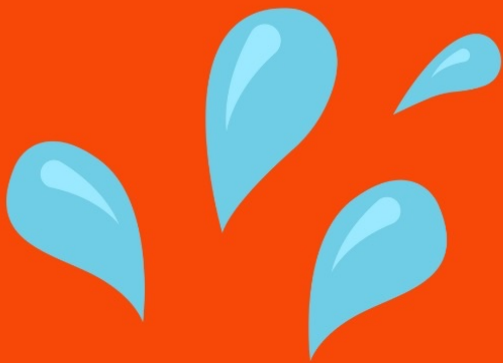




THE PROBLEMS THAT CANNOT BE SOLVED



**Spoiler: What?
You've got this!**

The Problems that can't be Solved

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1 Introduction

This book title once came in my dream, a few weeks ago, and I have been feeling like I should be writing a book, might be the best thing I do for the time being. I vividly remember seeing this book title in my dream, a red hard cover, with the title "THE PROBLEMS THAT CAN'T BE SOLVED", written in the bold white text. I remember sitting in a crowded room, with a lot of guests at home, and me trying to escape into a quite place to go read this book. I feel a strange urge to attempt at writing, like many other things I would like to try, and I am well aware that this is very likely because of my life situation, as I am spending a lot of time alone with my intense emotions, thoughts, life lessons, and wisdom that is coming along the way, and all the things I am learning about myself, and seeing all the dots connecting to make sense of my life, realising what I am really after, and understanding my deep psychology. I feel called to reflect on my insights, by writing, seemingly the best way to reflect, as one of my biggest insight and life lesson has been to always explore the feeling of wanting to do something, try it, fail fast, and learn from it, to get into the real thing faster. My biggest takeaway, as I quite literally had to push myself to just start writing, spontaneously, when my mind was more biased towards planning for it instead and journaling about how much I want to have a go at writing and what I want to write, I just had to take the leap of faith, trusting that next steps will become clearer as I go along, and I also have a chance to edit this later if I am not happy with it or want to make it better, as I am not really publishing this straight away, and in no way I am I taking that goal seriously at the moment, I am just writing about what I think I have a lot of good ideas to share and reflect, and could be, might be, in some way, be helpful, be it for myself reading back, or who knows it turns out good enough, in my opinion, that I feel comfortable making it publicly available to read. I am just trying not to let perfectionism get in the way, of me trying, getting my hands dirty, still feeling like I might make errors or write weird sounding sentences that I will have to edit a lot, and I don't know if I will be able to keep my train of thought flowing, if what I am writing is even worth my time, which I want to think it is because at least I can tick this of my bucket list and will definitely give me experience and insights, be it just turn into my normal, regular private journal, I will see, however, the important thing is that I am experimenting with something new, which will reveal to me

if I actually want to write, actually good at it, actually have valuable insights to share, can actually make it interesting, at least in my opinion. My biggest takeaway is what I am trying to apply here, just go for it, the planning can go on forever, the important thing is to 123 start, you will magically figure it all out, better than any carefully thought out plan. Imperfect action is better than a perfect plan. A perfect plan without an executed action feels good but is no good, it just gives a time flies feeling, while being busy only in the planning phase, and nothing really changed then comes as a shock, because the intense planning makes it feel like it will most certainly be perfect, when not even been put into existence in reality. Get it out of the head and into the writing, the words will come as they need to, the structure will be made as it need to and how it should have, just trust the magic of getting started and taking action. Just do it, get started, and the right plan will unfold the way.

2 Chapter 1: Am I really doing this?!

I have got to confess, I pre-wrote the title of this chapter in advance, yesterday, as my desire to be a little planned and organised took over. To be honest, I felt like I would give up if I did not plan a little and be forced to come back at it or maybe make it a little easier for myself, as the title is already decided. However, the opposite happened, yesterday I was feeling totally spontaneous to just start writing, see where it goes, I am kind of doing the same now, but to be honest, I really had a moment this morning where I felt like this is silly and will probably just end up being like my normal journaling that I do everyday anyway, just spending extra dedicated time on it which I am not sure is the right way to spend my time, considering that I have got things to do. That exactly is the whole point I feel it might be a good idea that to write, counter-intuitively, and maybe I need to take a pause. I do want to share my thoughts, I would really love that. In my real day to day life, I do not feel like I have this opportunity to talk deep topics that goes in my mind all the time, and steer the conversation how I want to without distracting concerns that come up, which even cause me to start worrying instead. Writing, as I figured, might be the only opportunity for me to just pour my heart out or pour my mind out, I don't know what is the right way to say it, haha, am I being way to direct about my confusion at every step of the way, even the choice of words and sentences?! Anyways, I feel being completely honest helps me avoid the perfectionism, something I feel has held me back in life far too many times to count. It has prevented me to get started. It has prevented me to speak up in the moment, instead of over-analysing what to say, and not saying anything at all because the topic changes. It has prevented me to reach out to my friends, because I keep waiting for when I have something spectacular to talk about or share, or a perfect plan to meet up, or a valid reason to start a conversation. As a result, here I am, deeply missing all the people in my life, curious about what it would be like to re-connect and talk with them about all the new things in life, which I somehow feel like it would just be the new things in their life and mine feels exactly the

same, and unable to find a reasonable conversation idea, partially because I do not feel comfortable talking about my life stage right now, so it feels easier to avoid confrontation and act mysterious instead. It makes sense that this could very well be one of the reason why I desperately seek some kind of news in my life to share, like a new job right now. To feel like being cut off from the society because nothing about your life or what you're doing makes sense, it is important to understand and differentiate the things that are not in your control, not in a complaining or finding excuses type of way, but to give yourself permission and grace to go after trying new things and find meaning, instead of feeling caged and waiting for the situation to change, by desperately doing the work for that and not seeing the expected results, that is a miserable way to go about day to day, I realise as I am writing, how terrible that sounds. It sounds like a punishment with no clarity when it will end. It makes life look like time is flying and not being on the expected timeline. It makes everything feel like a big mistake. Regret is scary and not a pleasant place to be. Even worse, being socially cut off because you feel like your success does not look visible, or your dream vision does not look justifiable, or feeling like you are not an interesting person yet, or any kind of insecurity can really impact all areas of life and may make it seem like it is easier to be alone and work on your thing, might even be the right thing to do, I honestly do not know. It does, however, feel better than having to feel like you have to hide your stress and act cool and all figured out, and people still don't believe it and have a lot of advice to give, which is not helpful when you don't feel accepted and daunted by it already, it can feel out of place, and having no choice but to feel the need to sit in silence and figure it out overnight, expect it is a slow process, and we need to learn to accept that, and be kind with ourselves along the way, the journey. It just means you are on the journey, while everyone seems to be on the destination, but that is a personal perspective, everyone might feel like they are on the journey to something or the other. While you are on the journey to the next thing, you have already arrived at so many destinations in the past, the journey just keeps on extending, or even changing, that is why it is so important to enjoy the journey. In fact, enjoying the journey should be the ultimate goal, that might even be a secret to a happy life, regardless of what goals you are chasing that feels so far off. It is not fair to punish yourself for not having reached a certain goal yet, even if it means shaming yourself in private, which I think, is the worst punishment. It is okay to wait for things if you need to, that is not actually the punishment, might even be self love or motivation, as long as you speak to yourself kindly. The important thing is to make peace with it but do find alternate ways to achieve the same happiness, and keep the dreams and meaningful pursuits alive. That is more important than chasing happiness. Happiness comes from being true to yourself, being honest with yourself, feeling good about yourself, seeing yourself being strong, seeing yourself personally thrive, go after your curiosities, try things out, experiment, and do your thing without seeking external validation. It is okay to have made fool of yourself. I want to say, which feels very good to hear, I am here. Imagine you saying that to yourself, you are here for you. Say it, "I am here for me, I got me. It is okay. I am more than just an awkward

situation I was in, or the awkward thing I said, or the brain freeze I had. There is more to me. I know me.” You only have to answer to yourself.

Now I want to make a confession, I honestly feel like I probably went a little off track while writing, maybe I did not follow the structure I initially had in my perfectionist mind, maybe I start started talking about random things, one topic leading to another, instead of sticking with the plan, remotely talking about what motivated me to try write this in the first place. I, very likely, might miss out some things I initially felt the strong urge to write about, and might instead add some extra things I did not even thought about before, but I am trying to just trust in the process, that it will all unfold just fine. That is so true with real life conversations too, you might not get to say all that you thought about in your head, you might even feel like you had some great things to say after the conversation and find the more perfect answers later, even years later, or the very next minute after the conversation is over, in case of interviews, for example, and that is okay. I am just going to say that is okay. I have felt very awkward about this too many times, but let’s just say that is okay. It does not define you, I am not even saying let go or move on, that might feel hard, just trust that it is okay and do something meaningful and fun, that might just make it all better, and you will unexpectedly, magically, become the better version of yourself next time from the lessons learnt, and that next time could be any time, the actual next time or the tenth next time, just keep going. It is okay. When I have felt so uncomfortable about some awkward social situations, I was so desperately seeking reassurance that I have actually googled about how to deal with it and what to do, I do not remember what I read to be very honest, but I would expect things like exercise, cook a healthy meal, reach out as a follow up to dissolve the awkwardness, go out with friends, play with pets, go for a walk, journal, listen to some music, sing and dance once you feel better and more like yourself, do a meditation and breathing exercise, drink a warm tea, go for a shower, go to sleep, make some fun plans, learn something new, read something interesting, and the main one I definitely expect to see, take the lessons and do better next time. See, all those things feel really reasonable and sensible, like the advice you would give to a friend, they really feel like the right thing to do, and feels like obvious right next step, the best alternates to rumination. The interesting thing is that I did not even had to google them, I purposely did not, I wanted to force myself to tap into my wisdom, and come up with what results I would expect to see if I just searched that or even asked that in the ChatGPT chat. It is a lot like thinking from the perspective of what would you say to a close friend. You can also ask yourself to anticipate what results would Google or ChatGPT show, or what might a counsellor ask and force you to reflect and think about. Most awkwardness we feel, I think, comes from a deeper issue or insecurity or a desire for too more control over situations, or this is the big one, the idea of perfectionism. There is no doubt when I hear other people’s speech, interviews, a piece of writing, it feels more perfect than the word perfect, more perfect than I can even imagine, like they really thought this through. And in case, someone is thinking what I wrote is just perfect, I still have no idea what I am doing, why am I doing this, well I do

know why, more on this later, just recalled the name of this chapter too, haha. A very honest insecurity I feel right now, while writing, is that am I being too honest and is that even a good thing, or am I just being lazy and avoiding the work of being planned and organised, and thinking this through thoroughly in advice. Am I even being serious?! I just want to see what happens if I keep going and exploring what is going on; I would be surprised about what I am going to write next as what you are going to read next, once this is a long written book. I do not know how long it will be right now, I should try and not make it too long, but still cover most of what I want to write and wish people would know and reflect upon with me. I have seen a really honest one and a half hour conversation this morning, which I could relate to on a spiritual level, like I was meant to hear that, that is exactly what I needed to hear, to reflect on my own thoughts from a different perspective, the kind of perspective you get when you realise you are not alone and not the only one feeling exactly that way. It was beyond perfect how I feel they articulated their thoughts, really felt like I was hearing myself, that level of relativity. Then, I realised that sharing your wisdom, life lessons, way of thinking, and expressing how you cope with the most uncertain of times in your life, is not silly at all. It is definitely not a waste of time. In the worst case scenario, if the you spent too long writing a blog, an article, having a go at a dissertation topic you are not sure about, or the book you tried to publish, or the song you wrote, or the movie story plot you wrote, and it does not turn out to be the major award winning, lifetime achievement, guess what, if it just turns out like a helpful journal, you will be a different person, it will grow you in ways you cannot imagine or see immediately. I love this saying from Mel Robbins, that dreams are a directional signal. They are not there to be achieved, but to be worked for. Before I decided to try out this adventure of having a go at writing a book, a self help book is what I am writing, I think, I wrote a lot in my journal, I still do, because when I read back sometimes, very rarely I must add, when I have some free time, I always gain very valuable insights into who I am and what am I really after. I strongly encourage and recommend this practise. This year, 2024, I started a new habit of writing everything I am grateful for that happened that day, before I go to bed, and I fold the paper and put it in my heart-shaped box, which was a Vaseline gift box I bought a few years ago, and now, on January 30, I look forward to open up every page I wrote, on that A5 sheet of paper, and read the highlights of all my good moments this month. I will do this tomorrow, very excited to see how much I have experienced and grown this month, and reflect on things, moments, and events I felt really happy about. I think and hope I may find out what kind of achievements or things I do lights me up, and then try to do more of those. Sounds easy and simple, but it is still a journey. We just got to do the series of things that help us on some level, it might not solve all the problems at once, but it sure does bring more excitement into life. // So, yes, I am doing this!!! I am writing. I do not even know if and how am I going to publish this, guess, will find that out later, but for now, I am just trying to be who I want to become. I had to push past my doubts, the resistance I have been facing for far too long because of the fear of wasting my time and getting

nowhere, it just feels easier to keep everything in your head, hoping one day, you will have an interesting conversation with someone, and it will all pour out what you think deeply about, but I have decided to stop waiting, it would honestly be wonderful if that happens and I wish to have a lot of deep, wonderful real life conversations in the future, and I also want to express myself now and be at peace that I did it, that I already got what it takes, such a wonderful feeling that it which I am trying to remember and access. I have not prepared in advance what I am going to write, expect the names of a few chapters to guide me and prevent me from giving up, but I am going with the flow, it has just been all about my repeated thoughts that I should write, and not feeling like myself if I don't or if I keep avoiding it, that I finally decided to have a go at it. There are a lot of other things in my life that I feel like I should try and I keep coming up with the excuses to put it off for now. I am, at this very moment, trying to prove to myself and teach myself that I do not need to wait for everything to be perfect to start, and I am trying to awake my inner "can deal with anything, can make the art good, midday of drawing" personality, that I have experienced in childhood. There is one more perspective I have experienced while giving an exam under timed conditions, "do not underestimate how much I can improve my answer and gain more marks in under 1 minute, if I just quickly write some more steps and facts I know", just something to think about, the times you've only got like 12 minutes, imagine how much can you do in that time, how much mini chores can you do, how much ideas can you come up with, how much can you read and learn, how you can really have that life changing conversation, just got to get started before you feel ready, getting ready really happens on the way, like I used to get half ready on my way to School, with combing my hair on the way or when I get there, taking breakfast on the way with me, sometimes even doing my homework on the way. The important thing was just to make it, having the bigger picture in mind, to gain new experiences and learn new things that day. Once we leave School, it takes so much more of a push to leave the comfort zone and voluntarily do what you know you need to do when no one is watching or keeping track, and if they are, you can easily pretend that you got it all together, are very productive and living the life of purpose, but you cannot fool yourself, I am sure you have heard this one before. Of course, you cannot fool yourself, it is important to be honest with yourself, no matter how that feels, acceptance is truly the best way to solve a problem or change a situation. I am going to reference this advice from Mel Robbins too, in order to get somewhere you want to go, you have to assess where you're are and where you want to go, two important reference points you need to know before using a map, and then look for a way and find your preferred path. I will try this exercise on my self, right now, I am lost and confused, I do not know what actions I will do will bring me the highest rewards, in the most easiest and time efficient way, I have limited time to figure things out, I am living in uncertain times, I am getting lonelier and lonelier the longer I am in this situation of no job, but I want to look at it in a different way, something that is more helpful to my mindset and productivity, and find out what I can still do and make my life meaningful, use my talents, feel well emotionally and more like myself.

When the label and the comfort or convenience of a job title is not there, I have to think of and come up with new ways to introduce myself. I want to still do something that feels meaningful and sensible to me. I do not want being unemployed to be my story or identity. This is not my permanent situation, I believe that it will change if I keep trying, no matter how other people see me, that does not feel like a very please imagination right now, nor does it help me. All I know is that I want to change the situation or how I feel about it, and create the life that I want. Maybe I need to learn a lot, gain wisdom from experience, and take a lot of small actions to get there. I want to do something that I feel good about for just trying at least, hence, I am trying this new thing of writing, which I am really enjoying. However, I am well aware that posting this on a publicly, somewhere to be read by anyone, which I would be very thankful if someone actually does, you are a rare, special person, and doing this non-anonymously, might be an another level of challenge, and will bring on new nerves. Right now there is no hesitation for me to write anything, it is just like I am writing in a journal, sharing my thoughts in a safe space, it is okay if I might have made some grammatical mistakes or used a funny choice of words. When I think about the big words like publish this, it feels unreal, I might not do it, I am like, let's see, maybe I can decide after proof-reading it. However, knowing me, and my laziness to proof-read, I actually think I am going to just put it out and read it later, and just go with it, with a note that I did not proof-read this. Ha, it is so much easier that way. Or my anxiety or nervousness might force me to re-think and proof-read this. Let's see. It is not that big of a deal anyway, what is the worse that can happen if I don't proof-read it, I will make a fool of myself? Well, that is what I am trying to share in this piece of writing that it is okay, do not let the idea of perfect stop you, that is the whole point. Okay, well, in this little conversation with myself, I have made the case in favour of my easier option, my laziness wins, yeah! Good for me, I would be happy to know that I have this permission from myself to not torture myself to re-read this and stress out with the process of making improvements, I am just going to post it. I will try to keep this promise to myself because it feels so good, less work for me haha. It will honestly feel so good if I re-read this again later, but only after posting it somewhere, I don't know where right now, will figure it out in real time, just how life goes and turns out in reality. It will feel amazing if this turns turns out just okay and a very positive experience for me, and I feel good about just the act of doing this in reality, after thinking about it for so long. Finally, I am doing this! Yes, let's go! I am the creator, I write my own story, and give it my own meaning :)

My purpose for this writing is just to let go of my could haves, should haves and would haves, and the thought, "if only someone would hear me out", I have got to much to share, no proper opportunity to, well that ends, I am just doing it, and just want to prove it is possible, even without a proper plan, just by taking an action. A powerful life lesson I want to choose to live by, and inspire its magic.

3 Chapter 2: What are problems that can't be solved

Today is the day 3 of me trying to write my first book, feels very unreal, or is it my imposter syndrome talking, or am I going crazy, which by the way, I am trying to convince myself very hard that exactly that thought is a good sign and indicator to keep going, because I remember a saying that says if your dream does not sound crazy, given the circumstances and limitations you feel, maybe you need to dream a little bigger. I was feeling a lot of emotional resistance to get back at my writing and to continue, that is why I got to the evening today, before I finally dared to have a go at it again, but I am glad I am still doing this. I almost, very seriously, gave up on this and called it silly, until I decided to not care if it sounds silly, it is just like trying anything else in life, like going to a new place, travelling, hiking, day trip, in terms of the time it will take which I am scared to waste. I am still trying to push past that doubt, the feeling that this does not even feel serious, like if this even my dream, to write a book? Especially, when my life feels chaotic, and there is a sense of urgency and guilt that makes me feel like I should do nothing but look for a job, which has also sadly got me nowhere, since the past many months, expect feeling tired of trying, almost feels very stubborn of me to keep trying, which I would rather like to call motivation or driven, and a frustration of why am I not doing something different, as after all the learning, organising my calendar and learning resources, wanting to feel in control, being super productive and disciplined with my time, it still never felt enough. It really forced me to think more deeply about my values, personal development, peace, and how I just need to learn to be okay with it, while I am still trying, while it does not feel easy and happy. I never thought of it that way, as something I would say is my dream, in fact, nobody knows I am trying to write a book right now, nor do I feel comfortable sharing that with anyone yet at this point, at least until it is complete, but the thought of writing does tend to always bring me joy, purpose, meaning, and fills me up with ideas that I want to write about. As of now, I convinced myself that I am only experimenting, with nothing to lose, but a great self-awareness, confidence, and even a writing career to gain, and that's how I got myself started. Am I avoiding the work I need to do and running away from my problems by writing? Well, I have to be very honest here, I do not have an easy answer to that. All I know is, maybe, just maybe, it is something that can keep me sane and help me thrive right now, give me a sense of achievement, or set me free and help me develop a new career, in the best case scenario. I have come to realise that I really enjoy writing, and I am surprised how effortless it is feeling so far, once I get started I must add. As I was taking a walk this afternoon, I became very well aware of the hesitation I felt to get back at it, and felt like I've got nothing to say, consumed by my worries. I was in a state where I did not even feel like opening up and talking about anything. It felt really confusing until I realised what was making me feel so insecure. It is this questions: Is this just a way to seek understanding and validation of

others? Will it bother me if someone thinks of it that way? I made me so sad to even have this thought, because deep down I know that that is totally not the reason why I am doing this. I do want to feel understood, but more than that, I would love to do something, anything, and writing is my way to hopefully add any possible value I can, anytime I choose to, without depending on anything external, and a way to share and strengthen my wisdom, and be an example to myself that I can do things, I can explore my ideas and try something new, I can be creative, I do not have to be limited by the idea of perfect and wait to start, I can just start and go for it. It feels so liberating how when I just start, it just flows and the way follows, along the way, everything naturally takes its form and falls into place, better than I could have planned in the getting ready phase.

Only now, I just refocused my attention to the title of this chapter, and funnily enough, I realised that I was just talking about my hesitation to start writing, and that is a very first example of the problem that feels like is just there, with all the valid reasons. However, despite that problem, there was actually a hope to get past it, which is start writing anyway. The hesitation is the problem, and an action in the direction you want to go, is the way forward. It might seem like the problem has just been solved, however, worth noting the fact that the reasons that caused hesitation are still there, they did not disappear, the worries are still there, but what did happen is that I feel good now that I pushed past that, and this now feels like the best way I could have spend my time, at least I have no regrets, I navigated my attention towards what I found meaningful, and that makes me feel self-respected. I am glad that I did not let the problems that could not be solved to talk me out of one thing that I could do, that, as I now found out, brings me joy and fulfilment.

The problems that can't be solved are the limiting circumstances which are like life situations, that do not have an immediate solution that directly gets rid of that problem. It could be something we need to learn to live with, things that can never return to the way they were, it could be a sort of uncertainty in any form, some goal that suddenly feels far off or impossible, anything that does not have a direct solution. It does, however, once the situation is accepted and reflected upon, has this alternate, feel good journey, and a peaceful sense, upon realising that this choice is available, which is in itself a big accomplishment, and a magical way of everything meaningful just working out. It is okay to have a good cry until it feels believable that it will work out. The focus is not even to solve the problem, but to feel okay with it, and to realise your power. Imagine how would your ideal self rise above any obstacle, health condition, financial situation, setbacks, or anything else that you are dealing with, that nobody else seem to know about the real struggle, beneath the obvious and surface level stuff, but you. Write a note to yourself for how would you deal with that situation, like a letter of appreciation and encouragement to someone you really care about, offer that level of care to yourself when you need it the most.

A problem feels like a problem or an obstacle when it seems to block a desire, a threat to freedom, or a state of being in a survival mode, and many more, including self-doubt, fear, this is not an exhaustive list at all. Just acknowledging

that some problems may require a complete new way of looking at it, a new perspective, may turn it into not a problem, a road block, but just a circumstance. And we are definitely more than our circumstances, we can rise above it and thrive. It is almost like being born into something, but being born at your age, with the advantage of wisdom, and then making the way up, choosing what to be growing up. The catch is that there is an additional responsibility to take care of yourself, at the most important responsibility on which your whole life depends, and your ability to take care of others depend. Hence, when there are problems that can't be solved, let's acknowledge that they can't, but that does not mean they have to be a problem, they can just be situations that are there, and you do not need to solve all your problems all at once, just one step at a time, even is the first step is to just slow down and relax, then maybe do something you enjoy or are thinking about doing, for which it is important to remember, that you do not even have to feel ready. Just do it. If you can think it, feel it, dream it, you can most certainly do it.

I wonder if I had been a little vague in my writing lately, in the above paragraph, which felt like that because of how hard I had to think of examples and analogies, it even felt like I lost track and the direction of where am I going with this. My main message here is that, from my personal experience, regarding how great I am feeling after I started writing, I must stress the fact: "only after starting", despite feeling the burden and uneasiness of problems, which caused resistance and hesitation, or procrastination in other words, which is often a stress response, because trying new and unfamiliar things can feel threatening at first, but I would like to share that I feel thrilled that I did this, thrilled like never before, I feel like a new person, someone I want to be, and now I am acting like it, I could have never known until I tried how much I enjoy this new hobby. Whether or not the problems have magically disappeared or not, I am not going to give my problems that much power over me anymore, and guess what, my problems do not even feel like problems anymore, at least right now, because of my excitement that I tried something new and totally loved it. I am glad that I did not ignore my desire to be experimental and creative, to do something just for fun, to explore my new and hidden or forgotten interests. I feel honoured, seen, loved and respected by myself. Yesterday, I filled big portion of my journal with how thrilled I am to have tried this, describing how great, self-discovered and talented I feel, in the awe of how much I did not even know I enjoyed writing, can happily do it for as long as possible. I most felt enlightened about started something before feeling ready, the adventure of writing, and getting to experience this great sense of fulfillment that I am really doing this. With a great sense of wisdom and love, I would say, if there is anything you feel will bring you fulfillment if you try, do not be held back by the problems that can't be solved, by all means, just go for it.

I feel this chapter was not perfect, I did not have a perfect plan for it. I feel like an amateur trying to write a book, wonder if all writers feel that way, anyways, I am glad that I am trying and going for it. That is exactly my main message I want to share, and most importantly, to prove to myself, and lead by example, that it feels really good and fulfilling to just do it. Maybe this book should have

been called "Excitement about writing a first book, as an armature", or "A 'I am not ready yet' writing adventure experience", "Excitements about writing a first book", and I am sure if you are reading this, you can think of even more amusing titles, and I would like to encourage you to name that for your book, I would love to read it.

I plan to write the next chapter tomorrow, and at the moment, I feel amazing having written this one, and am excited to come back and write again tomorrow, will push through my resistance again, by all means. I am honestly extremely enjoying this writing journey. Sometimes, you have to push yourself really hard, out of the worry and 'I am not ready' cycle, to even do the things you enjoy, and then later, you can't stop smiling because you did it. What a wonderful, magical feeling that is, a must felt experience and realisation. On a side note, I now very much look forward to opening up and reading through my January gratitude box, after writing today's one. If I enjoy the experience, will try doing that in the future too. Here's to trying new things and bringing excitement into life, with small, micro steps, I call it the series of little happy, gift to yourself, actions, which honestly still take some discipline to follow through, but feels good, really good, like a realisation of hidden powers.

4 Chapter 3: Wishes, and that would have been so goods

Before I start this chapter, I would love to share a wonderful story I have just lived through and created, observed from my month in review, as I read through my daily snippets, in a random order, about my everyday achievements and special moments, from my January gratitude box. I realised its power and would definitely say that the happiness and smiles it gave me is worth more than any material possession I could possibly own. It is my treasure box, a way to re-live or re-feel the forgotten good moments. After initially feeling like I did not achieve my goals this month, I could finally tell myself a different story about how great the month has been, and how I have always tried my best with whatever I knew at the time. I had a moment of realising that a lot of things had been so good, and I tried to make the best out of every moment. Acknowledging the good times feels very special, and a perfect way, sorry to use the word 'perfect', I don't mean in the perfectionist sense, but a very seemingly best way to remember all the hard work and good times, and use it as a guide to understand what creates the happiest moments to develop healthier habits in the future, and set realistic, feel-good goals that are proven to bring the feelings of joy. I remember immediately editing a sentence yesterday, from something along the lines 'If it feels good, I might continue it next month' to 'I might continue it in future', because I underestimated how helpful and joyful I will actually find this process. The whole month I was doing this, I had to push myself, felt like a chore, a boring daily routine, until, every time, I had a sense of slight relief after reviewing and writing my grateful moments, at the end

of each day. I then seemingly forgot about what I wrote, moving on, as soon as I folded the chit, put it in the box, and went to sleep. I even felt lazy to finally read through all of it today, February 1, because I was scared of feeling overwhelmed from looking back, and to be exact, uncomfortable with how long might I take to process all that, with the racing thoughts in the background that I need to be doing something more productive instead. However, I am now feeling very glad and satisfied that I did it. I do not regret any extra 10 minutes I spent everyday writing it, and the one and a half hour I spent today, reading and reflecting on it. It was a moment of pure gratitude, and I really believe it helped me realise my values, and offers as a very clear guide towards what kind of goals should I be setting. Slowing down is really in fact a power move. My biggest wins today are all about doing what I intuitively thought would be good for me, without overthinking it, or resisting it because of how long might it take. I spent an hour writing a cover letter for a job I might not get, because I wanted to discover the aspects about the job description that excited me the most. I used it as an opportunity to realise and explore my interests, and actually spent the time, after applying, to reflect back on what am I really looking for in a career, recognising the fascination I get, a wish to do something different, that makes me eager to quickly apply after reading the job description, and then hope for the best. I had the most precious one and a half hour reading about the moments I was grateful for, telling myself a positive story about how I spent my past month, and the lessons I learnt became clearer. Then, I finally made an attempt to continue my writing :) At the moment, I cannot see the end result or if this is the right use of my time, but at the same time, I am learning to trust in the process, that as long as I am doing something I know brings me joy and am passionate about, I will not regret it. Everything takes time, and I need to unlearn that I always need to do things that feels immediately productive, because my best and most creative ideas emerges from those moments, then I realise that it was not a waste of time at all, but a way to experience more joy in day-to-day life. It is a powerful experience in itself that helps in setting the right, meaningful goals, and being the best version possible, by being the dream self, creating the dream habits, and already living the dream. It takes away the wait and fear of ever getting to that point, when you can finally give yourself a permission to start doing something you've always wanted to do, especially, if it does not even cost any money. I am surprised how I think I might have subconsciously believed and felt that spending time worrying was productive because it will make me do something about it, until I thankfully had this realisation that I couldn't be more wrong, which came from counter-intuitively taking time to do the things that felt leisurely. I remember always being left speechless, trying to come up with a pretend answer, when someone asks about my hobby. I thought hobbies are only to be enjoyed once you've got your life together and have some extra time. I treated hobbies like a wish list of the things I would like to do, once I feel stress free. Something completely different happened, a very helpful shift to my mindset, when I gave myself to permission to stop waiting for a perfect life circumstances and just start creating what I want to create. I finally made

a start at attempting to write a book, and realised how much I really wanted to do this as I was reading through my previous journals, this was something that fascinated me but I was only waiting for an opportunity when it made sense to do so for too long, like when I'll have more free time, when everything is perfect. I had been suppressing my hobbies and interests for far too long that this feeling of me just making an attempt, it almost feels spontaneous, unreal, and new, the kind of way and the level of control, to just go after my passions, like I never experienced before. What was, for far too long, just something that would have been good, and my wish to be the person who does that, is finally coming into reality, and all it took was to just get started. I never felt more ready that I can continue writing after getting started, than I could have with any amount of attempts at planning. The only planning I really did on the day one of writing, after I wrote the introduction, was to just come up with and write the names of each chapter, 6 chapters roughly planned, with only the chapter names, as of now. The name of the book came to me in my dreams, in the middle of last month, which I finally decided to write now, starting just 3 days ago, on January 29. I am curious to see how I will feel about once I complete and publish this, still sounds like a big word, 'publish', and I am slightly spectacle, to be honest, if I will actually do that. Just one of the attempts and a real life test example of making one of my wishes, and would have been good to do, come into life, through just an act and magic of getting started.

Wishes serve an important purpose in life. They almost always make us feel like or say "that would have been so good". A set of goals made and clearly defined, inspired by a wish, has a very effective and powerful motivational power. That might even be a ray of hope out of any unpleasant or helpless situation. The art of setting goals is a worthwhile skill to learn, which when combined with helpful habits, can really create, what may seem like a miracle, or a wish came true moment. Wishes come true all the time, however, truly realising when it does come true, and taking a moment to celebrate, is what creates true joy that was attached with the dream, and it often comes in the journey of working towards it, while creating a gradual change. Being joyful in the process of working towards the goal that is a step forward towards a dream, is already a dream come true, Congratulations! A dream can come true before a goal is actually reached, which makes it even more likely for the goal to be reached, at least, if you can still be as happy as if the dream has come true. That is the best place to be, on a joyful journey. If the journey is fun, it is easier to go further and beyond, there are no limits and urgency to stop and settle because you are tired, and keep going until you reach where it feels good, explore, then travel further, and just enjoy the process. I really like to think about creating helpful systems and evaluating how can I be at my best, considering what helpful behaviours will help me to enjoy and make the most of any long journey I choose to take, without getting exhausted, sick and tired in the process, causing a forceful stop, which is not necessarily a bad thing, as a reassuring and good news, it is just a reminder to slow down and assess what is truly important, and can be one of the most significant moments of self-awareness and realisation of what truly matters, re-set goals, re-build good habits, and possibly really make it the next

time, better than ever imagined, taking the helpful wisdom along the way. I am cheering for myself, and for you, to feel hopeful in your deepest wishes, dreams, setting and achieving meaningful goals, work on building helpful habits that makes it easier to do the necessary work required to reach the goals, and most importantly, just get started, be all that you can be, be your dream person. Once it is believable to achieve the dreams, because of getting started at it, the dream life will magically unfold. Enjoy while you're trusting in that, enjoy the work in progress version of you. What a wonderful idea it is to just try, even momentarily, living in the believe that everything that is "that would have been so good", is also within reach. Imagine that you are already there, in your dream life, with all the wishes granted (be careful what you wish for), what does that person do? Do exactly that, from time to time, whenever possible, whenever you are reminded of it, and it might even feel like you are living the dream life, and experience that very joy in the moment, right now, no waiting needed. If you can dream it, you can be it. You have already got what it takes, so get started. You are already there, so feel free to let go of waiting and experience the joy this very moment. Wishes are still there, but so are you, who deserves to experience what it feels like to have already achieved the dream, and is now being a dream version of the them self, and is only one decision away to either get started or chose happiness, both of which are important. I am going to leave this helpful mindset quote here: "Do what you can, when you can, with what you have, where you are". Let's write a spectacular, adventurous story, that feels good to tell, especially to yourself.

5 Chapter 4: Happily ever after in the worst case scenario

I love the title of this chapter. It sounds so positive because it immediately sends me in the problem solving mode, or urges me to think about inspiring stories, of people living their best lives, despite the adversary. Living the best life in the worst case scenario, is probably something that does not come easy at first. However, there are also countless situations where the best case scenario seems overrated in terms of how much happiness it can directly lead to, which should make it easier to imagine the feelings gratitude and joy, creating happiness and making the most out of a bad situation. It is something about making the most out of a bad situation that brings more meaning, hope and fulfillment into life. It really demonstrates that we are more than our circumstances, luck, and what happens to us. It must be very freeing to learn to love yourself in any situation you are in, in any outcome of your efforts, in the midst of any struggle, in fact, the self care is the most important during those times, even life saving and life turning. A worst case scenario is something we never want to experience and the thought of it seems very dreadful, and it is actually okay to not think about it, but still not fear life, because of a deep believe that you can handle any situation. That is a very powerful and positive state to be in,

however, I have not personally felt that way for very long, in any situation, and all the time. There are times when you feel on top of the world, completely fearless of trying anything new, the world seems full of possibilities, you enjoy your own company, you are having a great time with others too, you feel like a magnet for positivity, happiness and excitement. Then there are other times when you can suddenly feel defeated, beaten down, not good enough, lonely, incompetent, insecure, scared, anxious, and like everything is unfair. I am even familiar with a quick, surprising shift feeling super motivated, doing a good job at motivating others too, giving inspirational speeches and affirmations, setting high goals, being hopeful and dreaming big, to a sudden feeling of insecurity, anxiety, fearing things not working out, where the thought "what if it does work out" seems out of reach, because of not even considering getting started. It is in those moments, where what we do next really matters, just realising, after taking a pause, that there is a choice point, can be really helpful. That choice point points to two directions, going away from your goals or going towards your goals. Then, think about the behaviours that might be associated with steering towards either direction. Consider and differentiate between the small decisions at every step, and evaluate if they are helping you be more like the person you want to be or unlike the person you want to be. Taking a pause to calm down, and slowing down from time to time, giving yourself what you need, is almost always a good strategy to make effective decision, and point yourself in the right direction. Remember it is not the speed that is important, or the destination, but the direction, fuel to keep going, and the journey. The fuel to keep going comes from the tiny daily self care steps every day, which when turned into helpful habits, can make it a lot easier to go after your dreams. I deeply believe that if you can dream about something, you subconsciously believe it is possible, and you certainly have what it takes to achieve it. However, we have got to be patient in the process, because clearly dreams feel very big and daunting because it requires us to do something out of the comfort zone, perhaps even change our habits to make the time and energy to focus on the steps we need to take. Forming good habits can be foundational and life changing, to not only achieve your dreams, but for an ability to see even more possibilities and make it more realistic to achieve the big goals, and set the new ones, and feeling content with where you are in the moment, rather than being daunted by how far away the dreams feel, because you know that you are in the journey and doing all that you can, and that self confidence is all that you need to make the dreams come true, while also feeling happy in the present situation. It is a win-win whether you achieve your dreams or not, because you will either win or learn, and use that learning to create a better life. It makes you realise that the outcome is not even important, after all, it is only a one time event, not a happy ever after. There is a life before that goal is reached and after that goal is reached. There may be more goals just naturally created after that. Goals are never ending, hence, the most important and ultimate goal is to just enjoy the journey towards any goal you are working towards. It can come in the form of taking a small break, making plans and being excited by it, making time for something you enjoy that you can do right now, forming good social connections, which is very important

and are probably the reason for your goal in the first place, and taking good care of yourself so that you can keep going. While trying to make your dreams come true, it might take a lot of moments when you to remind yourself who you are trying to become, more importantly than what you are trying to achieve, because as life gets in the way, your goals and dreams might change, but the good news is that you always have the power to show up as your best self and be the person you wish to be. If you like what you are doing, it will ultimately feel like you are living your dream life, and have achieved your "happy ever after". It is powerful to realise that the situation and how far you seem to be from your ideal life does not define you or your happiness, and gives you a limitless potential towards what you can do. Creating the dream lifestyle first, is the best way to make your dreams come true, without even knowing what your dream are, you will find out once you are the dream you, it might even feel you are happy as you are and enjoy every little thing in your life, like living in a happy ever after story. Good habits form an important, milestone stepping stones towards feeling like the person you want to become. It is really worth building them, taking it step by step, and being patient in the process and keep going, as the massive results take time. It can take a few weeks to months to form any new habit and make it stick naturally, and to gradually notice you better your life gets. It is in the moments when you persist, despite the temptation to give up, fighting the countless valid excuses, fighting the procrastination, getting comfortable with the uncomfortable, mastering delayed gratification, having faith in the long term results, that creates a life changing shift. A helpful mindset to deal with a short term and quick result addiction is realising the fact that the time is going to pass anyway. Although something like 6 months to see any noticeable results, after continuously choosing to give up the immediate comfort of inaction, and overcoming the challenge that not working toward it feels easier, may feel negligible at first but on an immediate result note, it will make you feel a sense of achievement daily, and 6 month later, a time that will eventually come whether you would like it or not, no matter how slowly you would like it to arrive, if will only feel good to see the fruits of the small, doable everyday efforts. Start anything you wish you would have started 6 months ago, and you will create your version of a life that feels "happily ever after", in the simple everyday moments, whether the situation takes 1 second, 2 minutes, 3 hours, 4 days, 5 weeks, 6 months, or 7 years to improve. When you feel like you since you started doing this, to improve yourself in this way, to create this in your life, you will give a happy ending to your most challenging and seemingly unfair situations. Be aware that, realistically, as you would already know from experience, a "happily ever after" goal is the hopeful aim, through the work of self improvement, for an overall upward direction of the happy curve, with an inevitable small up and down fluctuations from time to time, like the waves, so be reassured that a down moment will not hinder your progress, as long as you keep moving, you will just rise back up, like a wave. I could think of a lot of inspirational stories of people creating a "happily ever after" in the midst of a worst case scenario type situations, just by realising that the situation is not the worst, there is always a glimpse of chance at living

a happy, fulfilled life, and if you can find that hope, be very happy and excited because you are already almost there, and have what it takes to create miracles, and experience what it feels like being on the other side. While in the process of making a situation better, let's imagine this moment to be a "happily ever after", where we keep learning and keep growing, and all that there is required to be happy is a smile, why not try for a few seconds, and then you'll know what to do, something you can actually see yourself smiling for :)

6 Chapter 5: Solve the unsolved problem

Again, I have procrastinated a bit on getting back to writing, I was still not feeling ready right now, just getting in the zone, hoping for inspiration to find its way, and let the magic of getting started prove its brilliance to me yet again. It was not even the case that I felt bored of writing and have nothing more that I feel like writing about, although quite opposite. I had a million things I could think of, inspiration and great ideas just striking me everywhere while just walking around and doing everyday activities. I even thought about the perfect sentences to write, that I could expand in such a super detail and elaborating way, that needs a book of its own, because of how strongly I felt about a lot of topics, thought deeply about them, experienced a lot of insights and wisdom that came through while pondering on the topic, and it was in fact my self control that stopped me from leaving everything behind and just start writing on the spot, when I felt most like it. I reminded myself, being well aware that I might forget about what I had in mind in that exact spur of a moment when I actually get to writing, that I need to learn to be okay with that and just trust the magic of going with the flow, and that when I do start writing, even better insights might come through. I do not have to do everything at the exact moment and solve all the problems in the next hour. It is good to take action as soon as possible, but also important to sometimes intentionally delay, while something else depends your attention. All I can say is that it is okay either way. There is no wrong decision when choosing between two important tasks, for example, as long as you stick with one, with full attention, while not second guessing your choice. Making a decision is a very important skill, as any decision, whether you would like to call it wrong or right, is better than an indecision. You guessed it what I am going to write next, just repeating it, "there are no wrong decisions". Once you make, quite literally, any decision, with a full heart, without second guessing and doubting, you will realise you either learn or learn. Oh yes, I myself am surprised how I just wrote "you either learn or learn", it is not a typo. As I am writing this, it is interesting to see for myself what am I going to write next, and what I learn. Anyways, I thought I was going to write something else, like "you either learn or be happy with your decision", but then I thought, no, you actually "learn" either way, while being happy that you at least made a decision. Be glad about any decision because it will really make life feel like it is moving forward, you would gain really helpful levels of wisdom from the experience and lessons from any decision, whether

you realise things that went well or how could it be improved, there is always something to learn, understand and get better at. More importantly, you will realise that you are stronger than you think, and get a boost to your confidence levels.

Now, on a side note, as I just decided to get back at writing after missing two days, when I wanted to miss just one and write every other day instead but life got on the way, I remember feeling the dilemma, just minutes ago, regarding whether I should get back to this now and continue to write, noting the fact that it is not seemingly solving all my problems right now, and has no immediate life changing benefits that I can quantify if this is the right decision, but somehow, it still feels right to have slowed down, stop trying to solve all my problems in one instance, and give my mind a little break to wander, explore and get creative in different ways, in new ways, in ways I am only learning about as I am writing and only following the natural structure or unstructured, imperfect writing style, where my thoughts feel cluttered, the biggest reason why I procrastinated in the first place, as I found it very satisfying living in the illusion that when I feel ready, when the timing is right, when I have had the perfect sleep (I am actually on a 3 hour sleep, so pushed past my urge to instead take a nap), a good walk (Well yes, I am writing this after a good walk and jog, and after eating a pomegranate fruit, to give myself a reason to procrastinate a little more, a productive procrastination), when I have achieved an important goal (I tried spending some allocated time this morning, forcing myself to give my undivided attention to think about my career goals during that time), and what I have experienced is, I still do not feel all figured out, with all the certainty and answers. I only certainty I have decided to gain is that my idea of perfectionism is just an illusion, and I can never learn more by any amount of planning and idealising a perfection in whatever I want to start, then by just making a messy start, whenever I reasonably can, and trust myself to figure it out and learn in the process. Just like making a decision, going along with it, and realising that you are stronger than you think and have an easier time figuring things out than you feared, and can never be as stuck, right in the middle of the way, because of not having a perfect plan, as your imagination might make it seem like before getting started. I honestly applied this principle today, and may have to apply every single time I start something that I feel unsure about, as the best way to gain clarity is to just try it, have a go at it, and better fail fast than to not try at all. Fail fast, learn fast. It is all worth it, every single decision is amazingly, perfectly, wonderfully right, when paired with feeling the doubt and getting started anyway. Think about what ever happens when someone pushes through the fear and doubt, and gets started at something. Nothing but feel glad to have tried, feel glad to have learnt, feel glad to have realised your own potential, and to get even better ideas, plans and strategies for the future pursuits, through the experience. You can never just skip the initial uncertain and messy phase of getting started at anything, the only way on the other side, where you feel all confident in your ability and like you've figured it out, is through it. Too much planning can be an illusion to feel in control, but the mess and pain of getting started is still the biggest hurdle to

cross, and it's not always easy, even if you know what you need to do. We all know that the great feeling of feeling in flow comes from, first, making a painful start, despite having all the excuses, and then to keep showing up, making a lot of uncertain, painful starts, every time, despite feeling like it going nowhere and not seeing the immediate results. We can only know by getting started and trying, that it was, in fact, not that bad to have spend some time on something that has been on your mind, for a long time, to be wanting to try anyway. It is so much better, for example, than a regret of not trying, to feel the gratitude for having a new experience, an increase in wisdom and self confidence, and have some interesting stories to share, feeling an interesting person. Instead of feeling stuck, not wanting to start, before having spend forever on trying to create a perfect plan, and then asking yourself "what if it doesn't work out", and considering to revise your plan to make it even more perfect, how about, just do it imperfectly. Imperfectly done is better than a perfect plan never started being implemented. Even better, more perfection will magically unfold, better than any plan, from just learning to be, or even faking and fooling yourself, to be comfortable with the discomfort of getting started, a trick to master any skill, or to get anything done, including small things in everyday life. How wonderful it is to just make a decision, and say "let's go", without doubting yourself, and remind yourself, "what if it all works out, and you quickly figure it out and start to feel all better", just by trusting in the magic of making a start and going for it. Making any decision, particularly when choosing between two things you want to do, not whether or not you make an effort to take an action or just pass on something you want to try, in which case, you will never regret trying, while it is also okay to miss an opportunity when needed and learn how to prevent that from happening the next time, there being a wisdom in that too, however, we often regret the things we don't try than the ones we do, so any action towards any one of the many things you want to do, is really worth it. Just do the things in your wish list in any order, something good will always come out, even in invisible and obvious ways. It will always shape, almost always, guaranteed to shape and strengthen your wisdom, and make you a better, happier, and a more positive person, so, if not for yourself, at least to show up as a better person for the people you love, just do it. Go for it, explore it, experiment it, fail fast, learn fast, get better at it fast, or even realise an alternate idea fast. Time is precious, and there is no better way to spend it than doing one of the things you mean to do, in any order of priority, whatever makes sense, without letting the feeling of uncertainty, wrong decision, fear, over-planning or over-analysing, and unhelpful doubting, take away from the time. After all, time is going to pass anyway, and no amount of worry and over-planning can make the situation a perfect opportunity to finally get started, might as well start now and find out how it goes. The saying, "now is the best time to start", really implies that waiting for something external to change before getting started is a form of procrastination, and taking an action is more important than thinking about it, and starting is the next best step, to break a viscous cycle of not feeling ready, then not starting, where the only way out is to force and trick yourself to do it. It might help to consider this, you will never know how much you

needed to get started on that until you do, just like a small example, you will never know how much you needed that walk until you do take one, ignoring the weather and how busy you are, and realise how much better you feel, and you were okay to deal with the weather too, and you actually gain a clearer mind to focus better and work smart, in fact, earning time overall, not losing it, being able to get things done with more energy and efficiency. Hence, if there are any unsolved problems, either because of procrastination or due to external circumstances, the most promising way to solve it is, as much as it is painful to hear, there are no shortcuts, is to just do it, and the way it will get done is by getting started, and the way to get started is to focus on the one small step ahead and take it, knowing that you don't even have to feel ready, and you will be surprised how quickly it will all come together and everything works out, the focus becomes great, or should I say, reliable, only by getting in the flow state, that comes from finally making an uncomfortable start, and trusting in the decision to start something new, and then repeat. Expect for it to be difficult, expect yourself to always have a reason to count yourself out of it, still show up every time, repeating the process of making an uncomfortable start, before waiting to feel ready, and naturally, not an illusion through planning, develop the real confidence along the way. Feel the fear, and do it anyway. You've got this!

7 Chapter 6: Wait, that was not even a problem

I am so excited to write this chapter, finally reaching the last chapter of the book. This is the only chapter that I planned in advance on what to write, and that plan came to me accidentally while I was on a walk. I did not even plan to plan the rough structure of what to write in this chapter, but somehow, the ideas suddenly strike me on a walk, with strong emotions and some wake up call realisations, that I decided to stop where I was, remove my glove, took out my phone, and wrote whatever affirmations and themes that were spinning in my mind, making a short summary, bullet point type list of things that I feel I have a lot to talk about. Writing it down was also a way to acknowledge and reflect, and free my mind, having noted my thoughts, ideas and sudden waves of new wisdom and awareness for a helpful future reference. So far in my writing journey, I have been mostly going with the flow. It was hard enough to just get started, and I knew or felt like that if I planned too much, I might delay on actually getting at it, and my imperfect approach only made me realise the important lesson that getting started creates more clarity, like the one I just unexpectedly experienced, when least expected, with so many more realisations, ideas and focus finding its way, that made me excited to create a little plan, stopping on a walk, right where I was, because I felt a strong sense of a profound realisation that I could not ignore. I am impressed how I am already on the last chapter, just one week and 2 days later, since spontaneously starting this formally writing a book journey, without still knowing how this will end up. I really want this chapter to be good, even best, and want to take this chance

to write about and share my biggest intakes, thoughts, and realisations, that I do not normally get a chance to talk much about, and not even sure if people who I spend the most time with even know the real me, on a deeper, mindset level, on a level I cannot really explain that well in normal day to day conversations, I guess, as I feel, those focus more on my superficial circumstances and contain some level of assumptions on how am I suppose to feel, and what must I be thinking or should be doing all the time, and even what I feel conditioned to say seems far from reality on how am I actually thinking and feeling about the situation, and what are my true coping mechanisms. When other people know get to know about a situation that seems far from ideal, there comes an inevitable assumption, that creates a sense of longing to be out of it, the dark place, and to be able to not having to pretend to act happy and put together, but to actually be, and if that is actually true, then for it to be believable and hence, wanting to prove it that strength and positive attitude is real and helpful, not just living in a denial and a false sense of reality, with unrealistic hopes and goals. However, what is really going on, as I discovered, is that although having goals, and something to tirelessly, passionately work for, is a very good thing, but the difficulty lies in being okay with the day to day life stressors in the meantime time, that creates a longing for some different version normality, that feels separate while in a different zone of needing focus to work towards something that may or may not work, especially by a certain time, it is in those moments, when giving up on one idealised plan might actually be healthy and looking for the next best alternate, that solves the core problem, and the satisfies the underlying principles and core aspects of a dream life, could be the key. It now comes down to having a great self awareness about the deepest desires and passions, and to find a way to create some version of that in everyday life, not waiting and longing for something else to change, but finding the answers and solutions within, from a personal wisdom and deeper awareness. This chapter is going to be all about finding ways to enjoy the journey while trying to solve a problem, trying to reach a goal, and creating a meaningful change, while being yourself and living your best life along the way, not feel like you are ever missing out on anything or wasting time, even if none of the hard work works out. Whoa, here I just wrote a big chunk of paragraph before even starting the chapter based on my rough plan I created, a few hours ago, while on a walk, still started with my natural, unplanned way, to write this unexpectedly long chapter introduction. Before I dive in to the prompts I planned to write about, in other words, officially started the chapter, I would like to admit how much I like this chapter's name, "Wait, that was not even a problem", and invite you to imagine how this chapter is likely to go, how is your problem not even your problem, I am sure there is probably a better way to say that, which I hope might naturally unfold itself, with what I actually mean, somewhere along the chapter, and would like you to consider what does that statement, the chapter's weird name, mean to you. I wonder and believe you would have had some interesting thoughts about it, and I really hope you enjoy what you are going to read next, and hopefully receive a message you are meant to receive, and gain the realisation you are meant to have. I am only writing for fun, as a

hobby, and a way to understand, explore and share my deeper thoughts that I dreamt of expressing someday, and being tired of waiting for opportunities and situation changes to occur first, which never seemed to have happened, in years, just decided that now could be the time. Now, finally trying to make a change, one uncertain action at a time, let's convert the seemingly biggest problems into 'not a problem'!

Whoa, I've got to confess, after all the preparation, I am writing the second half of this chapter after 15 days! I was actually considering procrastinating even more or to even just leave it. Does that sound familiar? When you are working towards something, there is a great sense of adventure and motivation at the beginning, but then life throws other priorities at you, shifts your attention, then suddenly you feel like rushing into something else that feels more important at the moment, even though you know you are enjoying the feeling of progress towards something that means a lot, and have to battle with anxiety of other things demanding more immediate attention, which is subjective, of course. Okay, before I get tired and need to take a break, and then procrastinate for a few more days and even risk never finishing, let's jump right into it now.

Imagine the life you imagine for your self, an ideal life, in the perfect world, where everything is going right. You are being exactly the kind of person you want to be, having the experiences you want to experience, gaining the wisdom you wish to gain, having the stories you want to tell. Now ask, what is stopping you? Wait till you make a list of roadblocks towards that, keep going, the list might not be as long or daunting as you first imagine, but keep going, you have to think really deeply and be really honest with yourself for this one. It is worth it. It is really worth it to assess where you're at and what are your true challenges versus any possible delusional beliefs about what is stopping you. To be very honest, this is not an easy exercise, it might make you feel very uncomfortable, especially if there is something external that seems to have more control, but honestly, please try to trust that there is always something you can do. You will realise you will come up with your own solutions, the best ones, personalised for you, which will be best for your situation, coming from someone who is living it and knows exactly what you're going through, and is most qualified to give you the wisdom you need, yourself! If you still really cannot figure out what to do, please know that you are not alone. I, myself, who is saying this, is unsure about what to do as well. Sometimes, after writing or talking about really wise piece of advice, understanding, wisdom, sounding like I have got it all together, figured things out, and is very sensible and smart, guess what, it feels so far from the reality of how I really feel. I seek advice from other people, who I feel have a better idea of what they're talking about. I might even try to sound like I have no clue what I am doing, even though I secretly know what the right thing to do is, but just crave to hear what I know is true and want to hear from other people as a validation and credibility source, to reinforce my ideas. Sometimes, that really helps. I hear exactly what I needed to hear. It gives me a push, a realisation, a wake up call. However, at the end of the day, I still need to do something about it. I could know

what the right thing to do is, but not act on it for some silly reason or anxiety. Here's the main part, and a pep talk to myself too, you've got to act to feel qualified and competent, and not wait to for the result that only comes from taking action in the first place to take that small action in the right step. And do not even overthink about that, any step is right. Just take the step, do the next thing that feels right, and then let the wisdom that comes with it guide you further. Realising that life ends is a powerful mindset shift and a wake up call that doing anything is better than only pondering and unable to decide anything, while trying to stay in a comfort zone. At the end of life, it would be more fulfilling to feel that we gave our best in living our dreams, and have had interesting experiences to look back on and learn from, than to feel like we were waiting for something that never happened. If you feel scared of getting older or time passing by too quickly, try giving more life to your years. Count the worthwhile experiences, not the years. Time is very subjective in that sense. A same one year in your life might feel more memorable than other years, where most of your wisdom or interesting life stories might come from. Some years might feel like a blur, but you have still gained all the wisdom you needed and learnt something that makes you stronger. Some years might be life changing, a turning point, whether because you did something remarkable or something external happened. Anyways, an internal peace of mind and wisdom, and being your true, best self, the kind of person you want to be, is always something worth striving towards. It is going to feel like living with 'happiness is a choice' mentality, where you can even consider your low moments as a connecting dot towards a happier you, because it is making you wiser and stronger. Like all emotions, happiness comes in waves too. Embrace it and make the best out of it when you feel it. Extend the feeling by journaling about it, to back back at it and smile. Savour the good moments. Embrace your handwork towards your dreams, and try to enjoy the process by finding joy in little moments and creating joy for yourself, just like how, as a child, you were an expert at creating joy out of the most trivial things, like colours, kitchen cutlery, sand, rain, and more, while you were parented and had a whole lot of restrictions. Go try being a joyful child for a day and let's see how that feels :) By the way, there does exist an adult colouring book, which I cannot wait to try, it feels like a really mindful and joyful experience.

This part is about trying hard, and not getting the results you hoped. In this case, I just recalled an important mindset shift, "it is hard to do what you know you need to do, but harder to avoid doing the necessary work and see nothing change", and "it is uncomfortable to take an action, but even more uncomfortable to live with regret and the thought of 'what if', in which case, there is only one way to find out". Hard work is not easy, hence it is called 'hard work'. It is testing and definitely not a walk in the park, even when they say 'enjoy the journey'. However, it is not suppose to mean you sacrifice your health and well-being for it, and restlessly work at it till its done. That is very counter-productive. In fact, you have to take it easy, and give yourself more compassion and grace, believing that if you keep doing the small right things everyday, at manageable chunks, it will pay off in the long run. It all comes

down to emotional management, and giving up the desire to see immediate rewards, and instead, look at it as planting a seed and watering the plant every day, to keep it flourishing and growing. You have to be up for the challenge. Show up every day, to make small needle moving, gradual progress towards the goals, or to even figure out what they are, and be okay with not knowing how it will turn out, and to trust the tiny, little, invisible results in the beginning, when nothing seems to have changed drastically. That's all hard work really is, gradual improvements, and to keep going, at your most natural pace, without burning yourself out, trusting the process, as long as you are doing the manageable amount of work, whenever you reasonably can.

While you are working hard towards something, be mindful about the external events or circumstances that could be very triggering. It is in those moments you have to realise your powers, and focus on what you can do to take back control. Remember, there is always something you can do. At this point, if you are wondering about the exceptions, well yes, sometimes the options get narrowed down because of the circumstances, but there is still, always, at least one right action that you can take that can make you feel more fulfilled, even if that means taking a break or drinking a glass of water. The best thing to do, and the answer to everything, might be in acting like the person you want to become, making a cautious effort at being the kind of person you aspire to be, in everyday life, and detaching yourself from the situation to help put things into perspective.

I am going to take a break now. See you later soon, possibly some other day, while in the meantime, I try to put my attention into other pressing matters. I am really enjoying writing though, can honestly go on and on forever, forgetting to even look at the time, but here is another reminder to myself, and the readers, which I hopefully have someday, "life is all about balance", so take a break and come back when reasonably suitable, in order to continue making progress, in any aspect of life.

Wow, I really thought that would be a short break because I was so excited to continue writing, where I left off, I even had a plan and little notes or pointers for what to write about, and yet, I am back after more than two weeks, probably even a month, I cannot even remember how long it has been, but life definitely had got on its way and writing got pushed down the priority list, no matter how badly I wanted to do this. I am going to be honest and say, I almost gave up the glorious idea of writing a book, and time and again, started considering this piece of writing to just stay with me, as a regular journal. I still might end up doing that, however, on the other hand, people are busy and very few will actually make time to read it, so I should not overthink it too much too. I will be honoured if I even get one reader. Even if this is just my journal, I still have had a wonderful life experience through writing it and am gaining a lot of fulfillment from doing something I love and enjoy, and I honestly love how I feel while I'm trying to write this, as a way to express myself. It is like I let myself feel seen, even just seen by me. It makes me realise that I have more power than I realise and I can use my emotions as a strength. I am loving and enjoying writing this so much that I am periodically stopping and writing a

paragraph about how much I am loving and enjoying this process of writing. It really feels like trying something new, jumping into a challenge, letting yourself be imperfect, do not wait for perfection to hit to give yourself a permission to have a go at trying something, even letting yourself be bad at it and cringing at what you have written when re-reading the book you thought was a masterpiece, just because the act of experimenting with it brings your heart and soul a sense of joy and peace. I have never regretted trying something new or uncomfortable. Even if things do not go smoothly, everything still tends to be much better than what our anxiety makes it out to be, and definitely better than the regret of not trying or not knowing 'what if'. So yeah, always try, go for it, whatever challenge it may be. I have a very relevant reference from my real life experience, and that is, when seeing an unexpected dog, cat, or a fox, and embracing it instead of being scared, there comes a realisation that they are just friendly, sweet, warm and loving, and just making their way or are excited to see you, not there to harm you, at least, majority of the times. It shows that something that causes you a momentarily anxiety or fear can actually end up being your highlight of the day and a way to make the most precious memories and treasury moments, when you flip any panic into trust and calm.

Now let's talk about an important moment or mile marker in your life, like a special day, it could be a birthday for most people, or a New Year, Christmas, Easter, or any other special day that you believe in the magic of, and have high hopes to make it perfect and make precious memories for. It is normal to have an important or meaningful goal you would really want to reach before that day. Keep that meaningful goal close to your heart, it is there for a reason, however, we do have to let go of the pressure of putting a timeline on it, although, it is motivating and can make you work harder, and it would be great to have achieved that goal. To be honest, it is my goal too, to complete writing this book before my birthday, coming up in one and a half week. I started writing this more than two months in advance. Started off very regular, but life came on the way, with other pressing priorities and worries, and I had thought about letting go of trying to write a book too many times to count, in fact, every time I took a break and got focused into other things instead. Back to the point, it is good to give yourself a deadline to achieve a goal by, to make sure you work hard and give your best effort for it, and deadlines are motivating. Having a timeline and a clear picture for what you would like to achieve can be very helpful, as a motivational factor, and a way to know your purpose and why you are doing this. Now also imagine how nice it would be, if you make yourself work as hard and efficiently as if you have a deadline, because you want to fulfil the promise to yourself, for trying your best, and at the same time, to give yourself grace if those exact goals are not met, and instead, be at peace that at least you tried and gained more experience and wisdom. I think that is the way to go. Knowing that you had a go, tried your best with what you knew at the moment, and learnt what you needed to learn from the process and experience, and trusting the timing for how everything will eventually fall into place, is a peaceful, satisfying, and very productive state to be in. If you feel disheartened for not even feeling a step closer to your goals, by the milestone day you wanted

to achieve that by, I must say that you are closer than you think, because you have gained the exact experience you needed to try in a different way next time, and the next time, it might work more efficiently and quickly than ever. Things could even change overnight, it just takes a lot of failed attempts, and years of feeling like no progress has been made, because it is invisible, just in your experience and wisdom, to get to that life changing overnight success. It will feel glamorous, because by that time, you will be so experienced that it might almost feel like the goal was achieved effortlessly, and that day will come as a reward for not stopping to put efforts towards it when the results were invisible. To get to that magical moment, it is important to keep faith during the long beginner phase moments, where there is a lot of confusion and all the efforts seem to be for nothing. Try to be generous with yourself for the time commitment needed, and do not judge yourself or be critical for how long it is taking, and for how many ideas that did not work, you are only learning, and each try helps to figure things out further. So during the times when life does not go as planned, or you feel like beating yourself up for not achieving a certain goal by now, let's consider calling this day a gift, a special day gift, as this day is still just as special, it knows nothing about your goals or high hopes, it just cares that you are here and have a chance to make it the best day possible. It is all about the story you can make out of it, make sure it is the one that makes you smile and feel joyful. It is possible to make a great story for any life situation you are in, and what did you do to enjoy the simple moments, how did you fill your day with simple pleasures that bring you joy, how did you look after yourself, take care of your health, and did something for your mental health, to set yourself up for success and to be a best version of yourself, how were your social interactions like, did you manage to make someone smile, how did you move a needle forward towards your meaningful pursuits and goals, did you go out in nature and felt joy in the natural beauty of trees, grass, flowers, clouds, river, lake, fountain, sunshine, rain, mountain, beaches, sand, buildings, architecture, yes pretty much anything, enjoying a glass of water, going for a walk, listening to music, reading a book, listening to a podcast, watching your favourite episode of a series or movie, having a good conversation with someone, seeing birds, ducks or squirrels playing around, journaling, having a good dance or singing session, creating an art, having a good meal, enjoying a great cup of tea, fresh berries with yogurt, meditating, having clear thinking, good ideas, high energy, etc. Those are some of the beautiful things that can be enjoyed any point in time, without the pressure on condition of having achieved your goals by now. If you are mindful enough to enjoy those simple things in life, it really means that you have the skill to be joyful and happy, and are already quite successful and doing something right, whether you realise it or not. How you enjoy now is how you will enjoy once your dreams have come true, in addition, when your dreams do come true, you will feel so much more happier with yourself because you enjoyed your life to the fullest, despite any uncertainty and chaos, in the meantime, regardless of any external factors that are not in your control. That truly helps you in the long run too, to be more patient with achieving your goals and dreams, even when it takes years of effort, and trials and errors. Having fun

in the process, and enjoying the journey towards your goals, is the best mindset you can cultivate, in this ever-demanding, never-enough or never-ending list of accomplishments, pressured to achieve, one after the other, in this competitive world.

Moreover, there is often an illusion of rush that comes up while working hard towards the important goals, making you feel like it should not be taking this long. However, rest assured that it is almost always expected to not follow the expected timelines set by us. So please do not beat yourself up, you are certainly closer than you think. You might be familiar with the feeling of all the motivation, planning and progress so far, ending up to seem to be in the wrong direction, hence worthless. Those times are a perfect example of an illusion that shows up as a feeling that you are doing something wrong because it should not be taking this long to achieve your goals. However, it is okay to learn some things the hard way, in fact, it is unavoidable. Certain important wisdom and life lessons that helps us fulfil our wildest dreams are often learnt the hard way, and it's worth it. You learn the hard way once, and then will be in a better position to be smart in the future and achieve similar goals much more efficiently. Embrace the messing up every now and then, and congratulate yourself, even celebrate, for all the lessons learnt for how to try something new and better the next time. It is a process that keeps on unfolding, and what is happening will eventually get clear with time and effort towards it, just like solving a puzzle, involving straightening the pieces to see the mess more clearly, organising the pieces into different categories to be able to tackle one thing at a time and reduce the overwhelm that comes with too much scattered out there that needs to be put in place, and then the picture slowly becoming clear with gradual progress and finding a method that works best for you, the discovery that only happens after having spent some time and effort on it. It is also often a slow, messy and painful start, but gets more fun, efficient, clear and easy with progress.

Realise your gifts. If there is one thing I could say, it would be this: "realise your gifts". You are gifted with something. Never ignore the gift of an idea, it is there for a reason. It contains all the clues you need, just pursue discovering more towards that direction, and start creating your craft that implements your idea. It gives all the purpose and meaning to life. We do not actually need much. Just a problem we want to solve, and willingness to put the work towards it, to explore all the ideas that could be a potential solution, all that our unique life experiences creates and helps to play a role in shaping that idea. If you recognise the exact thing you are struggling with, try to do a market research, see if there are any possible help you can get, or create a solution that you wish existed and would have helped you a lot. We are best equipped to help and create innovative solutions for what we have personally struggled with. Take your struggles as an honour to possibly find a solution to help with it. We can turn our struggles into inspiration to solve a problem, in any smallest way, even if it means trying to make people feel better, in every small interaction.

There comes a time where you would know exactly what to do, or at least the first step, even though not sure where to go from there, and that is okay, you

will figure out upon getting started. However, maybe you are unable to take that first step because of wanting to achieve so many goals all at once, which really creates a desire to rush past everything and a need to be fast. That often ends up being a fast ride to nowhere. It serves us more to slow down, take the long route, focus on small details, pursue mastery over a small number of things at a time, and enjoy the journey, not trying to rush anything, but disciplined enough to work steadily. Do the work that needs doing, even just one percent of it. Just focus on moving the needle forward, one needle moving activity at a time, whether you are feeling sad, lonely, distracted, sick, sleepy, hungry, burnt out, in which case, the needle moving activity would be to start taking care of yourself and take a refreshing break, with an intention to return back at the earliest convenience to do the one small thing that relieves your stress a little. Now, let's talk about effort. We need to be aware about what we are making an effort towards, because knowingly or unknowingly, we are always making an effort, moreover, we enjoy making an effort towards something and seeing results. We just need to regularly evaluate where we are aiming to go with our hard work and efforts, and if we are liking the results, or is there something else we need to focus on. The answers are not always clear in the beginning, but eventually unfolds through experiences and wisdom, you can call it learning the hard way. However, we all have to learn, at least somethings, the hard way, in order to really learn the lesson we need to learn, and make it easier to learn it quicker the next time. So do not beat yourself up if you realise to have wasted years on something or waited too long to start something new. It is normal to have no answers and solutions to what just happens, do not try to force a certain mindset, adopt the one that serves you the most to be the best version of yourself, not the one that serves your anxiety and self criticism. When work hard seems unnatural and progress so far seems like an illusion with no definition and indication of where it's going, remember, sometimes we have to take one step back to take two steps forward, so give yourself what you need, let go of the judgement, and realise your powers. Stop searching for answers outside, simply realising your powers can contain a hidden guide towards the right path, and staying grounded while not yet being in a dream situation. Imagine if what you have been waiting and hoping for never happens. That is to take the pressure of waiting for something external to happen away, and to only focus on what we can do in the moment, so that we do not regret another moment lost while putting too much focus and thought on something we cannot control. We cannot gamble with our peace, happiness and time like that. There is always something we wish we would have done, like an hour later, that will help our future selves enormously. If the situation seems out of your hands, the best and most self compassionate thing we can do is changing the definition of a dream life that suits best a current situation. Not ignoring the dream goals to achieve and work for, but as trying is just a try, a shot in the dark, it can be long and uncertain, if and when the dream will come true. Those times, a right mindset really helps to look for ways to make various things happen, the best possible version of those things, even a small glimpse, whatever possible, that satisfies the deep desires and stop the never ending anxious longing and the 'if only'

thinking, and makes the journey worthwhile. The journey has got to be doable, we have got to find a way to make it okay. Find a way to enjoy glimpses of happiness, and a sense that you are already in your dream life, in every aspect of a longing desire. Make an effort to make it seem like all the wishes are within reach. Deal with the longing desires, and wishes to be satisfied, with where you are, what you know, and what you have. Before wishing for your big dreams to come true, wish for, and work towards a building a mindset and habit that makes it natural and more do-able to deal with the pain of doing the necessary and meaningful work, without attaching to the outcome and without feeling the rush. Make a survival plan. Whatever you consider important in an everyday life, try to have glimpses of it, and include some version of that experience, even little and an alternative best, considering time, money and health factor. Just find a way to feel those important things to you are within reach, and find a way to experience some form of it that makes it seem it is already there.

As part of a survival plan, make an emergency worst case scenario, a mental breakdown self care plan. Then enjoy a stress-free focus, to work towards things that are just a try, with no certainty of an outcome date and level of success. Embrace the situation, trusting the iterative improvements, and value the wisdom coming from anything life throws, believing in a better future which you creating, once gotten wiser. Do not look at past with regret, only to spoil the present moment at hand, which is also becoming a past as time goes by, where you can do something for the future you, so that the future you can deal with whatever challenge or opportunity comes on the way, because it will, so better make the future you more equipped to deal with that in the best possible way, through taking care of your mind and body, and try to be ready, in general, for going all in towards unexpected opportunities that may arise. While waiting, do not wait, get ready. When having any regrets about missing wonderful opportunities in the past, make it a reflection activity, a literature, a history to be learnt from, and be excited for the fact that, now that you know better, you will do better. Look forward to the future with hope and believe, embrace working hard in a healthy way, and help yourself with an emotionally healthy mindset, the best gift you can give to your future self through making good choices now, like the ones you wish you would have made in the past.

Reflecting regularly to learn from the past, and trying to make good choices for the future, while not even knowing if those choices are, in fact, good, you can still enjoy the process and rely on yourself for reflecting and learning further. As long as you enjoy learning from the process and recognise the progress you are making, and acknowledge and celebrate yourself for your wins, you are already winning. Feel free to dream big and be excited for your future, knowing that you have got your own back, and you are not scared of uncertainty. Even if you have lost everything, been embarrassed, spoiled your reputation, realise that you can still start over. In fact, those times, you might as well will feel the most motivated than ever, to start over, rely on your talents, and solve a personal problem that you have faced.

Another mindset switch is to try and find your happy self, when you feel at your best, through a very honest self reflection. Is it to meet new people, read

more books, listen to more music and podcasts, feel new levels of peace, spend more time in nature, click more fun pictures, cook more healthy meals, write more, create more, have a clean, clutter free place, have a purpose so great, be on a mission, while knowing how to enjoy. The more things you can think of that you can absolutely enjoy, without having to spend money or a lot of time, the better, as you can incorporate that fun in your hourly 5-10 minute breaks, while you are trying to crush your big goals, busy at work, caring for yourself or someone else, healing from a trauma, injury, illness or health condition, or other demands of life.

I hope you are feeling positive and ready to tackle the world now, and most importantly, excited to incorporate more fun and self compassion in everyday life, even during stressful situations. Hope you feel confident that you can joyfully work towards your goals, knowing that you need not even have to wait for anything else to happen, just give your best effort towards your genuine desires, and celebrate yourself for that. This may not solve the problem but will make you realise that it is not a problem. Nothing can stop you from making the best of any given difficult situation, and the thing that will make you the happiest is, knowing that you are giving your best efforts towards things that matter to you the most, and you let go of the worries by realising your unique talents, what you have to give to the world, the reason you are still here, and your ability to make time for moments where you can allow yourself to be in a state of pure bliss, joy and peace.

As a disclaimer, I have written all the motivational affirmative sentences in this book, because I personally like to, much rather, read such things or listen them on a motivating, uplifting podcast, than hearing it directly from someone I am trying to explain why I feel so stressed or sad, in which case, I mostly just want to feel heard and validated. However, I love when my mindset and belief system shifts naturally through books and podcasts I choose to read or listen to, or motivational quotes I come across, and even through journaling, getting inspired by someone else, and all that helps me reflect and catch myself where a different mindset could serve me better. You'll hate it when someone tells you to change your mindset, as it feels very invalidating, because we simply want to make sense of why we feel the way we do, and wish someone could understand. However, cautiously and lovingly changing your mindset yourself, in the way that serves you the best, and trying to tell yourself a different story that brings out the best in you, will set you free.

Ever wondered what does it feel like to not want anything? How when things are going well, you can take on more and do more, and not procrastinate, and can take on the world, at least what it feels like when you're wishing and waiting for something to happen. Well, I leave those questions up to your imagination. This is the strange ending to the book, as with most things in life. We have got to make sense of confusing, strange, and unexpected things. That is what makes us who we are. The stories we tell ourselves is everything. It really shapes how we feel about our lives and ourselves, and how we come across as, and how we impact other people's lives too, that we come across, through every greeting, and every interaction. It feels much more important and helpful to

consider, and strive towards, who we want to be, than the things we want to happen to us. There are going to be non-spotlight moments in our lives, where our progress seems invisible, our efforts are unrecognised, and we feel backstage, unseen, and misunderstood or judged. We cannot control that, nor should we try to. As long as you can convince yourself, honestly, that you are authentically trying to be the best of who you are, and realise your strengths, you are doing a lot better than you think, and you are closer to your wildest dreams than you think. Trust that if you can dream it, if you even have that vision, you most certainly have the skill-set to achieve it.

Every big change or shift in life starts with small daily actions, and the build up of good habits. You decide your habits, and your habits will decide your future. With that said, let go of trying to decide or control your future. Have a vision, but focus on the daily habits that you wish the future you will have. There is nothing as glamorous about your dream life as your ability to be who you want to be, already acting like your best self, starting from the very now. Realise your powers you have, in this very moment, to make anything happen. Make the decision to choose good habits, and that discipline will choose all the happiness in the world for you. Now go and spend your each day like you wish you would have spent your life, or your youth. Have more fun in your testing situations, so that your future self will have better, more entertaining, and more inspiring stories to tell :)