something **WILL** give you the extra push into making it happen.

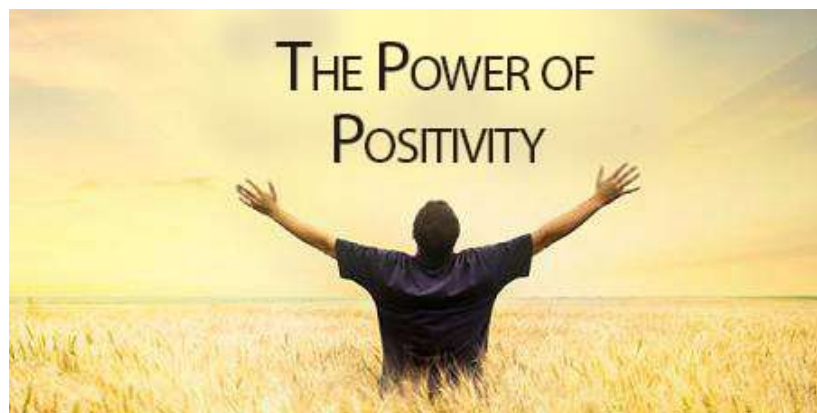
*Always consider the fact in your mind that if it can be done by others, **you can do it too!*** For example, I truly respect and admire individuals such as *Lizzie Velasquez & Nick Vujicic* because they are the people that are born with unfortunate circumstance and yet they do not allow their shortcoming to get a hold of them, instead they carry themselves confidently.



Now that I have disclose the quick methods to you, the next step is simple, it only requires you to make the **FIRST** move, and the rest will just follow. Quoting Lao Tzu, “A journey of a thousand miles begins with a single step.”

How quickly you can see changes within yourself is really dependent on your *determination* and *persistence*. To put it succinctly, how badly you want it and to adapt the mentality “**no matter what**”.

### **How Positivity Enables You To Achieve More in Life**



I have seen my surrounding friends even after attaining the desired confidence level, unfortunately they are not still not happy with their lives. This is because just plain confidence alone will not elevate you to the next level.

Be it with your family members and workplace, we are bound to have interactions almost every day in our lives (unless you live as a *hermit*).

Whether we like it or not, with interactions at times, comes with disagreements.

This is especially true, if we are trying so hard to get our bosses approval or recognition for our job performance. This is where disappointment sinks in to our inner core when we do not get it. Begin confronting your boss and understand where he/she deems you short... (Still short of the confidence booster? Please refer back above before attempting this) For example, after the whole discussion, it turns out that he is unsatisfied with you in areas such as:

Your boss' view	Your reasons
Not being a team player	I have completed my work tasks, do I have to do my other colleagues work?
Not participating in company's event after working hours	I want to spend quality time with my wife/husband and children
Not amicable enough	I was not brought up to be a social butterfly

Notice the *"complaints"* and *"issues"* your boss has? He/she is actually pointing out on your personal character rather than your work delivery... After all, how dare he/she? This is a personal attack to your personality!

There are several outcomes after the discussion:

- A. You truly believe that your boss has pointed out your weaknesses and you deem it is time to change that
- B. You do not believe that what he said is true, but because you respect your boss, it pains you that you are not able to get his recognition or “*approval*”
- C. You do not believe that what he/she said is true, but you are “*playing along*” with it
- D. You do not care what your boss says, and frankly, since he/she has so many issues with you, it is just about the time for you to begin looking for the next job

If you pick option A, congratulations! That means you are open to criticism and thus, able to make the change. (Remember, ***Admittance?***)

Unfortunately, most people fall either into option B or D. Not many people believe that they have flaws themselves and it is even more difficult to accept it if it had been told by the higher-ups (e.g. parents, bosses, authority figures).

Honestly, picking Option B is not a healthy solution because you are just acting how your boss wants you to behave. Let’s face it, that is not your true personal character and the reason you are doing it? What else, if it is not for your monthly salary? Figuratively speaking, this solution is like using a ***band-aid on a bullet hole***.

Painting the picture clearly here, what will happen in the next several months, since you are *tolerating* your boss and genuinely do not accept what he says to be exactly the truth, you will start to enter into the negativity phase.

Because the chemistry was wrong to begin with, you will end up being miserable and unhappy *every single day!* Waking up daily is like a torture, there is nothing to look forward to in life, I guess now you are considering Option D? After all, there is this saying, “If I do not work for you, I am pretty sure there are plenty of job opportunities out there for my selection!”

Guess what? What if the next job opportunity that you will end up with even a worst boss? (You can argue that you might get a more “*understanding*” boss, but realistically speaking, you are just escaping the issue at hand).

This is where the *positive mindset adoption is crucial*, and there are two ways that we can achieve this:

- **Treating all of these as “noises” or “phases” in your life**
- **Do not allow yourself to fall into despair (Digging the hole deeper than it already is)**

Have you reached a stage where you just find your life mundane and unproductive? Where every day is just grinding the mill? There is nothing exciting to look forward to?



If that's the case, may I suggest that you start evaluating your life by giving it a sense of *purpose*? Most adults, especially when they reach the middle age, I would say mid-30s to mid-40s, they have to carry a burden known as *responsibility*. Sufficed to say that they have to work hard so that they are able to put food on the table.

Where they have already foregone all the pleasures, goals and their dreams...

They no longer dare to take excessive risks, fear of losing their jobs, and prioritising security in life. Hence, after working 10 – 20 years all in the name of family, they began to lose their initial ambition when they were young.

Without that *purpose*, what happened is that they start to mind all the smallest unpleasant details that happen in their daily life be it in the workplace or in the family interaction. Small little annoyance can be amplified to a huge magnitude such as receiving a minor criticism from your colleagues, getting an argument with other motor vehicles and other irrelevant matters.

So, begin by identifying your *raison d'être*<sup>1</sup>, because by having that firmly planted in your mind, you will begin “*phasing*” out these issues or treating

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<sup>1</sup> The utmost importance for someone's existence

as “noises”, because after all, these are all small issues that do not matter if you possess an ultimate goal in mind.

Allow me to elaborate further, let’s take a simple example, if your goal is to be the top chef in the cooking industry, you will not let any other people to tell you otherwise; that they tell you that you have no talents or unqualified, even your parents frown upon your dreams just because they want you to be who they want you to be.

Explaining to them it’s fruitless, especially if they are so fixated for you to become a lawyer/doctor/engineer for instance. If they can understand, great! Unfortunately, I reckon that not all parents are that understanding...

It is not about influencing others first. This is more about enduring and making some small sacrifices so that you can achieve your final goal. Sometimes, *giving in or losing a battle here and there*, will allow you to win the war and that is what matters the most!

What about my feelings? What about the things that I stand for? Don’t I have a say in what I want?

What I learn in life and what I am about to tell you is this... If you are capable and have the power to do so, just **DO** it! If not, there is no point of you “*complaining*” these issues because at the end of the day it does not get you anywhere. So, should you be admitting defeat and accept the outcome? No and you shall not! Begin by strategizing and planning on

how to achieve your goals against the odds. That my readers, is a much better way to channel your energy rather than complaining!

The next point, will you allow yourself to fall into despair when the whole world goes against you? You just want to do your “*job*” and to be left alone, but it just still feels like everything that you do has gone wrong, that somehow you are blaming god for all the misfortunes that has happened to you... You even question, “Why me?”

If you allow your *unconsciousness* to dictate your life, inadvertently you are feeding into the negativity aspects. There are constantly two sides fighting inside you. The *positivity* and the *negativity (dark side)*, ultimately one will prevail. So, which will win? – ***The one you choose to feed...***

So, every time you feel despair, make it a *conscious* effort that you refuse to fall into the *dark side*. That you are much better than this! Some people even considers to chant a mantra to remind themselves that.

## How To Be A Rockstar And Attract People Effortlessly

You could literally be a Rockstar (*or something close to that*) and influence others to act the way you want via powerful communication techniques.

Why do Rockstars able to amass a huge loyal crowd that follows them?



Is it due to their?

- **Energy? Vigour? Vibes?**
- **Personality? Character? Portrayal?**
- **Fame? Prominence?**
- **Message? Communication?**

[Picture: Freddie Mercury]

First, you will have more energy within you. By now, you have already adopted the *“no matter what”* and *“can do”* attitude. This is the type of energy that your surrounding people will take notice. In fact, initially they might even be uncomfortable seeing the changes in you, but that is a good thing!

Would you rather be with a friend who keeps on telling you that *“it is impossible”* or *“it can’t be done”*? These types of friends emit a **HUGE**

negative energy or vibe. Look at a Rockstar, do they have that? They are the very people who are able to motivate and get the crowd moving!

Ah, as for character, this is rather subjective... Since there is so many different group of rockstars, right? If I were to take a guess, you would more than likely to follow a group that is associated and aligned with you. At the end of the day, *“to each his own”*.

Finally, when you carry yourself with assurance, people will begin to listen to what you have to say (which they did not last time). It is more so, when you make a stand for something that you truly believe in and what you say resonates with what they think.

The beauty of this *“Rockstar topic”*? You do not even need to work hard to be a Rockstar, in fact all these will unconsciously release out by you! Trust me, when you have truly able to attain the desired confidence level and established the positive mind-set, there is so much more than you can achieve in life!

## Manifestation At Its' Core

I have covered a lot about confidence and positivity, about the do's and don'ts and adopting the critical mindset is crucial. If you still having the difficulty *“accepting”* the *“scientific aspects”* of the personal development, may I propose manifestation?

Manifestation is simple to understand and yet it is easy to incorporate together with what you just read above! By understanding the science dynamics and practicing manifestation, you will be able to explicitly double the abundance's life!

Let's take it further to the next level by understanding the general concept of manifestation.

- **Start appreciating your life**
- **Free yourself from desires**
- **Turning your desires into goals**

This is very concrete and important concept which can take some time to absorb, but first off, you need to admire your life. You need to believe in the concept that everything which you have in your life now is because of your own **CHOICE**. Stop blaming third parties for your loss and failures and begin to accept the fact that you are responsible and accountable for your own life.

Most people do not appreciate the small little things that they have in life because ***they take it for granted***. For example, respect and love your dear parents because there are those out there who has lost their parents. Although you might be struggling in life, be fortunate that you are still able to pay for rent and put food on the table.

***When you desire something, then you inadvertently declare that you do not have something***. These two are much closely related than you think they are. It is fine having desires, after all, desire gives you “*purpose*” and drives you to work towards the goal with a caveat that you should always desire something within your grasp and according to your means.

And ... ***translate that desire into goals!*** To put it into the context, manifesting that you will be in line for promotion is much easier than becoming the next *Warren Buffett*. With the promotion goal in mind, you will know what is the next step and do the right things to get towards the promotion you desired. The irony? The more you think about it, the nearer you will complete the tasks at hand, and it will soon become second nature to you.

## **2 Simple Ways To Practice Manifestation**

If you are a devout practitioner of manifestation, then you will know how useful and beneficial manifestation is. If you are a sceptical person, but would love to give it try so that you can live a more colourful and meaningful life, then I have just the right suggestions and pointers for you:

- Setting up the goal
- Visualization and attaching positive emotions with you goals

This is the continuity and expansion of the topic above. Begin the first step by setting up a goal (in some circumstance, “*purpose*”) in life. This is rather obvious and easy to understand, but if you intend to embark on practicing manifestation, then your goals need to be more specific in nature to the extent of personal level such as losing weight, quit smoking or even going back to school.

All this might seem menial or even hilarious in the beginning, but once you get hold of things, then there is this power in the universe which ***will make your subconscious mind to act on the instructions which your conscious mind sends.***

Now that you have the goal in mind, *just sitting at home and thinking about it will not bring you any closer to the goal that you want.* Instead, you need to make a definite and exact plan which you can follow.

Most people think that manifestation is some kind of magic and everything will come true just by the degree of “*how hard I wish*”, but the reality is, thinking is just one part of manifestation and there is more to work with.

Some goals are realistic and is achievable, some are not. These are the goals which you will not know how to get there but the beauty of



manifestation is that once you begin thinking about that goal, then you will always find a way and your subconscious mind will guide you through the specific and exact way.

Begin this exercise by writing the easier things you want and the steps which are needed to be completed and move on to the bigger goals.

Besides that, you need to create a measurable platform where the process contributing to the goal can be monitored is also another important element to the design. This will enable you to monitor and address any issues that need attention or redesigning.

Goals set should be attainable and within the realistic realm of the individual. Setting goals without these two considerations can cause adverse effects to the actual exercise or journey towards achieving the said goals.

Losing the initial excitement and momentum will further jeopardize the goal achieving exercise if the goals become more unattainable as reality sinks in. Therefore, it is very important ***to set smaller and less demanding goals*** that will help to create the confidence level to encourage you to aim for bigger goals at the next juncture.

This might be challenging and a daunting task, but for the sake of your own good and happiness life, you just have to do it! Revisit this exercise as often as you can because at times you might even find better ways to

improve on the steps that you had initially thought. Once you are accustomed to it, ironically, you will take this as a fun exercise and begin to enjoy the process.

Now that your goals had been set and written down, I have to tell you in advance that subconscious is not merely affected by only words and thoughts. In fact, it is dictated 90% by your emotions. That's right, **90%**!

Being able to "*plant*" and image of phenomenal success that can be achieved with a particular endeavour will subconsciously keep the individual pushing towards the eventual reality of reaching the desired goal.

By writing it down, but not attaching any importance or gravity into it do not materialize into anything.

For example, you projecting yourself having a wonderful significant other, owning a beautiful home, travel anywhere you want and getting excited about it! By using imagery as a motivating tool, you will be able to actually "*see and feel*" the eventual outcome that you are working towards achieving something.

Be warned that there are few instances where the imagery tools did not manifest the desired achievement of the goal set because it was unrealistic and thus unattainable. However, this does not mean that all imagery used for goal setting should be done on a safe and mundane one

but it simply means keeping some semblance of reality and you know is within your means to achieve it.

It might be tough at first, and there is no guarantee that the manifestation will directly change your reality (at least, initially), but one thing is for sure that it will affect your life by influencing your subconscious.

Hence, this will lead to a better mindset, more focused and happier **YOU!**

### **Did You Know That You Can Also Use Your Sleep Time For Manifesting?**

Being able to tap into all avenues available to optimize results is something everyone wants to be able to do. Thus, tapping into the sleep time to harness positive elements it may manifest is just another route to explore. To fully understand and tap into the rather unknown “*area*”, you must first understand the basics behind the sleep time manifesting idea.

Whether you know or not, your mind is at work at all times, whether you are awake or asleep. Especially during sleeping time, it is your subconscious mind that will provide the necessary assistance to the organs of your body to continue functioning properly.

During the sleeping hours, the mind is able to assist you to seek answers and directions through communication with your higher inner self and this cannot be achieved in the day time when you are so busy juggling and prioritizing many tasks at hand.

The inner self is focused only on the purity of *helping with the best of intentions* thus the relaxation mode can sufficiently provide for this pure state of mind. Naturally processing the matters that you are seeking some answers to will be better done during this time rather than stressing about it in the waking hours.

Allowing the body to relax and letting the mind search for the inner peace will eventually create the answers to questions most pressing!

### **Connect To The Surrounding Universe!**



After attaining the confidence, self-positive development and manifesting your desires to the next level, subsequently, encircle yourself with successful and positive thinking individuals!

*It's astounding how the influence of others may impact and affect our own personal power.* Positive people will stimulate and urge us to grow subconsciously that set us to accomplish what we set out to achieve.

***As for the nay-sayers, you will fare better by distancing yourself apart from them.*** If they are your best friends or team mates, well, just do not mingle with them too often as they are the very people who will discourage and tear down all the progress you make.

Positive people projects the full vitality aura that they will never let any ill feelings take control of them. ***They view obstacles as challenges instead of problems and they find the solutions to that challenges.*** By being with them, they may empower you to stay on track and move you toward your own goals. You will be surprised that these successful people do share the same goals you have and are oftentimes generous about handling their wisdom and experiences.

**[Turn to the next page for further bonus!]**

## 15 Minutes A Day



Drop everything **NOW** (even while you are reading this), and think, what matters the most in your life.

Allocate 15 minutes a day to think and project what you want; by getting “what” you want, will you be happy?

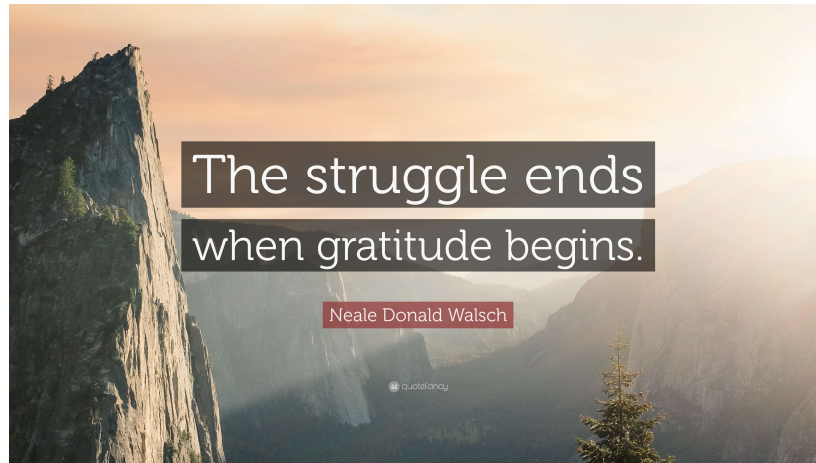
You can do it in your sleep or in a moment of silence. Your “zen” time when you are not disturbed.

Do not compare yourself with others, but yourself.

Are what you are doing **TODAY**, better than yourself yesterday?

Could it be better? If not, how can you be better?

## Gratitude



Make a list of all the gratitude things that you can think of in your life.

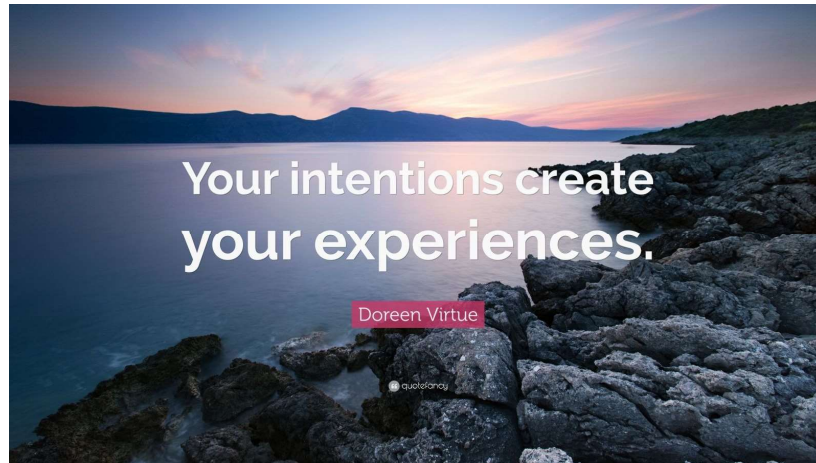
For example, acknowledge and relish all the things that you have at the moment (not in the past), be it your job, family, relationship, children or a home that you can stay.

Constantly be thankful and blessed that there are people out there who did not have what you have. For what we take for granted, some have to fight and beg for it.

The gratitude will enable you to move forward in your life with joy and affection – in turn this will affect your surrounding people.

At times, there are depressing moments and hardships that you have gone through, like a loss of a loved ones; be fortunate that you are still surrounded by people who cares for your wellbeing

## Intention



You are the captain of your own ship and you will navigate your own path and destiny.

You will create your future with the power of intention.

Intention is simply the conscious act of determining your future **NOW**.

Health, harmony in relationships, money, creativity, and love will knock on your door in due future, based on your intention **NOW**.

Intend every day and create a fulfilling life!

Have you put much thoughts into your future?



## Giving



Always give when able.

There is the saying that “give and you shall receive”, not the other way around. By giving, you are inviting the goodness into your life.

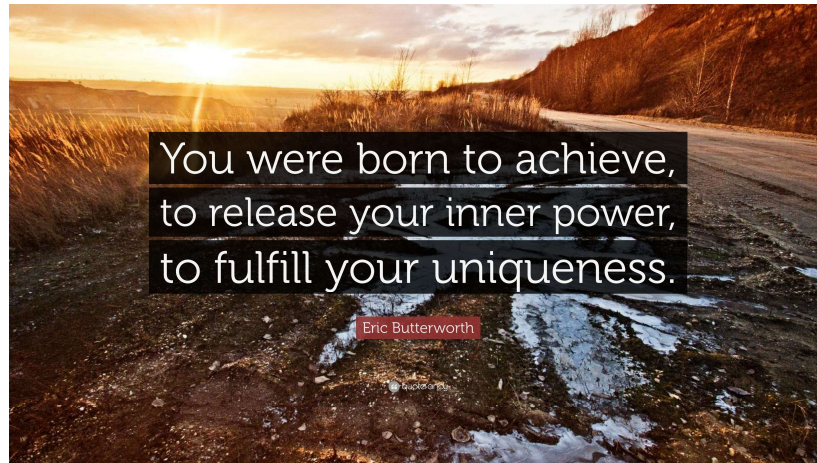
People will notice the compassion in you and will reciprocate by becoming more affectionate to you.

Giving can be in so many forms, not just limited by money. It can also be a simple act of kindness.

Give kind advises. Give a smile. Give appreciation and love. Give compliments. You can even give courtesy to other motorists while you are driving.

Begin **TODAY** by performing a small act of kindness.

## Inner Power



No person or power can disrespect, humiliate, belittled you unless you give them the permission to do so.

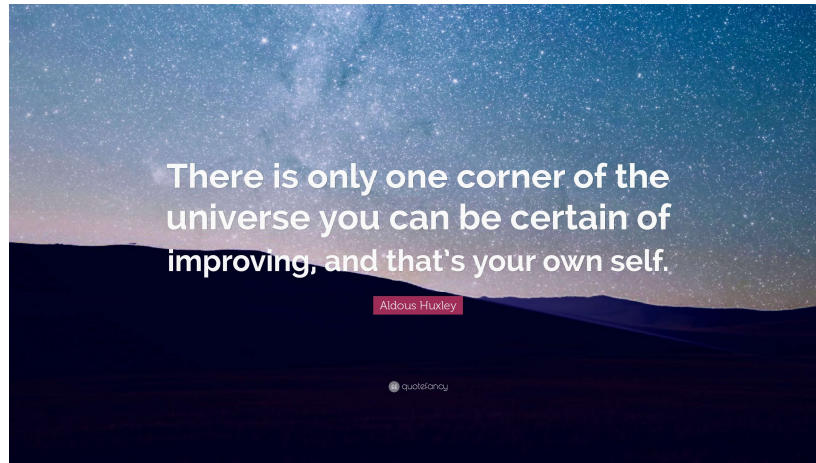
Are you reaching deep inside your inner self to unlock the vast potential within you?

Have you given your all to do something? Are you allowing yourself to be beaten down by all the negativity in the world?

Seek the power within yourself, as you know perfectly well that you are much better than that!

Question is: Are you pursuing it?

## Being One with The Universe



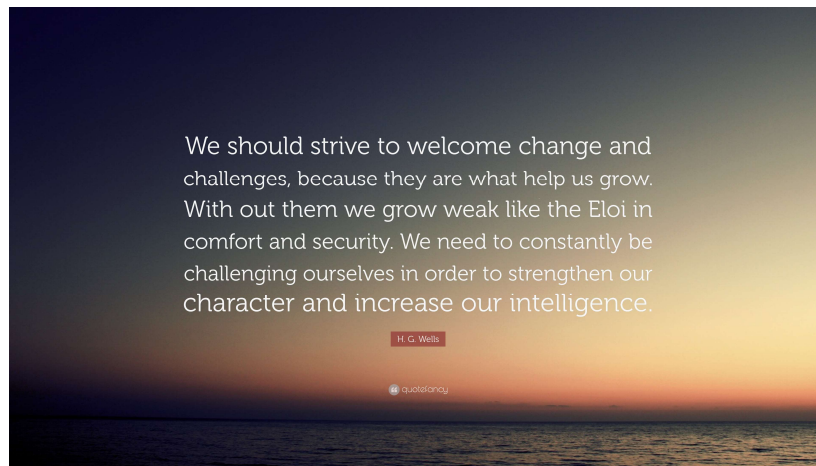
Strive to improve yourself. Always be the better version of yourself.

When your thoughts are in-line with your actions, no matter what hardships you encounter, it will not deter or sway you from your goals.

In fact, even the Universe will see you though that.

You are the guide of your own fate, and in consequence, you will bend the Universe to respond to your will.

## Welcome Changes



Things do not always go according to plans and when that happens, it forces you to **ADAPT**.

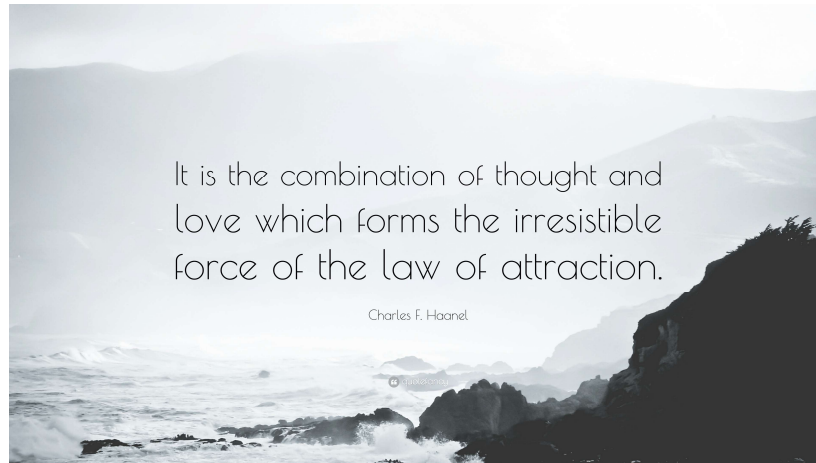
Even at times, it is not even an easy path to take. However, this might not necessarily be a bad thing.

Because I daresay that there is a certain experience that is worthwhile to gain.

During your most trying moments, you will be able to test how strong you are emotionally.

When we look back at the negative event that occurred in the past, we often see how in fact it has transformed our life.

## Love



Love is the highest power to achieve and in synch with the law of attraction.

The more love we feel, the greater our happiness will be. The more love that we are able to give, the more peaceful we will be.

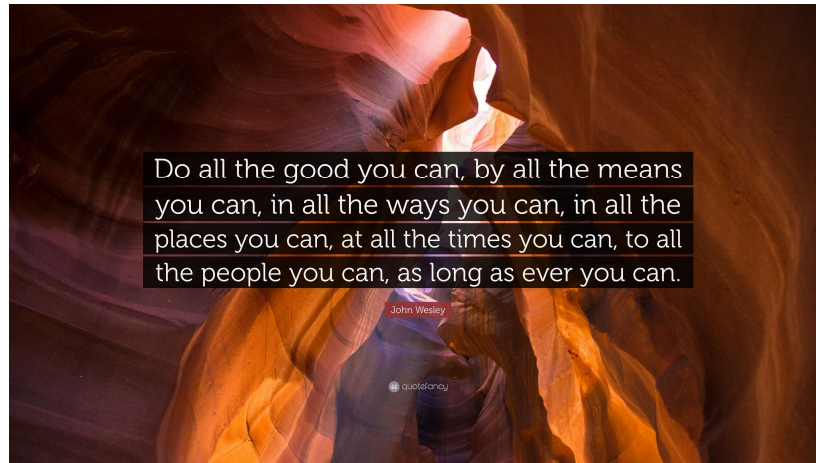
The law of attraction is also known as the law of love, because the law itself is a gift of love to humanity.

It is the law by which we can create incredible lives for ourselves.

The more love we feel, the greater our power to create a magnificent life of love, joy, and harmony!

Why don't you begin by hugging and saying "I Love You" to someone important to you?

## Goodness in Everything You See and Do



Any words you thought have a frequency, and the moment you speak them, they are released to the Universe.

The law of attraction responds to all frequencies, and so it is also responding to the words that you speak.

Watch your thoughts, they become words;

Watch your words, they become actions;

Watch your actions, they become habits;

Watch your habits, they become character;

Watch your character, for it becomes your **DESTINY**

The law is impersonal, and simply matches your frequency.

Do you see how important it is for you to speak strongly about what you want?

## Remove Attachments



There is a difference between feeling gratitude and appreciation for something, and feeling attachment to something.

Appreciation and gratitude are states of pure love, while attachment contains fear – fear of losing or not having what you are attached to.

When it comes to something you want in your life, appreciation and gratitude attracts and attachment pushes away.

If you are feeling afraid that you will not get what you want, or losing what you have, then you have attachment.

Begin by listing down the things that you feel attached and it is finally time to let it go because it is burdensome and tiresome to continue hold onto it.

Do you see how important it is for you to speak strongly about what you want?



## Inner Strength Manifesto



Write down all the great things about everyone you know.

Make a huge list of all the wonderful things about you.

Compliment people wherever you go. Praise every single thing you see.

Be the embodiment of strength to yourself and others, be the pillar that support your closed ones!

Show appreciation and gratitude every single day in your life.

Talk the talk, and walk the walk.



**[Turn to the next page for a FINAL bonus!]**

## How To Be A Cool Charismatic Leader And Get People To Work With You in 4 Simple Ways



After gaining the confidence, positivity, and manifestation, it is time to take charge of the rein by aspiring to become a *leader* or *inspiring* others.

Many people have the wrong idea about leadership. The word leadership has been associated with presidents, generals, CEOs and the authoritative figures in their respective rights.

What if I tell you that leadership is for everyone? In fact, it is! It applies to mothers, young adults, or even children for that matter.

It is not only just to lead, but to work closely as a team rather than you dishing out instructions for people to follow. Even if you would like to do that, (who does not?) put yourself in the other side's person position.

Would you like being instructed like a low peon or a leader who works closely with you?

Who actually cares about your progression and your well-being?

The answer is obvious, right? Let's face it, given a choice, you would prefer to work with a person who is more understanding or compassionate. Unfortunately, in reality, we do not get to pick that. But what we could do is not treating others how our bosses/leaders are treating us. Analogically speaking: "*Monkey see, monkey do*".

As I said before, everyone can become a leader. The first step is by earning **respect** and **trust**. In fact, that is the currency the leadership uses!

Now that I have told you the what, the question is **how**? – By action!

There are too many leadership books out there, where they will guide you in relation to the technical skills such as time management, ensuring delivery, persuasive talking, negotiating tactics and many more. However, my idea of leadership delves deeper into the heart... so it is more personal and hence it psychologically makes more of an impact to your surrounding people.

These are the 4 simple ways that I find the most effective in building leadership and trust:

- **Humility.**
- **Always listen.**
- **It is better to be kind than to be right.**
- **Constantly be willing to share and assist others.**

If you deem that *proud* and *arrogance* do not deter you from having a good leadership, I wonder, who are you trying to fool? That is the easiest way to lose the hard-earned respect (at times, if you are perceived so, that we cannot do much about it, what matters is you personally think that you do not have that trait)

For example, you may be able to dazzle your colleagues and surroundings with all your know-how knowledge, however with a terrible personality or an arrogant attitude, people will *only* come to you for solutions, but ultimately, they do not recognize you as a person who have good leadership. Make no mistake!

Some leaders put up this *façade* because they want to be feared and viewed with absolute authority. They are telling you that you are working *for* them rather than you are working *with* them. Take both the U.S. presidents for example: *Barack Obama* and *Donald Trump*, given a choice, who would you be willing to work for and *why*? (By the way, there is no right or wrong answer to this question, it is just a matter of opinion)



44<sup>th</sup> US President: Barack Obama



45<sup>th</sup> US President: Donald Trump

Most people have a tendency to rebut or interrupt when the other person is speaking. This is really disrespectful to your speaker and the problem is, you are unaware that you are doing it! Begin by making this a **conscious** effort to listen the entirety of your speaker's conversation. Hence, **know when to speak**. Quoting Dalai Lama, when you talk, you are only repeating what you already know. But if you listen, you may learn something new.

*Have compassion and forgiveness for mistakes made and have gratitude and appreciation for a job well done.* This is the embodiment of a **true leadership**. Regrettably, some bosses/parents tend to berate their staffs/children when they did something "*wrong*" or even worst, humiliate them in front of other people.

The reason why they behave in this manner is mainly because they have this mentality that they "*own*" you. "*I paid you, that's why you are under my command.*" So by you making mistakes, they reprimand you and by you performing greatly, they said that you are just doing your job.

Ironically, even if your boss/parent does not deem what we considered as good leadership, we still do learn something from them. The Lesson?

***We learn not to be like them!***

Bring out the best in others. Cultivate and nurture a healthy and friendly relationship within your environment. Praise others, always be thankful and give credit when credit is due ***for it was never all about you!*** Even if that person has done something “*wrong*” in your eyes, you do not need to be angry or frustrated, just calm down and work patiently alongside with them.

Finally, do not be selfish! Be ***generous*** with your knowledge or assistance. If you are always calculative and you view that by helping others, indirectly means that they will get better than you, please do allow me to correct that limiting belief...

There will always be people better than us out there. Admit this first, because there is no such thing as a superior human being that surpasses everyone. By definition, we are all flawed creatures. By understanding our limitation, we will be able to address what we lack of and slowly close and improve the gap.

If there are successful people out there who are willing to teach and guide us, we should also adopt the mindset to “*repay*” back. For example, after

your manager has trained you to a certain level of proficiency, you should also extend the courtesy to further train your juniors under you.

By working alongside your team mates, you will be able to complement each other's strengths and weaknesses. Whilst working and training your juniors, you will be reinforcing and solidifying your existing knowledge.

## Conclusion

After reading through this guide, I believe you have gained an insight on how you can further improve or view things from a different perspective.

Since the human interaction is an ever changing dynamic, fortunately by incorporating all of the above, you should be better well equipped to handle life's adversity.

If you have read this guide, *I recommend you to challenge yourself and step out of your comfort zone* and do things in a slightly different manner to yield positive results.

The willingness to learn and let go what does not work are the right steps towards making yourself a better you. *Change does not happen overnight or in a day, but persistency and determination do!*

Thanks for reading, may you by then improve your interactions in life, upgrading yourself to the next level and ultimately able to become a better leader in your field of work.

To your personal success!

Alex Hui