

So this is a guidebook on **Fear** and **Confidence**.

It's simple.

We're going to help get rid of FEAR for you as much as we can.

And we're going to revive that confidence in you.

**Use this little book as a handy guidebook in your Lifestyle Mastery Challenge. Refer back to it from time to time!**

# The Truth About Fear and Confidence

It's that it's all in your head.

It's all in your fucking head.

Your thoughts are your reality.

It's as simple as that.

So if you want to be happy, you have to start in your head.

We're going to work on the concepts of fear and confidence to start supplementing the shit out of that happiness that exists in you.

It's dying to come out.

Fear and confidence don't have to be some abstract ideas that are super hard to understand.

**You're awesome, powerful, special and fully capable of creating amazing things.**

You just need a little shift in perspective.

And this guidebook will help with that.

I'm going to show you what you need to do to make these little shifts so that you start killing the fear within you, revive the confidence that's dying to come out and start living as the happy being you deserve to be.

These little shifts are all laid out chapter by chapter. They aren't necessarily in order, so use them in whatever ways you want!

Let's go!

# What you need to know about Confidence and Self-esteem

I know a lot of people suffer from lack of confidence and low self-esteem, and it totally sucks I know.

Because of this, it induces a form of paralysis that prevents you from doing what you want.

I can talk more, but let's just cut to the chase here.

Confidence and self-esteem, you want more of it. And I'm here to give it to you.

As promised, no bullshit or some tired cliché.

The one thing that has given more confidence and self-esteem ever is: **Something to always look forward to and knowing you have everything it takes to get it!**

And yes, this is super powerful.

Confidence and self-esteem are two deep aspects in your life, and for the sake of simplicity, we will keep it as that.

You need something to always look forward to in life to really boost the crap out of them in you.

It's a thing you're looking for. It's not finding purpose.

Confidence and self-esteem isn't about boosting them now and then (through positive thinking for example) to feel that temporary high.

There're a lot of people out there who suffer from this.

They just think it's okay to feel that little boost now and then, feel happy because of that and then leave it as that.

Nah, I'm going to help you dive DEEP so you can have the tools to improve your confidence and self-esteem forever.

It should be like joy. You want joy so you can be happy with your life. You don't just want happiness as that's just a temporary high.

Stop wondering anymore. Do that, and you're going to over think things and pretty soon your own words, thoughts and feeling would turn inside out, making you feel even lower.

# Fear of Failure is a lie!

*"I can accept failure, everyone fails at something. But I can't accept not trying."*

-Michael Jordan

It isn't.

Let's talk about failure, for the fear of failure is what destroys confidence.

All too often a lot of us think and feel that failure is the end.

Fail is an ugly four-letter word that haunts all of us.

Today, to fail means you did not succeed, which is actually okay, but people like to accompany that with a bunch of self-deprecating delusions.

## The lies of Failure

-To fail means you're not good enough.

-To fail means you suck, you're a loser, you're crap or [insert other immature conclusion].

-To fail means you can never be as good as you hope to be.

-Failure means the end, where you should give up and never try again.

And the sad reality is that people get sucked into this idea of failure.

Thus, when a person sets out to do something, he fails at something halfway (when it's actually a minor setback), he gives up. Then he goes home wondering why life is unfair and starts to put himself down non-stop.

## I certainly felt that I was a failure during my early years as a Bboy.

I thought I failed when learning Baby Windmill, Barrel Windmill and Flare, simply because I took so long.

I thought I wasted too much time considering others did it in a shorter period, with less effort.

I thought I sucked and that I had no reason to be a Bboy.

# The real truth of failure

## -Failure is your greatest ally

That's all you need to know.

Failure is the best friend who's ballsy enough to give you tough love. He doesn't sugar coat his words and lets you have it. He doesn't care if you hate him as long it has some form of positive effects on your life.

Think of it this way, failure offers you all the experiences, feelings and thoughts you can get from whatever endeavour you set out to do. It'll probably feel less-than-stellar at first, but they're still the intangible things in life that are so very important for you, your well-being, livelihood and future.

And these intangible things? Trust me, no amount of information or gurus and mentors can give you any of that.

These experiences, feelings and thoughts will be with you your whole life and it's important that you embrace them and learn from them all.

So DO NOT underestimate them.

Your failures are there for you. They're your allies that are going to prepared you for success at the perfect time.

## How to turn failure inside out to aid you

**1) First, I want you to write down all the "failures" you think you had on a piece of paper. List down 5 of them. I don't care what they're, so long as you think you "failed". It could be a business which didn't take off or being rejected by a girl when you asked for her number. The point of this exercise is to get yourself to open up and confront them all.**

**2) Dig deeper and recognize the success you gained.**

Start from the beginning. What is it you did to get to the point of where you thought you failed? What did you do to spur yourself into action?

E.g. You didn't fail just because that hot girl didn't give you her number. You succeeded because you managed to man up and approach her, something most guys can't even bring themselves to.

Then learn from it.

**3) Realize that everything is worked out and "correct" for you.**

Really, it did.

Nobody can escape failure.

Everyone is bound to screw up now and then.

But instead of thinking you fell short or that you're not capable of anything, you got to realize that failure is the perfect sign that you're in the right direction.

That's how you learn.

The world gave you the opportunity to try, then to fail and ultimately the intangible gifts of experiences, feelings and thoughts.

### **5) Open up your mind now.**

Stop with the negativity. Get rid of your limiting beliefs (like failure is the end). Embrace uncertainty and start being open that whatever negativity you're feeling now is actually preparing you for something even bigger.

### **6) Share your "failures" with one or two of your friends**

Honestly this is one of my favourite exercises.

Just share with your friends your failures.

You're going to be surprised how much your friends have failed as well. From there, you're going to realize you never had it so bad.

Do it with great pride and joy. Laugh at it even.

Then marvel at how it doesn't actually feel as bad as you thought it would.

I made a whole video of my "failures" and I'm totally glad to show it off. What about you?

Trust me, if you hide from your failures and choose to lay blame (check previous section on taking responsibility) and start making up excuses, people will lose respect for you instead.

## **Failure only comes when you didn't bother to try**

That's the only time you failed.

You fail, for real when you decide to not give yourself a chance to try.

That means just sitting on your ass and hoping success would come without any work or effort.

That being said, do YOU know how far ahead you are compared to others simply because you decided to try and do something for yourself?

Don't be afraid to try. It's okay. Just do it.

Embrace your mistakes. "Fail" all you like.

That's when you know you're doing something profound.

# Eliminate fear by not caring about what others think!

*"Even if you can't believe in yourself, the least you can do is stop believing the bullshit others say to put you down"*

That's how I like to put it.

A lot of us actually have trouble believing in ourselves, thanks to others.

Can you feel the irony in that very sentence?

And it doesn't even have to be the words which come out of their mouths.

Many times, it's our own perception of others and what they may think of us.

Hell, it's not even perception, it could be bordering on paranoia. We actually worry so much that we end up creating the thoughts of others about us!

And such, motivation zero.

Nothing gets done.

## Why do we keep caring about what others think?

Like how we can tend to compare ourselves with others, we're constantly interact and face other people today.

Our actions and the way we think are affected by other people.

And along the way, unfortunately, we forget how incredible we are on our own.

We forget that through our own thoughts and actions we can do amazing things, things which can help us soar. But instead, these "things" are termed deviant or different by others, and they get discouraged because they don't seem to fit in others' way of life.

As a result, others' truths, becomes our truth.

Then we live a lie.



# I cared a lot about what others thought of my dance skills

And it had a negative, cascading effect on me as it I seem to keep taking forever just to learn those moves!

I kept thinking, "Others must think I'm not a good Bboy".

I didn't take part in competitions because I foretold that, "Others would laugh and wonder why I was on stage!".

I soon got fed up about living others' truths.

I found it so ironic that others' mere words and thoughts could put me in such an unmotivated state and ultimately destroy my potential.

I didn't want to end up growing up and look back into regret and lost opportunities.

I learnt a lot on not caring about what others think. It's a tricky path, but let's go for it.

## How to not care about what others think

### **1) Realize that others' truths are not your truth**

They aren't.

What they think or say about you are not facts. They are not even real.

Even if it comes across as hurtful or discouraging, they are nothing but mere opinions and thoughts of you.

It's then totally up to you to make them come true.

Do you want to live a fulfilling prophecy for others? Or list down your own prophecies and create your future?

You're special. You have everything in your power to be awesome. Even real facts you read in the news shouldn't stop you, so why should others' opinions matter?

### **2) Realize what others think are mere words and thoughts**

When I say you've everything in your power to do whatever you want, I literally mean you have your whole body for your own benefit.

You have all your bodily senses, your own mind, your arms and legs to bring you everywhere and a special heart that can connect to yourself and others.

Why then, should mere words and thoughts from others actually paralyze all of that?

It shouldn't.

Use the god-given gifts you've today for your own good.

Words and thoughts from others are just noise, so get rid of them!

This is how I personally view any kind of negative thoughts or words. They're simply that, thoughts and words, and they should not make up my life.

Hell, if a negative thought comes up, logically, I can create and shout new words to replace them right?

### **3) Focus intensely on the state of well-being you should have**

Most people recognize that they're worrying about what others think of them and end up feeling anxious, nervous or uncomfortable.

They leave it as that. They call it "normal".

Forget that. Focus on the best state of well-being you can get for yourself, which is being free and happy.

Ask yourself, do you want to feel anxious and nervous because of others' mere words and thoughts?

Remember that you deserve to be happy and awesome, so focus!

### **4) Focus intensely on the feelings of the outcome you want**

Whenever I worry about what others thought of my Bboying, I end up becoming a nervous wreck and mess up all my routines and moves.

Then I start feeling sorry for myself and wish I did better.

Think about it, what is you want to achieve? Will worrying about what others think of you help bring you closer to that outcome?

I doubt so.

Now, go a step further. Think of the sense of accomplishment and happiness you will get from getting that outcome.

Note: Just try your best to get what you want. Even if you didn't, or "failed", at least you can tell yourself you did your best, which is a huge saving grace compared to feeling regretful.

I know this is a lot easier said than done, but remember, it's not normal to keep caring about what others think of you.

You've a lot of potential within you. So go get shit done!

### **5) Don't be afraid to make mistakes**

Not caring about what others think completely is no easy task for sure, but that's not to say it should stop you from doing anything.

The way I see it, when we focus too much on what others think of us and what we do, we start thinking we have to be perfect in the eyes of others and that we aren't allowed to make mistakes.

But who is perfect really?

No one.

So, don't be afraid to make mistakes. Go and "FAIL".

Don't let others' words or thoughts become the standard you think you need to live up to.

You are bound to make mistakes, like everybody else.

Stop worrying, focus intensely on what you want and just go with it.

It will be a lot easier as it goes along.

## **Bonus**

Well not caring about others think is a tricky and complicated issue that spreads all around.

Different people lead different lives and have all sorts of scenarios around people.

That's why I came up with a comprehensive list of things you can tell yourself to not care about what others think.

Check it out [right here!](#)

Remember this...

If you want to motivate yourself and start getting things done, it all comes from you and only you.

With that, your own thoughts and experiences.

Does it make sense then to care about what others think of you? Will their own thoughts and experiences help at all?

No.

# The ONE Cure For Fear

Ahh fear.

**In this part, I'll give a simple affirmation/statement to put in your head to remind yourself everyday what it takes to get rid of fear.**

Everyone's greatest enemy.

It paralyzes you and then you can't get anything done.

You leave it as that.

The problem with fear is that the solutions are always out of context.

How often have you heard, "Just do it!" as if it's so damn easy?

The solution to fear is always treated with a lack of empathy. We're all emotional creatures... so some sympathy is in order.

Some knowledge is needed to. Allow me.

## There is only one cure for fear

And it's knowledge.

As long as you know what will come next, your fears would most definitely disappear.

It'd help. It's only natural to feel at ease when you know what'd happen next, so you can either enjoy and celebrate if things turn out right, or take it easy as it probably wouldn't be that bad.

Remember, problems don't cause stress or fear. It's your perception of it.

Now, for the sake of simplicity, just remember that the cure for fear is simple.

Let's go.

## How to get over your fears

1) Stop fighting fear!

Let's go deeper and give more background on the concept of fear.

Fear isn't the crushing feeling that puts you in your place. It isn't that crazy, awkward, uncomfortable feeling that makes you feel so small.

Fear does not make you FEEL any of that.

# Fear is a very natural thing

Fear keeps you alert.

That's all.

Fear is your sensible nature speaking to you, telling you not to do something stupid like, "Jump off 4th storey" or "Go cut yourself with knife".

Does it feel scary or uncomfortable when you think about it?

I doubt it.

What then, makes you feel so messed up inside?

It's in the conflict that arises inside of you when you try to fight that fear.

Imagine just thinking about jumping off the 4th storey now. Think about how you're at the edge, looking down. The wind is blowing. Your feet is precariously close to slipping off. Think about all the blood and broken bones when you land.

Then, try to justify it further with something like, "It's only 4 stories", and if you don't do it, your friends will laugh at you.

See what I did there?

It's an elaborate slideshow of imagination, justification and visualization. It certainly exaggerates, but, this may shock you, you do it every, single day.

You exaggerate every day when you ask, "What if?" What if? What if?".

Familiar?

Stop fighting fear. Period.

I heard before that, "Resentment is the poison I drink hoping you'd die."

I say fear is giving that poison a good stirring.

## **2) Breaking down "Just do it"**

I don't like clichés, but Just Do it works.

The problem is that nobody cares to elaborate.

Here's how you Just Do it.

- Take tiny steps, as with the previous section. This tiny step should not be that hard.
- With that in mind, stop thinking about the ultimate outcome you want to achieve. Only focus on this particular baby step, try your best, work hard and see what you can get out of it.

- Keep going with the baby steps. Yes, it's going to seem insignificant, but that's whole idea of taking baby steps. You're supposed to do it one at a time, until you reach the end. When you're there, you'd realized how much you've achieved.

One of my first baby steps to dancing in front of other was standing near the dance circle, psyching myself up. I didn't even think of jumping into the circle. It sounds weird, to make a big deal out of standing there, psyching and hyping myself up (hilarious even). But at least I did something. And it helped major. Then I told myself to jump in.

- Now, this is the most important part: You've to go home and recognize the progress you made, small or big.

The problem with fear is that we unknowingly create the conflict, mentioned in point (1) inside of us and then we go down the negative path in both our heads and with our feelings. We start to feel like shit and stop thinking that progress is possible.

So despite making some baby step-sized progress, we belittle it. We think it's nothing as we did not achieve the ultimate outcome and allow the conflict inside to overwhelm us.

That is why when fears sets in, you're like, "Oh my god that was so embarrassing", "Why did I even bother to try?" and "I'm a loser".

Stop all of that.

Instead, go home, recognize the baby steps you took and acknowledge that you made some progress.

Think, "I did this today. Next time, I'll try a little harder" and at least let that seep into the unease you're probably feeling and let it be your light.

Then go sleep on it.

### **3) You cannot escape the fearful period**

If you want to get over your fears, you're going to have to put in effort to Just Do It, and it's initially not going to feel that great.

It's your fear after all, and you most likely suffer from that conflict inside from time to time, if not all the time.

Sounds daunting? It is.

If anything, the purpose of this point is to make sure you realize that getting over your fear is not an easy thing, so forget about garbage like overnight cures, magic pills or whatever hypnosis.

I'm not trying to debunk other fear "gurus" or methodology. Heck, if someone was cured of his fears overnight somehow through hypnosis (or even religion), that's great! But see how he made those steps to actually get to that point? He then becomes fearless, which is awesome, but that's not to say his journey was easy.

So welcome the pain. You can't escape it. You got to put in effort and work hard.

Now, again, sounds daunting? Doesn't have to be. Refer to above.

#### **4) It gets easier**

Good news! It gets easier!

I don't know why, for whatever it is, when it comes to challenges, overcoming obstacles and shit, they don't mention how much easier it gets given time.

It does!

We get so caught up by the enormity of the situation and put in so much emphasis on the How-To, that we think it's always so complicated and supposedly difficult. Hell, then we think that's all good cause "The Journey is the reward".

It may be that way at first, but it really gets easier as it goes along. So that scary feeling from the conflict? It gets better, by a lot.

How easy do you want it to be? How fast do you want to get over your fears?

It's up to you. Refer to above again.

Fear is honestly just some tangible idea that shouldn't get in the way of what you want to accomplish in life.

The fearful feeling paralyzes people, even before they start.

It doesn't have to be that way.

Don't be afraid of fear. Go get stuff done.

# Get over the fear with a Leap of Faith

As far as I'm concerned with the leap of faith, it's the most tired advice ever!

Like fear, it's mostly given with zero context.

When people say, "Take the leap of faith", they think it's so easy.

More often than not, people who've successfully taken the leap of faith are practically forced into it, like finally leaving a job they hate after a quarrel with their boss.

Or finally leaving a relationship from a partner you love, but you know the relationship wasn't going anywhere.

The transition, the leap is not smooth, but done nonetheless.

And they call that easy.

Well it is, but not really.

## The leap is your calling

It works as a sign.

When you actually do hit a point, your crossroads, your hardest decision ever or whatever, it is a sign for you to actually take it.

It is NOT there for you decide, think of analyze. It's there for you to take it.

You're only deciding because of what the world or other people say, also known as discouragement.

Just a while back, I had a hard time deciding whether I should leave my part-time job at a club. I was just very scared of losing my income, but the job was getting overwhelmingly negative.

Then a close friend told me this:

*"When it comes to life-changing decisions, weighing the pros and cons rarely work. They only work for your day-to-day decisions over minor stuff. Making a huge, life-changing decision require inspiration, courage and true gut-checks". There're tons of people in the*



*world who 'found stable income' and 'transitioned smoothly' elsewhere, but there's also tons of people who made bold, scary decisions and rose up from that."*

I've been extremely grateful for that.

So you see, sometimes you just have to get out of your comfort zone and really make that change.

Yes, it's not going to feel good. In fact, there's that pain period too.

That's why it's called getting out of your comfort zone.

## Never let your head get in the way

Okay, so how often do you allow your head make your decisions, when your heart wants to do something?

You want to listen to your head, to be sure you're careful.

Now let me tell you this: **The head worries about EVERYTHING!**

It doesn't worry a little bit, it doesn't not trying to be sensible, and it's not precaution.

The head is always ready to worry any time!

The leap of faith is not dangerous. It's not crazy or insane either. I never mentioned anything about it being reckless or foolhardy. Never!

By all means, take the necessary steps, precaution or guidance you need, but never let your head trick you into thinking you can't do something.

At the very least, make sure what little thing you're doing is moving you forward.

The head always asks, "What if?" eventually, but the heart says... well it actually doesn't say a damn thing because you just feel it. And when you do, that's your truth (passion).

How to take the leap of faith

### **1) You just do it.**

Want some more help?

### **2) Stop what you're doing. Breathe. Relax. Meditate a little. Sleep on it.**

Wake up.

Jump.

# Feeling Confident with the right people in life

*"I think it's important to get your surroundings as well as yourself into a positive state - meaning surround yourself with positive people, not the kind who are negative and jealous of everything you do."- Heidi Klum*

This chapter is all about creating an environment of good people around you.

**You want to revive your confidence?! Then hack the people AROUND you.**

It's not about approaching people, getting to know strangers or learning how to talk to them even.

It's simply about the basic concept of making sure you are with the right people, all the time.

Read Heidi Klum's quote again. Does it sound simple? It is right, especially when it is staring at you right in the face.

Yet so many of us don't get it.

And we don't live it.

A lot of people don't realize it, but due to their surroundings, the bad people, the assholes, the irritating friends, it's actually taking a major toll on their own state of being.

Much of the passion and enthusiasm I have on living a free, passionate life are created from the people I am with.

I'm always with other Bboys, but this isn't just about being with like-minded people who have the same passion. These other Bboys are friends whom I've come to love and respect, and I know they'd support me in any way.

I feel respected.

I feel totally positive.

I feel safe, in a place where nothing can go wrong.

That's how great being surrounded by good people can be.

# Are your emotions your own?

Very often in life a lot of us feel a series of negative emotions because of the people around us.

We get sad because of the sad people around us.

We get angry because someone is putting us down, or constantly insulting you.

We feel frustrated and repressed as we don't really get to say our piece. We are made to hold back.

The sad part is... our true potential as a person can be blocked because of the people around us. Our unique talents, our natural abilities, our greatest-self when we're happiest can be covered up.

The even sadder part is... a lot of us don't realize this and actually start to believe in whatever that is around us.

## Why we are not surrounded by positive people

It's because we're making a lot of excuses.

We got to go work. It's not easy to just up and quit a job on the spot, hence we deal with the incompetent and unreasonable boss at work.

How often have you hung around with friends, and inside the social circle that's there one person you really dislike? That person annoys you like hell, but because you don't want to come across as a petty, sensitive person, you just deal with it.

Excuses are one thing, but it becomes a very dangerous idea when we actually believe that we have no choice in who we want to surround ourselves with!

We actually believe we are powerless to this. We believe that we've no choice but to feel a certain negative way because of our way of life.

Have you ever told yourself something like, "Oh well it's pretty normal. Everyone else is doing the same" when you aren't happy with someone?

## Hanging out with good people is an active choice

As with life, it's always your own responsibility to decide how happy or positive you want to be.

No one else, and nothing else, even your job should be an excuse to how you feel.

Now, I know it's hard to live life the way you want in this world today, what with all the rules instilled by society.

No one is asking you to quit your job like me, but surrounding yourself with positive people is one of the best things you can do for yourself and your happiness.

It's like a little life hack many of us overlook. Gaining confidence and believing in yourself can have outside origins too you know.

# How to surround yourself with positive people

## **1) Realize that your emotions are your own**

Look around you. Are you always with people you do not like or don't care for?

Now, has it come to a point where the mere sight of someone annoys you? Does the sound of that person's voice instantly makes you think it's going to be a bad day?

Then it's time to do something about it.

Work this in your mind: Your emotions belong to you. You're human, just like everyone else, but other people shouldn't decide how happy you want to be.

If you allow that, do you see the irony in that?

## **2) Stick to your own values and beliefs**

Who annoys you? What kind of characteristics in a person do you value? What kind of activities do you and only you like to do?

Write them down, and then ask yourself if your friends or whoever you hang out with actually have these values. Are you also tagging along with people to do stuff you really like or care for?

If any of these disagree with you, acknowledge that, and stick to it.

Don't give up or compromise your values to a large extent just because others tell you something else.

E.g. Maybe a certain someone constantly puts you down and it really annoys you deep down, makes you angry even. However, other friends are telling you, "Oh he doesn't mean it. He's actually a nice guy".

You then push aside whatever annoyance you have to tolerate that someone...

... Yet you still feel the annoyance and anger.

Don't do that. Don't push aside what you truly believe in.

I ALWAYS recognize what I'm feeling with whoever I am with. If I don't like what I'm feeling, I leave. It's as simple as that.

### **3) Then, block them out**

If you can't just up and quit your job, or just dismiss yourself from a social circle just like that, at least do yourself a favour and block out the negative people.

Realize that these negative people are just mere specks in your life.

You do not need to listen to them.

You do not need to believe them.

And you do not need to acknowledge them.

If you're annoyed or affected by them, realize that they're not your friends. They are not here to stay in your life. They're just passing by with their own insecurities.

Focus instead on the good people, the people you like and care for.

### **4) Get out there**

And start opening yourselves up to different environments. Leave the house, don't be cooped up at home!

Maybe you got to work every day, but your office isn't your home either.

Remember in the previous chapter about passion igniting from interest?

Okay so, for whatever that interests you, you may want to head to the place where you learn this new passion-to-be and in turn be surrounded by like-minded people. You'd stand a better chance in being with people who'd respect you.

Also, go to places which logically holds more positive people. E.g. you'd more likely meet nicer people in a yoga class than say, a night club. Of course, unique people vary and are everywhere, but at least give yourself that little boost in chance to meet the right people.

### **5) \*For those ready to be EXTREME: Be extreme**

Now this is for those who are ready to be extreme, the ones who are ready to quit their job in a fit or not hang around with an imperfect bunch of apples.

It may sound scary, but guess what? The results may surprise you with how liberating it can be.

We get so caught up with the rules of how life "must" work, that when we take a different turn, we forget how happy we can actually be; how great we can truly be with the right people or even on our own.

So would you do it?

Would you quit your job to avoid that incompetent boss at work?

Would you be willing to give the ultimatum to your friends that you will not be around anymore if this or that person is around?

(I did all of the above. I've zero regrets).

It may take little steps, but taking a leap of faith in the unknown may be just what you actually need to do.

So get out of your comfort zone, and try.

In the words of my favourite bloggers, Leo Babauta:

"Apathy is found within the comfort zone,  
greatness lives outside of it."

Apathy = making excuses

Makes sense?

# How to not Fear People

I personally find that a lot of people have fear in their lives because of the people around them.

They get so scared of people.

They are scared of bosses, attractive-looking people, their own friends or even their own parents.

It's about time you start to realize that you don't have to fear anybody, because you're a wonderful person yourself.

Time to get rid of that fear and be confident!

**Have you ever looked up to someone, a lot?**

I did.

And I did it for superficial reasons.

When I was in grade school, I would want to hang out with the cool, popular guy because he was smart and came up with the funniest shit.

In the blogosphere, I was always keen to learn from successful entrepreneurs since they were established and rolling in the money.

When I met a hot girl at the club... yeah I don't think I need to explain anything here. I basically worshipped the ground she walked on cause she was gorgeous.

I put these guys up on a pedestal.

As a result? When I talked to these guys, I felt like an awkward little kid. I watched every single word I was saying as I did not want to offend them. I also tried to urgently come up with creative things to talk about in order to impress them.

It didn't do much for my confidence.

Does this sound familiar to you guys?

## We raise them up

You may or may not realize it, but often our social confidence are affected strongly solely because we put "popular" people ahead of us.

Or worse, we deduce that they're better people in every way.

It's pretty easy to fall prey to this especially when you feel like you've nothing going on for you.

As such, you get attracted to power derived from superficial values (money and looks).

## The club opened my eyes...

Working in the club exposed me to all sorts of people.

The rich, the beautiful, the drunkards, the weirdos and many more.

And guess what? These personalities are mostly intertwined.

The club environment treated me to an extreme view of people, where they act and behave differently according to their circumstances.

### **For example:**

Rich VIPs? One of them I knew got into a fight. Rumour has it he has left the country as he wanted to escape jail time. It was a serious case as he stabbed someone with a broken bottle.

Attractive women? I've seen them drunk and passed out by the road, exposing their undergarments.

Tough-looking, "gangtas" guys with bodies decorated with tattoos? Some of them are the most polite and courteous people I've ever received at the club.

## Removing the pedestal

The simple message here would be not to judge people, as most people would teach.

But let's go a little deeper.

Again, your social confidence is knocked down a notch the minute you put people up on a pedestal.

You're blindsided from what's truly going on. You don't get to see what's "behind the scenes" of these guys.

Remove the pedestal completely and start treating people as equals.

Who're these people? Your boss? Your girlfriend? Your friend with the new sports car?

Superficial tools like money, clothes, jewellery or status will not last long in terms of retaining respect and attraction.

If you witness popular people at their worse in front of you, it'd definitely change your view on them as how they truly are as people may conflict your own beliefs and values.



I was treated to all of these at the clubs. The effect was amplified as it all happened in front of me.

But you do not have to go through what I did in person to realize that tools don't make a person.

Instead, believe in yourself and stick to your beliefs. Hold on to your principles and never let go of them.

Remember, at the end of the day, we're all human. Everyone may be caught up by the "rules" of society and how we view people, but we all have our own stories as we're brought up differently.

**Just imagine:** Whoever it is you look up to, right now. No matter how awesome or cool you think that person is... he or she has a bad side or has done something you wouldn't agree with.

What if that gorgeous girl you always wanted to go out with treated the waiter like crap?

What if your CEO, highly respected in the office has some shady, unethical business at the side?

And yes, these are all 100%, perfect possibilities cause nobody is perfect! You just don't SEE IT.

So never undervalue yourself just because you think someone appears to be cool or better.

You're pretty much the same. You just need to uncover that.

### **Your takeaway:**

For whoever you meet, treat them as equals. Destroy the pedestal of superficiality as you never know what they are really like.

People commonly teach, "Don't judge" in terms of not making rash judgment that belittle others. I say, on the flipside, don't judge people to be of any kind of importance or value just because of their tools.

Consider the possibility that the person may not be someone you'd respect at all, or even like.

Consider the possibility you're innately a better person compared to them.

What're your values? What're your principles? What do you believe in? Hold on to them and never compromise them for anybody.

That's opening your mind on a reverse level.

Lastly, just because you can't see something ("popular" people's flaws) doesn't mean it doesn't exist.

# Fear of making mistakes?

## This story is for you

### **The story of a friend who turned out to be a loser**

Let me tell you the tale of a friend I used to have. He's dead to me now. I don't even acknowledge his existence. Heck, I don't even want to write down his name here as that'd bring down the value of this book.

That's how much respect I have for him: Zero.

We used to be close.

He was a social butterfly. He knew what to say in large groups. He knew how to approach girls. And he knew how to make people laugh.

He was the embodiment of what I thought was real social confidence.

## And then one day, he lost all his friends in an instant...

I'm not exaggerating.

You see, this butterfly abused his confidence in meeting girls, so much so he kept cheating on his girlfriend back then. He must have slept with more than five other girls.

What disgusted me was that he justified his actions all the time. Excuses like, "I was drunk" and even, "Infidelity is okay. Cheers to it!" came out of his mouth.

Being a friend back then, I felt it wasn't my affair. I did nothing.

## Fast forward a few years

, his group of friends from college found out about his shenanigans.

This particular group of friends were, well, let's just say were a more idealistic bunch with a strong moral compass.

They felt they had to do something about it.

They gathered together one day. Met up with the girlfriend of the butterfly and told her everything.

## The shit hit the fan there and then of course.

I did nothing to intervene. I felt he definitely needed to learn something about morality and being a good person.

I decided I'd talk to him after the storm calmed itself down.

## This was the result of him trying to "learn"

-He denied everything to her and came up with a ton of desperate excuses including, "I'm a Catholic and I don't do such things" and "I swear on my parents I have never cheated in my life"

(The above quotes are all real text messages sent to her. She showed them to me as she felt confused about the truth and wanted to forgive him. I stepped in only then).

-He blamed me for not covering up his crap and said I should've lied for him (also texted to her).

To this day, he has been trying to get attention the wrong way, like bitching about me behind my back (not that I care) to some people while telling others he wants me to forgive him. At the same time, he has blocked his "enemies", as he put it on Facebook.

I dropped his friendship immediately. I never looked back once.

## Putting on a facade is not social confidence

This is a very real story that shows a poor display of character.

As I talked about earlier, you never know what is really going on in a person's life.

Everyone screws up from time to time and even has their moments of desperation, but how you act upon it and make your choices after that show your true colors.

What's this got to do with social confidence? Well, it's about earning respect right?

I've seen many people fooled by the fun-loving exterior that loser once had, only to be shocked by how low he went.

That is not social confidence.

That is a facade.

True social confidence doesn't stem from perfection.

It comes from having complete comfort and peace of mind just by being the person you are, flaws and everything included.

And that's what we're going to explore here, knowing that you're bound to make mistakes and what we can do about it to boost your own self-esteem, hence your confidence around people.

## **What to do when you screw up**

### **1) Own up, make your apologies**

Yes. Own up.

Admit you're wrong. No matter how severe it is, just admit that you're wrong and willing to make amends.

The simple words, "I'm sorry" makes a lot of difference in people's impression of you. It also shows you aren't self-centred.

Apologizing does not lower yourself from others.

### **2) Don't harp on it**

Apologies and amends done?

Then it's time to move on.

You can't harp on it for too long.

Learn, and just keep going forward and take extra steps to not make that same mistake again.

The worst thing you can do for yourself is to keep bringing up the matter to others in hopes of seeking validation. It'd only reflect on how insecure you are and that's not worthy of respect.

If a person constantly reminds you of your screw-up(s) and wants you to be known for that all the time, then he's not a real friend and not worthy of respect either, by which case you should just drop him and stop talking to him.

A real friend helps you out and allows you to grow. He doesn't put himself on a pedestal.

### **3) Realize everyone else is also flawed**

Yes, here comes a cliché: Nobody's perfect.

What I want you to think about instead, for whatever anxiety or nerves you feel when around people, note that everyone else feels that very same feeling at some point in their lives.

So, everyone has been there. You aren't ever alone! If there was a pedestal, everyone's on the same one.

#### **4) It's most likely not a big deal**

It never really is.

It's you and your mind blowing it out of proportion.

It's only a big deal if it's of the same level of shit like the friend I used to have above, and that's still okay if you own up to it.

Just relax, and keep looking forward.

**The whole point** of this section is about not letting little mistakes and flaws get in the way of your own confidence.

You got to accept them and realize they're part of you and make you who you are.

How you act upon them is crucial in earning the respect of others. And when you earn that respect, they'd be more than willing to accept you for who you are.

The comfort gap would also be bridged, as others would in turn feel a sense of ease knowing that they don't have to hide their own flaws.

This personally works very well for me. It feels great knowing that I'm interacting with equals; people who're willing to open up to me, and they do.

I never put on a facade like that loser did.

There're no tricks or tools here.

We're here to meet equals. Not attract followers.

Gain confidence by not  
letting negative people get  
you

## Assholes are everywhere

And plenty of them like to roam inside a club.

I've been through all sorts.

Drunk guys threatening to fight with me just because they were not allowed in the VIP area.

Douchebags touching my girlfriend in front of my very eyes.

Stuck up bitches giving me condescending looks as they tell me, "We're models".

Random fellas thinking they deserve special treatment because they namedrop some random guy or even their own father.

You name it. I had to deal with it.

## The pedestal at its peak

This is where we go straight into the heart of negativity.

Sometimes, social confidence die down due to the negative emotions you have, be it anger, frustration or sadness.

Having your strength and positivity sapped from within can be extremely demoralizing. What more of the fact that it's not exactly your fault since you were just being you and outsiders just come into your life for no apparent reason.

Life is just unfair right?

# Bringing acceptance to a higher level

Yes, there're assholes everywhere.

Everyone in any part of this world will definitely have to meet and encounter their own set of assholes from to time.

It is inevitable.

It could be a random stranger, a backstabbing colleague or even someone inside your family.

It happens.

I've met and interacted with people with low social confidence simply due to a bad experience with people or that someone is hounding them.

Extreme cases of bullying, cyberbullying and being cheated by your spouse come to mind.

That's the pedestal at its peak.

And people have trouble overcoming this as they feel helpless and unsure of what to do.

Ideas of, "Life is unfair", "Life is just like that" and "You just going to have deal with it" are rampant.

## But that doesn't mean you need to accept it like a slave.

Don't EVER just take it in and be subservient to the world and the bad people it shelters.

Don't give in and think you're powerless to do nothing about it.

Your self-esteem, hence social confidence is at stake here.

I'm going to break it down for you so you can deal with this better.

These steps worked for me. I created them on my own and they'll help you out.

Relax, it's not like you need to see a psychiatrist or anything like that here.

You just need a shift in thinking.

## How to deal with assholes and negative people

**1) Know that every attack is a cry for help**

When someone out there gives you a problem, it's easy to think that they "win" or got off scot free. It's also super aggravating to think that justice wasn't served.

Don't think like that. It's time for a shift.

## Every attack is a cry for help!

People act like assholes to fill in a void within them. They have so much repressed energy and emotions that they have to take it out on others.

This is a very self-destructive path assholes take and it's an endless one for them.

Why do they do this? Cause they've no idea how to deal with it. Plus, more equally self-destructive people surround them (abusive parents, bullies), hurting them and never helping them.

They basically have no love in their lives, or at the very least in the issue they're trying to deal with.

### **2) Pity them**

Don't take it as if they won or got away with it.

They didn't win anything.

They definitely are not jumping for joy or revelling in the fact that they brought you down.

It MAY look like it on the outside, but they don't feel that way.

At the very most, what they feel is bittersweet.

When these assholes are **SHOWING** that they won, it's because they feel a need to validate themselves hence need the attention for what they did.

This is why bullies act like idiots all the time as they high-five their simpleton friends, who aren't even their real friends actually.

And when they go home, they go back to anger or sadness.

They **ALWAYS** wonder why they turn out like that. (Go back to the story of that loser of a friend I used to have. He cried at night alone when she left him. Yes, that was another text shown to me. See what a social butterfly resorts to at his lowest).

So pity them. I'm not asking you to become best friends with them. Just know that where they come from is a dark place and it has zero power over you.

### **3) Then just ignore them**

With zero power over you, it's easy to ignore them. Right?

I know it's cliché and annoying when people tell you to ignore and simply "let it go", as if it's so easy.



But now you know that assholes come from a dark place where they themselves suffer way more. Please remember that.

#### **4) Always tell yourself, "I don't want to be miserable"**

That's the only thing I tell myself.

It helps keeps things in perspective.

When angry or sad, it's easy to have your own thoughts go awry.

You want revenge when pissed, "I'm going to kill him!".

You start to doubt yourself when sad, "I'm useless like they said".

Stop it.

The negative train of thought only leads to a wreck.

You're going to have to cut it out.

Tell yourself now, **"I don't want to be miserable"**.

Like them.

You're not like them. You're a good person who recognizes his own shit and seek healthy ways to improve. You will never harm others.

Miserable is getting pissed over a Facebook comment.

Miserable is going into a road rage when someone cuts you off.

Miserable is throwing a fit over unexpected shitty weather.

Miserable is taking it out on others and realizing it only hurts yourself more.

You don't want to be miserable. You want to be better.

#### **5) Stop exaggerating**

Is the WORLD filled with assholes?

Is your life ALWAYS unfair?

Are things NEVER going to get better?

Is that guy at the reunion going to ruin your ENTIRE night?

This is overcrowding the negative train.

You're going to stop it now.

Keep things in perspectives and start focusing on how you can improve your own life.

#### **6) Go help them**

Knowing that these assholes are suffering, you can also choose to help them.

Something very difficult even for myself since I'm not that magnanimous and tend to be quite angry sometimes.

It may be hard, paradoxical even, but when you choose to help and make positive spin out of things, only good will arise out of it.

That's breaking down the pedestal at one go.

**Negative people and assholes are a downer**, but there's really no reason why you should let others live your life.

Heading out and meeting people is all about opening up and having fun.

That has always been the original intent, but some people decided to mess it all up along the way.

It's their loss. Never yours.

# A Confidence Hack: Surround Yourself With People You Care For ONLY

This is a little external hack in expanding social confidence.

It's all about making the active choice in being with people you like and care for.

It's all about surrounding yourself with the people you want.

## The arrogant but successful entrepreneurs

In all my years as a blogger, I've met and connected with several online entrepreneurs.

They're all successful. They make lots of money and have a huge list. They can also teach people the steps on becoming successful.

But a lot of them I know are arrogant, annoying douchebags.

Successful entrepreneurs seem to have it in their heads that they're never wrong and they get to teach people without being asked.

And they don't realize they come across as super arrogant.

I used to listen to them.

I suffered their condescending remarks and endured them thinking that I could learn and gain something.

I didn't.

The only thing I gained was a bad taste in my mouth and feeling annoyed.

# I'm "that guy"

This is where I reveal to you where I'm kind of like "that guy".

You see, I'm very extreme when it comes to selecting the people I want to be with.

By extreme, I mean 100% all in with all my heart.

I become "that guy", when I don't bother turning up for meetups or events for only one reason:

**When there's someone there I don't like.**

That's all.

I've skipped weddings, reunions and birthdays just because there's always that one person I do not wish to see.

In meeting and connecting with other bloggers online, so long as I don't feel good talking to them, I block and cut them off immediately.

And yes, I know this sounds totally sensitive and petty, which I do admit that I come across as.

But despite that, I can tell you why my social confidence is always high just by being selective of who I want to be with in life.

It starts with the fact that surrounding yourself with positive people is a very flawed and misunderstood idea.

# Surrounding yourself with positive people is a cliché

Go read any self-help book or listen to some "guru" speak and the topic of surrounding yourself with positive people will turn up.

Surround yourself with positive people so you can create a good environment of positivity which can in turn lift you up.

That's the cliché.

The problem with it is that "positivity" is often misunderstood, that people keep listening to others to find out what's the meaning of positivity instead of listening to their heart; their feelings.

Can you honestly tell me right now, what is considered a positive person and the reason why you want to be around him or her?

Most people think it's about being with someone to reap a certain benefit.

That means to say, as long as you can get something out of the relationship, that means it's a positive relationship.

## That's bullshit.

Being with a positive person isn't about reaping a benefit or reward.

Many people today are suffering because they have their eyes on the prize so much that they forget about how they truly feel. They even disregard the fact that they feel like shit.

Just like how your feelings matter the most to you, who you choose to be with should matter 100%

## How to surround yourself with people you care for only

### **1) The first rule is recognizing how you feel**

Whoever you meet, recognize how you feel about him or her.

Never push back on how you truly feel despite whatever that's going on.

If you feel annoyed with someone, admit it.

If you think this or that person is an idiot, just say so.

If you think you aren't enjoying yourself at a party or whatever, then show it.

Remember, how you feel is the most important thing ever and you should never disregard that.

Cause if you do, people are just going to take advantage of that.

### **2) Stop making excuses**

Too often too many people make up excuses for the people they're around with.

Have you ever disliked someone, but you tolerate him or her anyway because of some skewed idea of goodness?

"Oh he's not so bad. I remember that one time he actually said thank you".

Have you ever met a successful but arrogant entrepreneur yourself?

"He has the right to be like that cause he's successful. Besides, I have a small chance of gaining his contacts".

Stop making up excuses! It's bullshit!

Recognize how you feel. If you don't even feel great, then forget it. Drop it all and leave.

Dealing with someone with the tiny silver lining of him or her being a positive addition in your life is tiring and a waste of time.

Besides, if you can't be at your best with someone, you aren't going to contribute much or even get people to like you anyway.

### **3) Then go all in**

This the only time you're allowed to go "all in"!

Put in all you got. Don't hold back.

Street Smart Social is about going for the kill, going for 100% and not letting some ideas get in the way of what you truly want and who you truly are.

So go all in when it comes to choosing who you want to be with in life.

Should you continue talking to an arrogant albeit successful person just because he may help you next time? No, forget it. You don't need to endure his bullshit remarks on you which is he just doing to make himself feel good.

Should you go for that event where that guy you don't like is going? No, I don't think so. Why spend a few hours being annoyed just so you think you need to fulfil some half-hearted obligation?

Should you continue working a job for the money even though your boss is an asshole? You tell me...

The point here is: Surrounding yourself with positive people isn't about reaping a benefit or doing it in a way which is based on others' ideas.

It should be based on how you feel.

Tolerating someone's flaws is okay, but doing it to the point of forgetting how you feel is unforgivable to yourself.

### **4) Surrounding yourself with positive people is a task**

That means to say, it's your job to go find those people. It's about getting out there to be with those people.

It's NOT about laying down on your ass and then hoping you attract them simply by being you.

Being yourself is cool, but some work is in order to know the right people in life.

Besides, crossing paths with assholes is inevitable (not that you should blame yourself for attracting them) so you need to do something about it.

# **Obligation will never trump purpose.** That's how it is in life.

I want you to remember that when it comes to surrounding yourself with positive people.

It's an active choice, not just simply being yourself and hoping you'd attract the good people.

Remember, people can be assholes and you're bound to meet some of them along the way.

Surrounding yourself with positive people is the biggest favour you can do for yourself in gaining awesome social confidence.

Many of you don't realize it, but the problem doesn't have anything to do with the self. It's because of the people and the environment you're in.

I ain't asking you to simply wake up tomorrow and tell your boss, "Screw you! I quit!", but remember that who you want to be with is entirely up to you.

The people I am with today are friends I feel completely safe with. These are people whom I know value my opinion and respect me for who I am. I NEVER feel annoyed or angry around them.

There are no pedestals. Only comfort.

You can do the same for yourself, easily.

# Becoming the best version of yourself

## I'm a bit of an asshole

That I am.

I'm a real stickler for manners, so if anybody I meet for the first time comes off as really rude, I don't give them a chance at all. I literally turn my back on them and give curt replies. Or I just walk away.

They say that in blogging, you ought to be nice to your readers and listen to all their comments. I took some time off once to scold readers who had less-than-nice comments. I really fucked them up and I enjoyed it.

And as I mentioned earlier, sometimes I'm "that guy". I don't ever show up for gatherings unless I'm 100% sure I like everyone there. My friends have to abide by this or I'm gone.

## What's this got to do with social confidence?

You see, I'm a self-proclaimed asshole who has his idiosyncrasies and "rules", which are in STONE.

It's far from the perfect image of a confident guy who's friendly and open to all sorts of people in life.

And that's my point.

## You need to become the best version of yourself, decided by you.

That's what social confidence is all about.



By gaining real world experience and interacting with real people to gain real lessons in life, you're going to have to create your own journey and find that destination yourself.

In fact, that destination will probably change when you're getting out there.

I'm perfectly fine with being an asshole. I'm perfectly fine when someone has a problem with me and I'm fine knowing that I make my own mistakes.

That's the person I am. That's how I BEAM with pride.

You're going to want the same.

**It's up to you.** As I mentioned previously in the last section. Don't take it from me. What is "best" to you is something only you can decide.

What degree of comfort you want around the people you want to choose is up to you.

Who you want to be too is your choice.

Maybe you're the super nice person who constantly goes out of his way for others.

Maybe you prefer to be alone 90% of your life.

Maybe you just want to play World of Warcraft and socialize online only. Heck, you can be GREAT at it.

You need to recognize deep down who it is inside of you aka your best version and never let it go.

So, don't let what others think of you decide who you are.

Don't let ideas of social confidence taught by others cut through and tear down your beliefs and principles, not even ideas from me.

**It never stops either.** So long as you're alive, you're going to keep meeting people.

Decide who you want to be, and act accordingly.

Learn and then evolve. You'll evolve based on the things and people around you. That's called growing up.

The best version of yourself lies outside your comfort zone. That person is waiting.

Go for it.

# Shifting Your Thoughts The Right Way With The Law Of Attraction

Alright let's start this book with a "heavy" subject. You want to eliminate fear and confidence? Then it's time to start shifting your thoughts and ultimately your perspective.

## The Law of Attraction.

I know man. It's some confusing shit! We've self-help "gurus" out there who promote the hell out of this. We have bloggers who go on and on about this.

The biggest claim of them all? That if you use the Law of Attraction, all your problems will be solved.

If you've watched "The Secret", as promoted by Oprah Winfrey herself, you'd know how "out there" it is.

What is the Law of Attraction?

It basically means: Whatever you think of, it becomes. So whatever it is you want, you think about it and boom, it's yours. Why? Because this is how the universe supposedly works.

The Secret portrayed the universe as a genie. Make your wish and the universe will grant it.

Pfft. Yeah right.

## Okay so here's how it really is-

It works on SOME level, but definitely not in the way that most mainstream teachers have taught.

I personally don't believe that life is that easy. Come on.

Why be confused even further with this law that's supposedly going to help us then?

If you're like me a.k.a. a totally normal person, you'd have had the following thoughts in your head:

Me thinking, "Okay man. Let's use the law of attraction and start thinking up some stuff. Let me see... ok... I want to be happier."

"I don't want to be angry..."

"I don't want to be angry..."

"I don't want to be angry... whoa whoa hold the fuck up! I shouldn't be using the word, 'don't!' That contains negative energy or whatever. Shit! I just used the 'N' word! Oh my god, I just swore! Fuck!"

"Alright let me change all of that! I want positivity. I want happiness. I want more money. I want a brand new car. I also want a hot girlfriend..."

**"Strange... I don't see any new car, hot girlfriend or more money."**

"Ohh yeah. It is taught that when things don't show up, I need to really feel deep within. I need to truly find out what is it that's going on in my life. It isn't the universe fault. I guess I've been lying to myself."

"But it also teaches that best form of energy is through gratitude. I should be thankful then."

"Okay I'm thankful for my mom, my brother, the shelter over my head, food on the table and the many friends I have. Yep. Let them energy get out there!"

**"But, why is it I still feel like shit?"**

End scene.

Sounds familiar guys?

It can be confusing huh?

## Our need for a solution may be more harmful than we think

Which is really ironic.

All too often, we seek knowledge to better ourselves, but knowledge alone is never enough.

Knowledge, when not applied is useless. Same goes to when you aren't even sure how to use it.

Thus with the law of attraction, a supposedly powerful tool the universe as provided us, there's much to learn about it.

Maybe you've been taking it too literally, or maybe you don't know how to use it.

I don't speak for everyone, but here's a real look on all these new-agey stuff and how you can really use it, as normal, fallible humans.

## Here's how you really use the law of attraction

### 1) Never, ever deny how you really feel

When it comes to affirmations or expressing gratitude in life for the sake of attracting the good stuff, I find that a lot of people go into a slippery state of denial.

To stop feeling a certain way and wanting to get something better, you start repeating some affirmation to feel better when deep down, you know it hurts.

Nah.

Jumping right into the affirmations isn't going to help like that. Actively chanting, "I'm happy", when clearly, you're not, isn't going to help.

## So, if it hurts, just admit it!

If you feel pissed off, just admit you're feeling upset or angry.

If you're feeling sad and all, go ahead, say it. Go cry a little even.

You may be thankful of a lot of things in life, but you're still an imperfect person who's bound to feel less-than-stellar from time to time. So don't let the idea of gratitude get in the way of that. Yes, by all means, count your lucky stars and be thankful for the good stuff in life. Remember your roots too.

But that doesn't mean you aren't allowed to feel sad or angry. You're only human.

There's really nothing wrong with admitting and knowing that you actually feel a certain way. Shoving it aside and not dealing with it, under the guise of affirmations and gratitude is just going to make you more repressed.

By admitting how you really feel, it'd create a sense of congruency with your heart and mind. This is important. This is how you gain complete clarity of how you are currently.

And with clarity, comes a clearer view of what you want and what you need to do (this portion is very important).

THEN you can go ahead and affirm, resolve or whatever on what you really want.

## 2) Now, start with intention

This is a little something a friend of mine, whom I met in an online course taught me.

She actually sensed anger in my writing, one of my biggest issues in life.

I told her it's a real issue I have difficulty with.

She told me, "Start with intention". Nothing more, nothing less.

Let me explain.

The way I see it, the Law of Attraction tends to be really elaborate in explaining how you can attract what you want in life, like there's a methodology to manifestation and reading "signs" from god, the universe, or whatever.

Now, details and elaboration are all good, but with a weak foundation of how you really feel (point 1), it's just going to crumble down and throw you into a state of confusion ("Why isn't this working?").

I say, don't over analyse and don't overcomplicate things.

Just start with intention.

And what do we all want? We want to be better.

So just slip that little intention inside, and affirm that, "I want to be better". That's all.

Don't underestimate the power of intention. By simply using the intention of wanting to be better, you don't risk confusion and conflict in yourself when you try to remember all the rules, concepts and stuff that you read up so much on, which wouldn't help at all in the first place if you're intrinsically feeling shitty and not even acknowledging that.

Also, this single intention acts like a period, cutting short strings of negativity in both your mind and heart. This works for anyone, believers and non-believers of the Law of Attraction.

If there was one affirmation you'd ever need, this is it. "I want to be better."

Why is this the only affirmation you need? Because any normal, imperfect person would want a better life, at any given time.

Not the best, not perfect, not fantastic, not fun or even awesome. Just, better.

## 3) Take action to gain experience

Listen up now, this may be tricky. We're going to talk about how the Law of Attraction allows the universe to actually start giving you something.

First, I won't go into the whole argument of how you actually attract something in life.

If you buy a cup of coffee, I say you took it in your own hands to get that cup of coffee.

If you think that coffee was given to you by the universe, hence you attracted it in your life, that's cool. Whatever floats your boat.

What I want to drive across is that in life, **you cannot escape experience.**

The Law of Attraction and other stuff all seem to leave you at the point of what you only need to do in your head; with your thoughts.

But remember... this is still life.

**Everything in your life, is based upon experience.** Everything, your thoughts, your memories, your intentions, whatever you do are created from experience.

And you get those experiences by taking action.

Oh and... do you want nothing but the good experiences? Well, that's kind of up to you right?

However you view attraction in your life, don't ever forget that you've everything in your power to get what you want. You've total control.

In other words... you can't be sitting on your ass all day.

But heck! Here's a little mindfuck:

Even if you do sit on your ass all day, experience will find you while you're on your couch or bed, experiences such as surfing the internet, watching Netflix and chatting with your friends online.

How's that for attraction?

Experience will ALWAYS find you! So how about you make it a good one eh?

## 4) Your inner-self changes your surroundings

It all comes down to this.

You know the whole, "Start with yourself" thing and your surroundings will change?

It works.

No, that's not to say your room will magically change its interior design or that when you walk out of the house today, hordes of bikini babes will appear out of nowhere, asking for your autograph. That would be pretty cool though.

Just look at it this way: You are at your best when you're happiest, most positive and with most clarity.

By putting in the effort to want to start being positive, through being grateful and some positive thinking, you'd see the brighter side of life and shrug off the negative shit.

By having clarity, you'd have the will to get real shit done and with that, you'd achieve great things you'd be proud of for sure.

Combine of all that, you'd be happier and better than before as you start to notice the little things in life.

With that, you gain the best experiences, which guess what? YOU have created yourself!

## You only get the best in life, when you're at your best.

And "best" means zero denial, no repression, absolute clarity and the single intention of getting shit done and wanting to be better.

But remember that you can't escape taking action.

Hell man. If the universe was a genie or some living entity, I don't think it'd give two shits about you if you're nothing but a mopy piece of shit.

That I believe... is how the Law of Attraction really works.

### **\*A slight addendum:**

Remember that you need to create experience. The reason I'm emphasizing this is because there're going to be many people out there who have their own definition of the Law of Attraction.

And they'd willingly force those beliefs down your throat.

I've been called "wrong" and even labelled "stupid" and a bunch of nonsense just because I disagreed with them.

Your experience is all you need. Never let anyone take that away from you. We'll talk more about experience later.

# Listen and Believe What You Are

This is probably the most important chapter for you.

I've written about it before and I analogized it with the concept of The Matrix.

You've seen the movie, The Matrix right?

**Here's the gist of it if you haven't:**

Keanu Reeves plays Neo in the movie. He gets "unplugged" and woken up from life itself by a group of rebels.

How is it so that he had to "wake up"?

Because life in the movie is nothing but a simulation, a program run by machines in the real world.

The machines were using humans in the real world to provide power for them.

Because they were at war with each other, the humans blocked out the sun, so the machines captured them blah blah blah other shit.

The most significant point about the movie is that it made you question reality. Everyone who was not unplugged were basically living their lives (based on the programmed consciousness given to them) and that was that. They thought that was life. Nobody could suspect a thing, except the main characters.

Basically, most people didn't know any better.

## Now, do you know any better in your life?

I won't go deep and make you question the cliché, like "Have I been living a lie?"

That's too easy.

Again, do you know any better in your life?

What have you been told since young?

Have you ever questioned people of authority? Schools? Institutions? History?



Have you ever wondered that what has been "right" to you is actually "wrong"?

What is real to you?

And most of all, are you putting aside your experience, thoughts and memories to make way for other things?

These questions are extremely important for your mind and spirituality.

Why? Because (cliché alert), the truth will set you free.

## The thing about growing up

Is that we are fed so much information that we tend to slip and forget what is really true to us.

Schools have taught us theories and its teachers are even forcing us to learn what is in the textbooks.

Work has taken up the brunt of most people's adult life, so much so that we equate our being to our jobs or even what our abusive bosses say.

Our parents try to make sure we follow their values and principles.

Now here's the other thing: All of this is okay, especially if they're generally positive.

But the one thing that most people miss out on most?

That your life's experience is truly the only truth you need.

The problem about this basic truth is that a lot of us tend to forgo what we've experienced in life and instead force ourselves to believe what others are saying.

Why?

Some of us lack courage. We're insecure, so we believe that we should believe in numbers.

Some of us are taken in by authority, that the schools, institutions or whatever some historian said in a book.

Some of us are bullied, believing whatever our naysayers say to be true.

Some of us think we are just not good enough.

Alas, we're all creating our own Matrix.

I'm here to tell you now...

Your experience is the only truth you need. Please believe so.

Your life will never lie to you.

Your memories are not made up either. You can hold on to them forever.

Ignore whatever everyone else says.

It doesn't make sense to throw away what you've personally seen and felt with your own eyes and heart just because of another source.

Don't underestimate your own feelings, thoughts and perception. You can keep learning as you go along in life, but don't, nay, NEVER downplay whatever it is you feel deep down.

This is where you simply trust your gut and follow your instincts.

See how the truth alone can create your own future and you wouldn't have a problem making real decisions? That's why people like to say, "Follow your gut"!

The truth is extremely important for you, your life, your well-being and your spirituality.

You can never live a fulfilling life if your heart and mind are in conflict. I don't care how believable something is in your head. I don't care if a million people say so either.

Your heart knows best. It always does.

So set yourself free. It's not that hard. And when you do, I promise you, you wouldn't just attain spirituality and Zen.

You'll find peace.

# 4 Simple Words To Change Your Life

Okay this chapter would serve to help you simplify the idea of affirmations.

What are affirmations? Put simply:

**"to state or assert positively; maintain as true"** - Dictionary.com

Now, as I kind of stated earlier in the Law of Attractions chapter, affirmations can be a real bitch.

What should you really think about?

Must I really avoid negative words like, "Not?" and "Don't"?

Must I do it at quiet place?

Must it be a super long one?

Is there a perfect affirmation?

Questions like these come to mind.

Let me just cut to it. The following four words are all that you need:

"Intend"

"Deserve"

"Believe"

"Will"

They're all very powerful.

## The power of intention

As I said earlier, there's a ton of knowledge out there on this idea, that intention alone has immense power.

So long as you set your intention to want something or do something, your attitude would be set.

To use this power of, all you have to do is to tell yourself, "I intend to be better."

## **The power of deserving**

This is something I personally started using myself. I'm sure there's some knowledge out there on it, but here's how I created it.

I got pretty sick of struggling all the time. I did try a bunch of affirmations, but they felt fake (because I was denying how I really felt. Remember what I said about denial?).

So, I told myself, "I deserve to have a better life."

It is very powerful because you're FINALLY giving yourself the credit you deserve. Why credit? Because I'm sure you've done some good before. You're also finally allowing yourself to feel better.

Come on. Can you honestly tell me you don't deserve a better life?

No matter what you think, what you have done or what you feel about yourself, you're only human. And everyone deserves a better life.

If a God out there is willing to forgive you of all your sins, then you, as a human can do the same.

Truly. I say this.

## **The power of believing**

This is where, "I believe in myself" comes in.

Yes. That is the affirmation. Say it.

I know, it's a cliché, but look at it this way:

Just like how you can set your intentions for anything, anytime and anywhere, while knowing that you also deserve it all, then you can certainly start believing in yourself.

Believing in yourself is like icing on the cake of intention and deserving. You have to put it on to add the flavour.

Now, add in this new affirmation, "I believe I can have a better life."

Believing is also extremely powerful. Don't forget that.

## **The power of Will**

This is where it will all begin again.

Tell yourself this simple affirmation, "I will."

This is setting the course for your life now. This is telling the world and the universe that you are ready to take action, and you will do so, no matter what.

## **A real look on all these "powers"**

Okay, maybe right now you're thinking, "Wow all of these sound kind of cheesy."

I know right? All that talk on "powers", like it's super natural.

Let me get real then:

**You HAVE to set your intentions** straight, for more often than not, we're always so confused with what we really want in life. We're always so distracted by other people and things, so much so we're always trying to meet their expectations, and not our own.

Saying the intention affirmation is your personal start. And you're very much allowed to do so.

**You absolutely deserve everything that is you want in life.** If you don't think you deserve so, then trust me, no one else will think so. You are not that bad a person, so stop beating yourself up.

**You have to believe in yourself.** Because if you don't, then who will do it for you? This is something you have to do on your own. Start today, because you absolutely don't need to go through all the hardships in life just to start believing in yourself. You also don't need to be pampered all the time, receiving all sorts of help just to believe in yourself. You have it in you. Believe that.

**Lastly, you will have to take action.**

This is a quote by Jim Carrey:

*"I would visualize things coming to me. It would just make me feel better. Visualization works if you work hard. That's the thing. You can't just visualize and go eat a sandwich."*

So please take action. There's no such thing as getting everything you want simply by sitting on your ass, running affirmations in your head, meditating all the time and then expecting things to be better.

And I've made it even easier for you. I only used the word, "Better" in all your affirmations.

"Better" pretty much sets the course for a better life. So if you ever feel confused about all this talk on affirmations, then just tell yourself you want to be better.

## **The whole idea of affirmations is to set your mind right, to fit in the right thoughts.**

There's a lot of talk on positive thinking and how you can harness affirmations properly (like the idea of visualization Jim Carrey talked about). There's even the idea of how simple

affirmations send vibrations and signals to the universe, telling them to give you what you want.

But of course, there's just too much to go into here, so I'm leaving it as this.

## Intent. Deserve. Believe. Will.

Give yourself the chance to think about them; use them. I'm very confident, that whoever you are and wherever you are in life, you'd always want to fit these in. It may not solve all your problems or heal you overnight, but it's always a start (always, because you can use them any time).

What more can I say eh?

Stop feeling shit and clouding your mind with negative thoughts.

Try some positive thinking. Is that too hard then?

Then start with these four words only, accompanied by "better."

It's that simple. And I believe it will snowball into something good for you and your life.