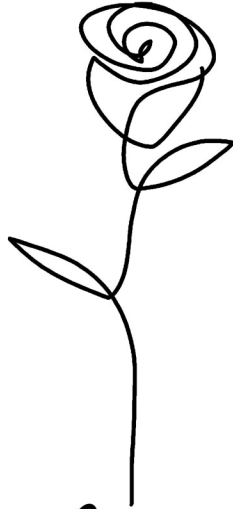


CHRIS JUSTIN



All
Words
Are
Made-Up

A Collection of 365, Sometimes Ridiculous,
Sometimes Inspiring, Short Essays.

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CHRIS JUSTIN ROSALES

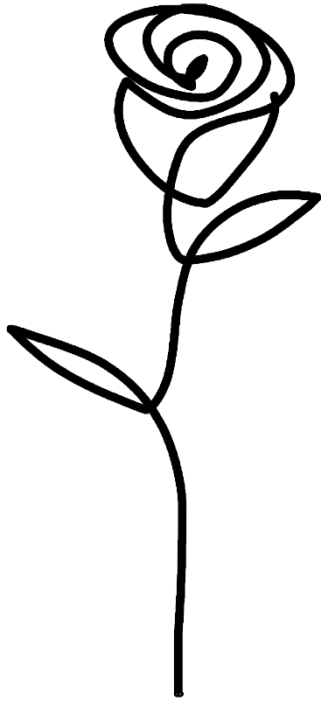
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To every person struggling in life, to every person who thinks their life is shit. Well, that might be true, life can be shitty sometimes, but it is how you deal with it that makes it worth living. So, rise above the shit, persevere and still be amazing. That's how you change your narrative and ultimately be the shit.

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All
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PREFACE

(Or Your Guide to Reading This Book in a Portalet)

I wrote this book to find humor in (almost) everything about life once a day for 365 days¹ starting on New Year's Day (2017). And if you're reading this now, it means that I have completed this guide and the year is over or the computer just got a virus and is spreading it to your gadget (you're welcome). Every chapter constitutes one day of the year so read one chapter a day. I also wrote one chapter a day (initially, until reality hit hard like a second puberty during a mid-life crisis) so it's best that the reading pattern is the same as the writing (or at whatever pace you prefer). This method also works well if you're busy or simply just not interested (yes, I did not forget about you). This book will try to entertain you when you're down, relate to your successes when you're up and keep you company when you're just sailing in the middle with nothing else to do (get a job). On second thought, I might just have been defining what a friend does. So, there you go, this book is your new friend.

¹ Except on leap days (please refer to page 463).

Also, please do not take everything I wrote here seriously, I wrote this as an attempt to be funny, but I just ended up solidifying my reputation as a tryhard. However, if you somehow ended up learning something from reading this book, then you're welcome. I accept payment in cake.

Are boogers convertible to cash?,

A handwritten signature in black ink, appearing to read "Chris Justin". The signature is stylized with large, rounded letters and a long, horizontal flourish extending to the right.

Chris Justin

1

“*Everything happens for a reason.*” This is the sentence you should always use to reassure yourself. It puts things in perspective, keeps you from losing your mind and from plotting the murder of your boyfriend’s humungous ego. However, finding what reason that might be sometimes sucks. You might think you have known and found the reason, but no, it’s just a decoy to trick you to eat that scrumptious but expired hamburger-pizza-lemon-pop-tart-sandwich shake. Here’s the “author’s” tip for you: don’t assume.

Life, or the thing that drives people to create inspirational videos to sell on the Internet for sad, single individuals, could be deceiving and the best way for you to avoid being bitten in the ass is to lower your damn expectations! Lowering your *damnspectations* IS hard. And that is a well-known fact. The simplest, easiest way to lower your expectations is to find joy even in the smallest, most overlooked things (boogers and eye gunk). So, make a list of the things you usually overlook and underappreciate in your life and start appreciating them as you wake up every day (or once a week if you are a no-social-life, always-at-the-computer insomniac).

2

“*Start your day right.*” This motivation works well especially if you’re a jobless procrastinator with nothing else to do. It’s impossible not to encounter things, situations, or expired food that can immediately upset you and negate your mood when you’re in school, at work or in the comfort room greedily eating a burrito away from everyone. Let’s call these things negators and these negators will effortlessly try to bring you down and ruin your mood every time you encounter them. The best and most effective way to avoid them is to have a greater sense of patience, lots and lots of patience. Giving in to them (losing your temper and eating 5 boxes of green tea flavored Chips Ahoy!) just gives them the upper hand and the indication that they won. Treat this as a competition and the only way out is if you winning. This will also improve your competitive skills that you will find yourself getting (stealing) every stuff your crush is supposed to give to their partner/sex slave.

Finding it difficult to have more patience and usually ending up burning all your mother’s T-back in her drawer? Simple, do some yoga, or what the “author” likes to call “intensive inhaling then extreme farting” routine. It works, just don’t overdo it that you might actually end up pooping.

What are your ways of keeping yourself together? Write them down below so you can easily locate and remember them. Reminder, the funnier and crazier the coping gets, the more soothing and effective it is to keep you from dropping all the F-bombs.

3

“*Nobody is perfect.*” Now this is just a stupid excuse most people use every time they make a mistake, especially intentional ones. They often use it just to get away with them easily, hence keeping their “precious (huge)” ego unharmed and that poor mosquito squashed. Making mistakes is a part of your life. It’s how people were created by God, for us to learn something from. That’s just you being normal. And accepting that people make mistakes, which are a part of their lives and then being sorry without giving such rotten excuses is the best way to having a greater sense of self-respect and also for drinking an entire bottle of mass wine without guilt (oops). If you make a mistake, take responsibility for it, don’t waste other people’s time just to make excuses. Use this time instead to be better.

What are your usual excuses when you make mistakes? Write it down on a piece of paper, crumple it, then burn it. It symbolizes that you’re finally free of them and the “author” ran out of things to write for the day.

4

“*Love is blind*” is the judgmental people’s first reaction to someone conventionally beautiful being with someone who’s not. Remember, it’s not a matter of physical and often conventional beauty or ugliness, it’s a matter of how you believe in yourself and how you can amazingly eat an entire loaf of burrito bread without taking a dump in one day. There will always be that thought at the back of your head, which suspiciously could just be acne, where it keeps telling you all the horrible stuff about your physical appearance. Don’t feel sorry for yourself, that’s other people’s job. Instead, channel all those negative energy into positive ones where you acknowledge and accept these flaws in a way that you find ways to laugh about them. And if you master the ability to self-deprecate, then you earn yourself another loaf of burrito bread, but this time, it’s guilt free! Don’t let other people influence and change the way you see yourself. This is an iteration to a chapter in Tina Fey’s *Bossypants*, which the “author” recommends you to read as it offers loads of ideas of self-deprecating remarks and how you can master self-deprecating; plus it’s an intelligently and

hilariously written work of art by the genius Tina Fey.² Other people's opinions about you don't matter because at the end of the day, or maybe just this chapter, what only matters is your OWN perspective, your own version of yourself based on YOU.

Just like what the “author's” quasi-godmother said, “Do your thing and don't care if they like it.” Because she is right, you can only do things successfully if you don't give even a tiny piece of crap about what others might say. As long as it makes you happy, then who are they to judge? Quoting another one from the same book, “You can't be that kid standing at the top of the waterslide, overthinking it. You have to go down the chute.” You can, indeed, only enjoy doing things the moment you stop overthinking everything and start actually doing them instead. It's definitely inspirational but it is also more than just that. That quote motivates a person in a way that it leaves an impact to the person's life. It is the catalyst leading to the person finally seeing and realizing their full potential by getting out of their comfort zone without waiting for something to happen.

² Tina Fey is not affiliated with the author in any way, but the author wishes otherwise, with him seeing her as his quasi-godmother, for instance.

Unless you're trying to impress someone other than yourself—which is not tolerable, and hence prosecutable for frustrated homicide of your self-esteem, then this will not work. The only fulfilling and accomplishing thing (and that's being redundant already) is when you achieve something with the goal of impressing yourself, not others.

Now, back to the main thing about love being blind. It isn't, especially if it's true. A love that is true does not conform to the shallow (and often ignorant) standards set by society, tolerated by people with not so much going on in their lives. True love transcends every ignorance and judgment, always remember this. So, hurray to that full loaf of spicy burrito bread!

5

“Life is short” is one accurate quote, which you should always share to your timeline whenever you come across it, especially if it has the background of a beach, a forest, or a mountain (the “author” does not know where he’s heading with this one). Life is so short that you may not even notice you’ve grown a mustache, in your pubic area! The “author” wishes not to elaborate further on this chapter for there are already lots of essays and quotes that can be found on the Internet about the said quote (plus, he has run out of things to write). Just remember that yes, life is short, so don’t make it shorter by being stupid. Always try hard to do the smart thing, because you can, you always can. Plus, every essay written about life being short all boils down to this one takeaway (kind of): don’t waste your life like its blackout Friday every day.

6

“I don’t care” or the response people with strong defensive abilities and enhanced facial muscles to fake a smile often use to trick other people into thinking they couldn’t care less about something. Well, based on a research study that the “author” made up, saying “I don’t care” just means that you really care but just can’t admit that you do for the fear of humiliation and/or getting slammed in the face with “I told you so’s” by your seldom supporting, sometimes judgy and always hungry people you call “friends.” This is because if you really don’t care, there’s no need for you to say it out loud, it will manifest itself in the way you act and handle any situation that you couldn’t care less about. Stop telling people you don’t care, let them see that you really couldn’t care less by doing nothing, because again, it will manifest on its own. The moment that you come clean and say that you’re affected is also the moment when you begin to grow a tad more mature, being able to acknowledge and accept your own feelings, no matter how humiliating they might be. Always remember, being honest to oneself without worrying about what others might think is the first and most vital step to loving yourself, not just certain parts of yourself, you self-hating, charming bastard.

7

“*Good things come to those who wait.*” But not if you’re expecting to win this night’s lottery result, because, let’s face it, there’s more chance of Europa harboring extraterrestrials than you winning in the lottery. Being patient for an hour if you’re in the mood is fine, 30 minutes if you’re full of gas and unable to find the nearest farting station (everywhere), and 10 minutes if your stomach is full. But being patient, specifically the pure, without-having-a-break-down kind of patience is hard. It’s hard to stay patient, yes, but think about how rewarding it will be once you do, that no matter how many times you stumble on the ground and occasionally eat dirt, you can still carry on without losing your cool. The best tip there is to keep yourself from slapping the first person that smiles at you when your patience is tested is finding the bright side in all things, no matter how shallow and stupid those might be. This will divert your attention and lighten your mood that you may not even notice you’re already back to where you should be. Bottomline, enjoying all things no matter how small or how difficult they are by finding ways to have fun is the easiest way to keep your patience intact, and here are some examples of turning patience-challenging situations to fun-filled ones:

1. Getting pushed, hit, and sometimes punched in one day. Result: improved durability and strength; no need for weightlifting or boxing exercises.
2. Being rejected by all kinds of transportation after several tries of hailing one. Explanation: you were not destined to ride those vehicles, and your destiny vehicle is still approaching to build up all the emotion and turn your frustration into a relaxed and soothing feeling of a comfortable seat/perfect standing spot.
3. Speaking of transportation, smelling all the combined body odor coming from all the passengers in the vehicle. Result: enhanced breathing coordination and concentration; no need for yoga classes.
4. Constantly tripping when walking. Explanation: your walk has an outgoing personality that you should embrace and brag in your Instagram bio.
5. Technology is acting out—lagging so hard, functioning so badly, etc. Conclusion: no matter how advanced technology gets, humans are still better.

You may write your own experiences and its equivalent silver lining on a piece of paper.

8

“Be yourself.” This implies to all cases but most importantly to your name in exams which you plan on cheating. By being yourself, you can truly appreciate and know your worth and your value. You can effortlessly do all the things and enjoy doing them. The first step to being yourself is knowing who you really are by doing a general self-evaluation. And if the result is satisfying, meaning you are happy with what’s going on with your life, then congratulations! Go buy yourself a cake. However, if the result is unsatisfying, then it’s clear that you have to make real changes in your life, or you’ll end up dead! Not really though, but you might as well be dead if you also live a pretentious life. Let’s face it, there can only be three reasons why you’re pretending to be someone else: one, you fear of rejection and being judged; two, you’re trying to impress others/fit in; and three—which, hear the “author” out, is probably the only one that is plausible and hence should be overlooked—you’re trying to get out of a boring conversation due to LBM. Those reasons suck and are not worth sacrificing your freedom to truly live. So, get out, be with people you’re comfortable with in showing the real you, eat foods your stomach craves, and live your life the way you want to.

9

“Do things one step at a time” or *“slowly but surely,”* they have the same thought. They basically mean taking one step at a time will give you a perspective to see things clearly and will give you more focus to not screw things up. You may feel that it is getting too long, but as long as you keep on working and never give up (more on this topic later), you can eventually reap the hard-earned fruits of your labor (or your next-door neighbor’s apple mangoes). It does not matter how fast or slow you are going, as long as you are still going, and that’s what matters. Always remember what the great fabulist, Aesop, said, “slow and steady wins the race,” and now remember it really well as the “author” adds, “but life is not a race, so go grab a cake and stuff it in your face.”

10

“Be kind.” Two words. Two simple, easy (as if the word “simple” is not enough) words but seems almost impossible to do by most people who belong to the 18-49 demographic (hey there, target audience). Because no matter how many times you give, there will always be that notion of wanting something back, and this is not being kind. That notion is still debated whether it comes from your brain, your empty stomach, or your tummy full of gas. But one thing is for sure: you should abandon and ignore the tendency of wanting something back every time you give something. And you can do this by using the same set of ninja skills you use to stalk your crushes. It is really hard, you know, giving without wanting something in return. But it will not be hard if you just devote a chunk of your life to learning to be kind. Start by doing the simple things, like sleeping without any repellent to host a suck-all-the-blood-you-can buffet for mosquitoes. Not only are you accommodating their needs, but you also won’t be able to want something in return because you’re sleeping, so up top to you!

The real, underlying cause why people want in return is the disturbing, increased rate of being self-righteous and assuming that you’re probably going to heaven, so you deserve something

back. Just give without any ulterior motives and don't overthink the whole situation, you will get used to giving wholeheartedly eventually, so just start with the simple things.

11

“Don’t give up.” This one is probably the most repeated, reposted, retweeted, not to mention resuscitated quote/advice in the world of procrastinators that is Earth. As humans, and occasionally animals, you face challenges and get assigned to do tasks that test your determination, your drive to succeed, and sometimes you get the gut feeling (which could just be appendicitis) of just giving up everything altogether. Now listen, because this has never been given as an advice before (the author thinks), if you’re just so tired you could give up, then give up. Not permanently though, just temporarily. Rest, clear your mind, sleep, stalk your crush online or whatever just so you can relax and forget about your troubles. This tricks the hormone—which might just be all the remaining libido that needs to be secreted in some way or another out of your body—that produces the temptation to give up or the forces you stubbornly blame that is causing you to do so, that you already gave up, when the truth is you’re just trying to clear your mind and get your energy back up. Deceive it by pretending to give up, so it will stop tempting you. And once it stops and you’ve finally gained the necessary amount of energy after giving up temporarily, then get right back to where you stopped. Remember, you can only do things effectively if your mind,

body, soul, and tail are free from any form of stress, so never let these hormones/forces to beat you because you always have the upper hand in your life, nobody can take that away from you and that makes you a winner. But if in the event that being a winner is not showing, then act on it, work on it, do something to retrieve that status. You're always capable of succeeding since you are equipped with tons of abilities, which you need to figure out yourself. And once you do, then embrace them, so you'll be able to do a lot better. What the "author" is trying to say is work hard, rest hard, then work harder.

12

“Thank you.” This is the sweetest and simplest response, between “how dare you” and “get lost,” to show your appreciation to things done or given to you, yet still many people don’t say it on a daily, regular, before-eating basis. Two words, two simple words, it won’t cost you anything (stop mentioning your pride, okay? Your pride is just all your piled up earwax that gets pushed further inside every time you clean your ears with cotton buds, which tricks your brain to think of yourself as superior to everyone else). It doesn’t even burn a calorie or earn you one if you say it every time. You see, the response “thank you” is flexible. It can be used to show you’re grateful to your neighbor for returning your three-legged cat with all of its legs still intact, or a more polite way to shoo your waiter away if you’re broke to even give a tip, or a classy and elegant way to piss off your insecure, head-to-footing³ friend who keeps on pointing out that your face is not proportional to your body, the list goes on, hopefully you get the point, right? It’s one of the very few things

³ Why do they call it like that? Does it mean you only look at one foot without even making sure the other foot is not wearing a different kind of shoe? The “author” doesn’t know.

the government did not put tax on, so make use of it, before they dedicate 15% of your income tax to it and it's already too late.

13

“Nothing lasts forever.” This is true but a bit of modification won’t hurt: “Nothing lasts forever except your boyfriend’s disgusting smell of Axe body spray.⁴” Acknowledging this one leads to two things: you live the rest of your life full of worry or you just live. One important note to remember (and eventually forget after a waft of Axe body spray) is that the former is not considered as living anymore since the maximum level of anxiety allowed to live your life and enjoy every single moment of it has exceeded its limit of zero. Yes, you read that right, you should not worry at all (okay, maybe a little bit), but don’t tolerate that anxiety because if you did, you would only exhaust half of your intestinal muscles responsible for manufacturing your farts, which would result to energy deficiency and then lead to your brain cells devouring each other thinking it’s a delicious micro pop tart in a phenomenon called “stress”. You see how dangerous worrying can get? So, worry less, live more. Only worry when it’s necessary. This means you let go of the things which only give you anxiety instead of pure happiness. In its simplest terms, living means breathing more, then farting it out

⁴ Not a paid advertisement, obviously.

more, laughing more, eating more, giving more, loving more, enjoying more, and inhaling less Axe body spray. This will surely guarantee you a life well-lived.

14

“Forgive and ask for forgiveness.” This is interrelated with the saying “life is short,” not in good terms with the word “pride”, and a great test to see if you’re a hypocrite when you only do one. Forgiving simply means that you acknowledge that person’s mistakes and that there’s always more room for change to do better, and also so you can accept that extremely delicious pizza with meat and cheese filling topped with roasted meat and cheese as an apology gift. It’s a type of generosity, you are giving them another chance to make things right, that’s why it’s called “forgiving,” emphasized on the GIVING (and the accepting of the double layer meat and cheese pizza). Asking for forgiveness, on the other hand (sincerity implied), means that you already abandoned and killed the pride that’s been holding you back to say sorry and that you realized you have made a mistake and hurt someone’s feelings, to whom you owe a New Yorker-sized, double layer meat and cheese pizza. Pride will not get you anywhere except setting the record for debunking the saying “no man is an island.” It will consume you like that forgiving person consuming an entire pizza mentioned earlier. And if you tolerate it, you wouldn’t even know you have no one else to be there for you until you begin craving that damn pizza. These two things mentioned in the quote will therefore make you a better person,

a person whose generous and humble heart would make more room for a 16-inch pizza in your stomach. So, forgive and ask for forgiveness.

15

“*Don’t procrastinate.*” Studies show people who always do so end up naming their babies Later Procrastinator.⁵ Procrastinating is simply resting before doing any work and is not good because it does not lead to productivity. Why would you even need to rest when you haven’t even started working in the first place? It’s a privilege that members of the league of postponed then abandoned dreams have and enjoy. If you’re that fond of procrastinating, then it’s time for you to make some changes before it leads you to make bad life decisions. Will it be easy for you to prevent yourself from procrastinating? Yes, like balancing a chemical equation of up to twelve elements on both sides. Of course, it’s hard, especially when you’re already an expert on postponing work. However, there is one solution: WORK. When you’re about to procrastinate, why not turn that laziness into determination and inspiration in a process called “working,” actually working. You know, there are many ways out there where you can turn your procrastination into useful energy, here are some of them:

⁵ Made-up studies, specifically.

1. Listen to music in your favorite playlist. This motivates you, relaxes the tense situation of the arising conflict between your lazy self and your hardworking self.
2. Set an award. This is the easiest way to deceive your laziness and encourages you to work instead.
3. Think of your inspirations (it's implied that they are successful in life and hence deserve to be called as such) and their story of how they made it in life. This is kind of the hard way because this puts pressure on you to work hard so you can be like them or be even better than them.
4. Eat. This adds more energy required to push yourself to start working.

So, why not start here and write your own ways of keeping yourself from procrastinating? No process is wrong as long as you don't overthink stuff and end up procrastinating instead.

16

"I don't know." This is the precursor to knowledge and a humble and honest acceptance of being normal and human. It's the prequel and the driving force to learn new things, the indication that you are willing to learn, and also a great excuse for lying to your parents if you've seen their wallet you've stolen money from. However, there is a fine line between admitting you don't know, then learning, and admitting you don't know, then giving up. It's easy not to do something and just sleep on it if you have no knowledge of something, because it's your default response to almost anything except insomnia, of course. Now here's the trick, whenever you come across something you don't know (e.g., your partner's password), do that default response, but don't do it too much that you'll end up overthinking, even in your sleep. After you regain all the lost energy, plus the tendency to get more wrinkles, then get back up and start cracking. You're capable of learning all things that you are passionate about. Just put your heart on everything you do, or your brain if you want to be accurate, or your stomach if you're starving/full of gas. There are many ways to efficiently channel all the bad energy causing you to give up, as they only result in bad posture and an early onset of lower back arthritis. So, start learning, keep on learning, and avoid getting lower back arthritis.

17

“Promises are meant to be broken.” No, this is clearly false. A promise is a test of loyalty and honesty, but things that were promised but were broken are not called promises, they’re called a total cake tease or in simple terms, a lie. People really like to make promises, only to take them for granted by breaking them, which then leads to the conclusion that people who are fond of lying about these promises should be denied free birthday cake privileges. If the reason is that you’re lazy, read the previous chapter about procrastination and how it prevents you from getting one step closer to that damn birthday cake. If the reason is that it’s “against all odds,” it isn’t, you just like to give up and give excuses and that screams “I’m a loser!” (Please re-read/read Chapter 11) If the reason is that you’re horrible, then you are, you are horrible for breaking your promise which you meant to keep. People that you made your promises to are probably/definitely expecting (depending how assuming they are) you to keep them and stay true to your promise. And every time you break your promise, you’re also hurting them. This creates a ripple effect as they will then (likely) do the same to others, thinking they are just victims themselves. The process gets repeated, more and more people get hurt and in turn hurt others, until no one gets cake. That’s why you shouldn’t break promises,

or even make one if you know you won't be able to keep them, you'll only create a ripple of disappointment and a truck full of expired cakes.

18

“Time is gold.” This one has become obsolete and should be changed to: *“Time is money.”* Gold is almost unobtainable, it takes a lot longer and a lot of government interference to convert it to cash, and not all people can relate to it. But, back to the main point, time is one of the most precious and important things everyone takes for granted. Just because it’s free doesn’t mean you should waste it. It may be free, but you don’t have it forever. By doing nothing or something that’s worth nothing, you are wasting time twice, the first time is for not doing something productive that’s worth sweating/eating/farting for, and the second time is for regretting about not being productive. Save time just like how you secretly saved those photos of your crush in a bikini. You can achieve this by simply avoiding the two chronological things mentioned earlier. How would you avoid these things you ask? Start by actually working/learning/doing something that will not defeat the points this chapter is trying to prove. Divide those things into two: for the short term and for the long term. Accomplish the things in the short term first and then proceed to doing the things in the long term next. Use your time and energy wisely and productively as much as possible as you’ll only be the one to suffer if you don’t.

19

“Do not do unto others what you do not wish others do unto you.”

In general terms, don't be a hypocrite! If you find it offensive and hurtful, then that's probably what others might feel too! Just because it's funny doesn't mean it's not offensive! Just because watching a nuclear bomb explode is satisfying doesn't mean it's not deadly! Just because the “author” is ending all the sentences with an exclamation mark doesn't mean he's angry and not serious! Just because he just told you he ended them all with exclamation marks doesn't mean you have to check that he really did! This quote especially applies to insulting others and passing them off as jokes. And don't even give any excuses like “just keeping things light,” “it's just a joke,” or “didn't know he was wearing dentures,” among others, this only shows how much of a dick you really are, that you choose to make up excuses than to actually apologize, just for your stupid, useless ego to remain intact. Why not use that misused social energy on other things where you don't remove your friend's fake tooth? Start by being nice and kind, if you can't, then try harder. If you still can't after trying very hard and growing callouses in the process, then be silent and shut up. Not everything your mind thinks is worth blabbering aloud. Yes, start with that. Just smile/breathe/look up/blink/close your eyes/fart/hold your fart in whenever you are

triggered by your sometimes toxic mind to say something stupid that could only hurt others. This philosophy is simple, and living by that principle will make you better a person, will make others feel better and in turn, others will make you feel better too.

20

“Mind your own business.” But if that business is a ham, cheese and quarter pound burger sandwich or being trapped in an escape room with Chris Evans, then don’t, because we all know it’s everybody’s business! That aside, all will be calm, peaceful and in harmony if everyone lives by this quote as a principle. How hard could it possibly be? Minding your own business allows you to preserve your energy you normally waste on participating in trash talks/cyberstalking your crush/trash talking your crush’s crush. Minding other people’s business only means you have little to nothing going on in your life that you find theirs more interesting than yours. If that’s the case, it still doesn’t give you a reason to butt into their separate, personal lives. Make your life a little more interesting by spicing things up a bit. Do some extreme things your old, boring self wouldn’t do like bungee jumping for rich people (and some social climbing people if your credit card company still hasn’t figured out you have no ability to pay your purchases) or go read a book or do some community service if you’re feeling bad and you want to be practical. You might say that trash-talking/backstabbing is fun, especially if you’re doing it with your friends, but you wouldn’t really realize how psychologically, emotionally, and socially unhealthy it is for you until tables have turned and

you're the one who's being backstabbed. So, mind your own business, mind your own partner/loneliness, mind your own pimples, etc., the list goes on, but you get what the "author" is trying to say, right?

21

“Love your neighbors as you love yourself.” This will be hard if your neighbors are the last people you want to spend your time with, or if you come from an unbearable family of contagiously pessimistic people and gutter cockroaches. But here’s a tip for you: swallow your pride, ignore the negative vibes in your family, and start loving yourself by accepting your flaws and embracing them all. Don’t be hard on yourself, be kind to yourself instead. Don’t bring yourself down, this will only show how little self-esteem you have and will mean that you finally let the parasites in your body take control over your entire life. Surround yourself with people who make you feel happy when you’re with them, will not bring you down, and will, by all means, protect you from gutter cockroaches when the uprising starts. These are the type of people you should hold on to and treasure, for they are the ones who will make you a better person. Avoid toxic people, their toxicity will just get into you instead of killing those cockroaches. Always remember that the foundation of love doesn’t come from others, but from within yourself, where love is built upon. And if you keep tolerating those cockroach-tolerating bullies, that foundation would be destroyed and broken down to pieces small enough to become cockroach food. Appreciate what makes you feel you. It sets you apart from the

rest of the people, it makes you special and it contributes in making stronger bonds in your emotional and psychological DNA that make up your well-being and interestingly enough is also the driving force behind your appetite. In the event where you still find it hard to love yourself, it's not because this entire process is a sham, it's because you're just being illogically stubborn, which, take note, is no longer cute, you're not 5 years old anymore, it's annoying and attracts more cockroaches into your gutter. What can you do about it? Get over it! As the "author" said, it's not cute anymore, but it is disgusting as two cockroaches having sex after a booty call on a Friday night. So, love yourself so much that it overflows, so you can share it with every person you meet, no matter how undeserving you think they are of it, you're obviously just wrong with your assumptions/judgments anyway, so there you go.

22

“Don’t be afraid.” Especially if you’re standing in front of the mirror, because remember in the previous chapter, it starts with you and in you. The great, record-setting, two-time Noble winning Marie Curie asserted that a thing should not be feared, it should be understood. The Bible has 365 assurances of the phrase “don’t be afraid,” which means you’re safe in all the days except on a leap day.⁶ The encyclopedia for depressed and deprived appetites states that “fear is only a product of your hunger and could cause stomach ulcers if left untreated.” The fear discussed in this chapter is fear in general, not the type of the fake, annoying fear you would pretend to have to get the attention of your crushes (yikes). If that’s the case, then stop it, otherwise the gutter cockroaches from the previous chapter will attack you. Fear is only caused by your immense overthinking and unnecessary anxiety that you might embarrass yourself or make yourself look ridiculous. But if you fear that doing something puts you in danger, then be safe and don’t do it. But,

⁶ Fact-checked this one and as it turns out, unfortunately, the phrases “don’t be afraid” and “do not be afraid” only appears in the Bible 104 times combined. But still, you’re always protected for 365 days (leap day still not included).

if the fear itself is already hindering you from enjoying the simpler things in your life that are also very safe, then reassess your fear and yourself, because your fear, in this instance, now controls you, and this should not be the case. Cut to the worst-case scenario: you might kill yourself and people in your funeral will think how big of an idiot you were for jumping before the harnesses were even attached to you. To be fair, you will be an idiot if you do just that, but, for other things that are safe and give you fulfillment, muster all the courage and do them. It's living your short, temporary life to the fullest. The only thing that will matter is that you enjoyed spending the last moments of your life with no regrets except probably for jumping a little too soon (so, don't do this without taking any precaution). At least you enjoyed and conquered all of your fears. Fear is ranked 2nd of the top ten things you should not tolerate, just behind holding in your fart, which is obviously placed first, and before hunger and the intense annoying-ness of your neighbor/friend/classmate/colleague/dog which are placed 3rd and 4th, consecutively. Have faith and everything will be possible, except of course winning in the lottery because there's some shady conspiracy going on in there. You should be bigger than your fear. If you think your fear is bigger, get ahead of it by getting full, yes, eat a lot, as doing so flushes all your fears and the remainder of the food you ate a week earlier that had already

expired inside you. Be fearless, but don't be stupid, and you won't regret it.

23

“Stay fit”. It’s really up to you how to interpret this one. Staying fit in the olden days meant eating a balanced diet, exercising regularly, and having a good lifestyle. That’s boring and at the same time demanding, not to mention that it requires the same energy needed to binge watch five episodes of Game of Thrones while eating a bowl of dark chocolate pretzels to make sense of all the incest. The only important diet everyone should follow is to always stay hydrated. Drink at least 8 glasses of water—12 if you’re a people pleaser—every day because water is life. In today’s generation of overexposed personal lives and trying hard selfies, staying fit is nobody’s business as it should only be yours. Don’t let condescending people tell you what to do to lose/gain weight. It’s your own body which makes you the captain of that beautiful ship. It doesn’t matter if you steer right or left, if you’re happy with that lifestyle, then good for you. If you’re forcing yourself to be happy with your unhealthy lifestyle, then shame on you. Remember, time is ticking, and regret is constant. Don’t pursue things you obviously have no future with. Before this bit becomes a lecture on a pamphlet about alcoholism and disturbing nudism, make some changes, changes that will bring you pure happiness and a bucket of 4-flavored popcorn flattened into a pop tart. You can do it. Your parasites have faith in you.

24

“Love is just around the corner.” This one is sort of a spinoff to the earlier chapter about a Benjamin Button-type of teenage menopause which obviously just got abandoned by the “author” because of its disturbing and highly controversial nature that will now be made into an hour-long documentary to premiere Valentine’s Day on National Geographic at 9/8 central with an encore on Lifetime as a Lenten special.⁷ Most people, especially the ones blinded by worldly things and heavily filtered selfies, always find love in all the wrong places. Take note, that one is not love, it’s stupidity, not the adorable kind, but the ew-you’re-a-grown-up-now-so-act-like-one kind of stupidity. Before you get the wrong idea, please be informed that this chapter is not about finding the wrong guy in preparation for the true and destined one. Just go to Tinder if you want to know about that. Don’t limit your love to just that. There are many types of love that could double the happiness and lessen the pain you’re currently enduring with that “love”. Spend your love with your family, you know they’ll be there with you no matter what. If

⁷ National Geographic and Lifetime are not, in any way, associated (or would like to) with the “author”.

that's not the case, then share it with your friends. If that's also not the case, spend it doing your favorite hobby/passion. If you're lazy and/or have no personality, love the animals. If you're allergic/not so hyperactive unlike most of them, love the stationary plants. If that's still not possible, stop being so high maintenance and settle for at least one of the choices above! Or, if you have your own way of channeling that kind of frustration, feel free to write them on the space below.

25

“When life gives you lemons, make lemonade.” This one is highly commendable and is a matter of life and the last slice of cheese pudding you’ll have. You, insecurities and strengths combined, are the only person you can trust to make your stay here in this world worthwhile. If you think your life is a living hell, see it in a different perspective (it’s just a dying heaven). It’s comparable to seeing a glass of milk lemonade half-full instead of half-empty. Tell and reassure yourself that every problem is just a blessing if looked at from a different angle. It’s looking at the bright side of things. If it makes you smile, even a little, then that’s enough to get going on with your life. This is maybe just simple and occasionally cheesy, but this can change your outlook in life in the long run as you finish that Tilapia-flavored bread stick together with your lemonade. However, if no matter where you look and it’s still dark, then embrace the darkness, love the darkness, use it to unleash the light in you. And if you master the art of appreciating the darkness and also sleep-Kungfu, you will shine so bright that you will become the light for others. There is no need for you to worry because everyone has a purpose like that tilapia who already served his as the third round in your midnight snack. The world is therefore a vast place to see everything from all kinds of perspective.

26

“Keep your friends close, and your enemies closer.” Why? So they could easily pull your wig off in front of that pervert who’s probably getting a boner just by looking at the logo of Wendy’s in his burger? The “author” doesn’t think so. This one is not really ideal if one of you is an irrational war freak. This will only put you in a situation where you wish you’d dance around the campus naked instead. Why would you want to keep seeing the last person you could barely even share a room with, let alone be close to? Yes, you could fake it, but would it be worth it? You’re just giving them the indication that they are worth your time and your hair extensions/mouth guard/boxing gloves. Just use that energy on actual important things, like how about getting a degree in college and not a first degree burn that will definitely result if you tolerate the idiot inside you? The more you pay attention to bullshits, the more you’ll look like one. So, if you know anyone who is a war freak, please share this chapter with them, preferably at a safe distance. You’ll thank the “author” later, or never if it still does not work.

27

“Fake it till you make it.” This is one way of making it in life apart from being in a career you truly love and are passionate about, and of course, eating your way out. This will test your creativity, adaptability, and flexibility that you’ll only be one step away to looking like an actual chameleon. Before you start convincing yourself that you’re in your perfect job/career choice (which 85% of the people reading this book⁸ actually are, the other 10% are probably unemployed, and the remaining 5% missing at a Barney’s popup warehouse sale of nipple socks), and hence, in no way look like a chameleon, better think again. Chameleons are technically dragons that shrunk as time passed, like how a person’s brain shrinks at a rate of 5.9 milli-boogers/day.⁹ Chameleons are underrated, gifted geniuses which can effortlessly adapt to survive, not to mention deceive its predators by camouflaging and blending into their surroundings. Before this chapter gets turned into an episode pitch to Animal Planet as an exotic beings story, faking it is not such a bad thing, jobwise. Knowing how to fake/act just to excel in situations

⁸ Assuming people are reading this book.

⁹ Obviously not true.

where lots of armpit sweats are expected to ensue is highly commendable. And this strategy is proven and tested by the “author,” having been doing it in the past two dog years. Don’t be afraid to fake things if doing it only helps you to succeed. This also just means you are professional and tough enough not to give up and quit. And for that alone, you should be praised.

28

“Honesty is the best policy.” Not really, try and be completely honest for a week. For instance, tell your friend his year-long painted portrait of his dog looks a little less like one, but a tooth more like a gremlin, or just him with an upset stomach, or point out to your singer friend that she needs to keep her singing career to just be between her and her lady parts and you’ll have zero friends in an instant. For the benefit of everyone and also to avoid flying lasagnas everywhere, this should be more like, *“Selective honesty is the best policy.”* This means that you only tell the truth to the person who’s clearly empty-handed, hence sparing you from having things thrown at you. Don’t say things to other people that you find offensive if said to you. Don’t be a hypocrite. Sometimes people just want flattery over honesty, and you should not feel bad for that. But if you’re boringly honest that you consider being silent as lying, then tell the truth, but sugar-coat it first. For example, if your boyfriend is wearing a fragrance called *“Unbearable”* and by that it really is, try to confront him smoothly about it by saying something like, *“You know, my sense of smell coexists with my feelings for you, right? No matter how disgusted it is by your fragrance, which I love, my sense of smell just doesn’t dig it. I still love you no matter what though.”* This will give him the message. Or if you’re

frustrated fashionista of a friend is wearing something which can only be described as a complete eye sore/penis-collapsing/nipple-disappearing monstrosity and should be burned immediately, prevent yourself from saying anything, your fake enthusiasm will only die faster than the sweat glands in her armpits covered in three layers of fabric. Just avoid seeing her, well that's not possible, obviously. So instead, every time you two meet, just imagine that it's all just a dream, everything will be fine as long as you don't run away or attack her. Oh, screw it, just attack her to the ground and pretend she's been attacked by bees/the fashion police/the ghost of Tommy Hilfiger. It's as easy as that.

29

“It’s better to give than to receive.” If everyone followed this scheme, who else on earth would receive what they’re giving? Don’t try to overthink that this chapter’s premise is stupid because you will just end up being right. This is where the quote “Too much of something is bad” comes in handy. Giving too much will only transform people to leeches as they will abuse your generosity the moment you share your entire box of pop tarts to them (instead of only $\frac{1}{8}$ of a piece, okay, just one). Well, to be fair, giving should not always be limited to material things, because the most important thing you could give to everyone, aside from the whereabouts of their crushes, is education. Education is the gift unfortunately not everyone is privileged of getting. So why not share your wisdom and knowledge with others who you think have none? The feeling that you made an impact just by imparting your education is priceless and you will feel accomplished and valued and want more pop tarts in return. If you’re still not convinced, remember that teaching won’t cost you anything, unless you’re a grade A greedy, over-practical person then you’re ruining my point, so call your therapist about it. Don’t just basically give them stuff, teach them to get that stuff themselves by working hard. And this is how you feel good about

yourself while still saving yourself a box of pop tarts, after finishing the other eleven.

30

“Life is hard.” Life is funny and messed up and not always great. And one way of getting ahead of these shit storms is to always find ways to laugh about them. Life is about making compromises. If being optimistic doesn’t work, try to be pessimistic. What could be worse than already thinking about the worst? It could work. Or it could not. If you’re already pessimistic and still think your life sucks, isn’t it already clear that you should change your outlook and be more positive in life? Sometimes, being too negative is contagious and can affect the success of an entire team of cockroaches and Spanish flies. Balance it out. Find what works best for you and turn that outlook into inspiration and motivation, for you to effectively function to achieve your goals while avoiding minimal altercation along the way. If you still think both of them don’t work for you then stop being so stubborn and get over it! You’re probably just overthinking the whole thing. You’d better start working and make use of your time by being productive. Try not to overthink and just get the job done. You will feel accomplished instead. Or dig deep into that negativity, deeper and deeper and deeper until the idea you’ve been waiting for springs up: the idea to turn saltwater to room temperature apple-flavored water using nothing but punches. It’s really up to you

to find your outlook in life as long as it makes you contented, mature, and happy (not defensive-happy/in-denial-happy/pretend-happy/angry-happy). You are creative, you know that, so be creative (eat a lot until the idea no longer comes from your brain but from your pasta-full stomach).

31

“What goes around comes back around.” This is about the karma you get after every chameleon you do *insert eyeroll here*. This one is true no matter how hard you try to hide from something you had done in the past. Instead of hiding and denying it, why not own up to your mistakes? That way, you can start making things right. You can't change what has been done but you can instead make it a part of you by admitting you are responsible for it. Always remember, every mistake is part of a learning process (unless it's from intentional stupidity), and it will all just pass by. So why not make the most out of it by learning something from each one of them? And while you're at it, why not also include other people in your journey? Get inspiration from those struggles that you may inspire other people as well. It's one way of making up for your mistakes. The other, which in the “author's” opinion, is the most fundamental one, is to avoid repeating those mistakes. It will be hard, yes, and you might always think you still haven't learned anything from those mistakes before that you ended up making the same over again, but here's why: you're too hard on yourself. It doesn't always help to be too hard on yourself or punish yourself for your mistakes. Don't worry about that, that's the universe's job. You don't get to predict and choose what punishment is suited for

you. What you should just do is to prepare at all times when that happens. You can do that by either being sorry or loading yourself up with food. Either way, you'll be prepared, and you'll become a better and improved person after that. These are all natural since life is a learning process. And as processes go, it's not always easy and effortless, it's a combination of a lot of sweat, laughter, tears, food, sadness, farts, joy, worries, heartbreaks, second chances, hope, and a little bit of body odor, OK, change that to lots of body odor. To sum it all up, everything will be fine, just have hope and learn to be better.

32

“Everything will be fine.” Yes, let’s believe it will eventually, but when? That’s the question you will only hear from someone who’s impatient as a hungry, caged Pit Bull, and sometimes who even resembles a hungry, caged Pit Bull (and who might have also skipped Chapter 7 of this book). Alright, let’s make things short by skipping (the “author” has nothing else to say) to the main point, be patient. Yes, waiting bores the hell out of everyone but there are LOTS of ways you can do to occupy the time, all of which leads to: being productive. Use that time to do something you can be truly proud of doing. Make yourself useful. Do something that might earn you a Nobel Prize or something—and don’t say the first one’s not possible because it is, you’re just giving another excuse not to do things. If you’re too lazy to even seek for the Nobel prize, be inspired. Being inspired motivates you to do things your normal, lazy self will not do. You might be surprised that every problem you have just cleared itself out and everything just became fine without you noticing it happening. And that’s because you kept yourself occupied by being productive and making the most out of things that you eventually solved every problem you had (with God’s guidance, of course) without even intending to. You see, it’s not

really a question of “when?” all along, it’s a question of “how?”
and this can only be answered and done by you.

33

“When someone throws a rock at you, give him bread.” This one is clearly outdated and hence won’t always work in today’s modern and progressing world. Following that principle would only trigger varicose veins in your face for masking all the anger and enduring all the hate spewing from the other ugly person’s burnt and ignorant mind. If you’re just so mad you could substitute a crazy rat and relieve it in its month-long duty of grinding your clothes, then give that person a piece of your mind, with an optional pie of cow shit thrown at him for good measure in the process. Yes, that’s right, and that is also considered as one of the many ways a person can learn: by learning the hard (and “turdful”) way. You should not always ignore someone, let them insult you and crush your already low self-esteem, give those bastards a lesson. It’s also because most of the people who tend to insult others are ignorant and think of it as a joke, even if it is clearly way below the belt that it could already cause mild UTI and sometimes kidney stones. These people just don’t listen to themselves and tend to forget the fact that not all people are the same, and while others can take an insult lightly, others just can’t and don’t, especially if these bullies are strangers and don’t even know you at all. They have no right to make fun of you and your physical appearance (red

flag), your inability (redder flag), your gender (reddest flag), among others. And don't confuse your ignoring them with professionalism because professionalism is all about being able to stand up for yourself with grace, intelligence, and wit,¹⁰ while at the same time preventing your face from getting cobwebs of varicose veins at such a young age. Don't be afraid and learn how to stand up for yourself so you can give those people a lesson and an inspiration they could all learn from.

¹⁰ That might sound like a criterion for some beauty pageant, and hell yes, that's where the idea was recycled from!

34

“Don’t beat yourself up.” Yes, life is hard, it will always be. No matter how bad you think you are (which is really just a product of overthinking/self-loathing/lactose intolerance), never punish yourself for something you had done. Again, you don’t get to decide what punishment is right for you, you spoiled, self-centered brat! It’s the universe’s job. So just relax, drink a gallon of water every day and prepare. Don’t be an addition to the pain the world has since been suffering. Hasn’t it suffered enough from us? There are many, many ways to get help from, which the “author” will not enumerate because there’s this thing called “common sense” and he’s also under the assumption that you have enough of it to figure those out—if not, then what are you waiting for, visit the nearest Kumon center now!—But at the end of the figurative day, everything will just be all on you to change yourself for the better, not on your family, or friends, or the cult you strongly argue to be a church, because no matter how hard they try to help, they will always fail if you don’t believe in yourself that you can change and that there’s still room for improvement (just minimize your daily sugar consumption to free some space and you’ll be fine). There will always be room for improvement, remember that. Don’t “Hannah Baker” (© 13 Reasons Why, Netflix) yourself and give up everything you

worked hard on. You are always capable of succeeding, just don't lose sense of what matters.

35

“Respect begets respect.” This works on so many levels, but the level that the “author” is going to talk about is the normal conflict that usually arises between the old people and the young ones with the latter using this phrase most times. The age gap is one of the main reasons behind this: some old people think they can easily get away with being assholes by berating the young ones like trash just because they are older, and hence, they should be respected by default. No! And also, the young ones being so narcissistic that they have this humongous but super sensitive ego/pride which makes them think they know everything and that they should not be bossed around by the older people. No! Old people (not all, just some), if you want to be respected by these selfie-abusing, self-absorbed younger generations (the future?), don’t treat them like garbage, treat them with respect. They are still figuring out who they are and what they want, in short, they are lost amidst this ocean of heavily filtered selfies and exaggerated social media posts, so, guide them. And younger people (target demo included, yay!), lower your pride/ego/selfie count and be more patient with the older people because that’s one of their privileges to compensate for them being naturally close to death. Plus, they have more life experiences than all of your selfies combined, so, by default, you

should be nice to them, it's the least you can do. Always remember that not everything has to be about you, not everything revolves around you, so don't be annoying like that. Learn to understand one another and respect would follow immediately.

36

“Customers are always right.” A Karen’s ultimate catchphrase. And this one is not always right, only businesses who are in the brink of bankruptcy and are desperate to get as many customers as in a Black Friday sale would say otherwise. Customers are not always right. They always think they are because they are the ones who pay and hence, the ones keeping the business alive. Ok, they might be right, but only in the keeping-the-business-alive part. But just because this is the case does not give them any right to treat hardworking employees like robot slaves and be assholes. First of all, this is not Westworld, and you should be grateful, because otherwise you’d be screwed by these hot robot slaves once they begin their uprising. Customers, if you want better assistance from store employees (or any business with customer service), be nice, but if you can’t, then at least be professional. It won’t kill you to be one, high blood pressure from giving in to your short temper will. This is somehow considered a beauty treatment since by being nice, you are preventing varicose veins from forming a coalition in your face to initiate your transformation to become a hag or a troll. The phrase above is highly debatable. A better one would be: *“Customers are not always right, so don’t act all high and mighty.”* Some customers always brag about being professional yet treat employees poorly

like they are inferior beings to them. If you are indeed professional then act as such and don't be a hypocrite. Better employee treatment leads to better customer assistance which then leads to customer satisfaction/bye-bye-varicose-veins satisfaction. It's all a cycle which then results in a smoother transaction and a smoother, varicose-free face. Also, always show your appreciation by saying a simple "Thank you!" for the excellent customer service given and for not triggering your facial varicose veins.

37

“Don’t worry, be happy.” This is only 50% right though, only in the “don’t worry” part. Being happy only constitutes a small percentage of all the emotions you should be feeling. You can’t always learn by always being happy. That’s why you need sadness to balance it out. Being sad gives you a different perspective, another way of seeing things which also allows you to explore another part of yourself that you haven’t had before. So, it’s okay to experience moments you think are bullshit. Yes, they might be bullshit, but these moments will eventually let you see things more clearly and in turn will teach you the value of resilience to toughen up more. You are entitled to feel all kinds of emotions, so don’t just settle with one. Embrace them all as you go through each one and celebrate them since these emotions add color and vibrance to your life and will also help you grow and become more mature and stronger and better. One can never be happy without going through sadness first, anyone who says otherwise is flat out lying and probably cries on the inside but laughs on the outside. Just enjoy what life gives you, no matter how shitty they may be, you just have to look at them from a different perspective to see the bright side. If there’s no bright side, fine, you make it bright yourself by embracing the darkness and how terrible it is. Mock the bullshit by making light

of the situation, or more accurately, shituation *eyeroll*. If you just do this, then you are one step closer to becoming a Jedi-Sith hybrid, or in other words, you finally get to have more control over your own life and this makes you powerful, just like a Jedi-Sith hybrid in an Ewok's body.

38

“Laughter is the best medicine.” Damn, right, it is! This is true on every level. Laughing is recommended at all times, as it’s a good exercise for your face to release all the tension that could trigger facial hematoma or your niece’s mean insults. It’s a good way to release stress, plus it’s free, which is all the more reason to do it more than once in a while. Actually, this being free is the only reason why you should do it. Don’t worry about looking deranged because you’re laughing for no reason. Of course, there are lots of reasons to laugh! You just have to broaden your perspective, think outside the box, and before you even realize, there’s your first laughing matter: yourself. Yes! There’s no need to look around because you just need to take a closer look at yourself, try to examine yourself in the mirror and you’ll see what the “author” is talking about. Nearest laughing matter, right? Don’t feel bad about your flaws, embrace them! They are also a part of who you are, so make fun of them. They’ll make you laugh in no time. And that’s just for starters, because the moment you scan the environment, your surroundings, you’ll find tons of hilarity. Not only are you de-stressed, but you’re also learning to be insightful once you’ve cleared your mind of all the stress that’s hindering you from doing things efficiently. In conclusion, laughing is productive, so do it as often as possible.

39

“Forgive and forget.” These two words might be easy to say to remind others and sometimes yourself, but let’s face it, it’s hard to actually do it, especially if you are full of pride or sometimes just gas which you mistake as pride. Pride is a hindrance, and you can never move on and grow up if you still tolerate it like a painful bunion. Pride is a baggage that will only slow you down in your life. Get rid of it and you’ll immediately feel good about yourself (like going commando kind of good, only for those who are into this thing). Once you strip yourself of pride (not a pun for going commando), it will be easier for you to forgive and then eventually forget, but not totally forget because pain is also a way of learning. Forgive, but remember the pain. Use this as fuel to keep living and to be stronger in doing so. The pain is a testament that you have survived and that you’re twice as ready to face what life brings you. The moment you forgive is also the moment you grow and become a better person. So, forgive, but remember the asshole. This way you are being the bigger person while also implying “Boom! In your face!” without actually throwing firecrackers at their face.

40

“Tomorrow is another day.” This means that no matter what happens today, no matter how screwed up you think you are today, you can always start over tomorrow. Tomorrows, therefore, are nature’s do-over for everyone. It’s a reason why you still need to keep going even if you are already on the brink of giving up. There’s nothing you can do about today being a total crap, so why not focus instead on what you can do tomorrow to improve? As the “author” said in the chapter about giving up (Chapter 11), yes, you can actually give up, but only temporarily. This means you just have to take a breather, so you can think clearer and plan your tomorrow carefully so you can prevent history from repeating itself, which is a nicer way of saying screwing things up. Don’t worry, okay? Tomorrow is something you need to look forward to, it is when you can start fresh. And once tomorrow becomes today and today becomes yesterday, use the crappy past as inspiration to do better in the present. Think of the past (crappy ones) as traffic cones which you should avoid to get to the right path that you desire. Plus, there are also those memorable moments in the past that you should hold on to and treasure. These are the moments that will keep you thriving. So, if you find it hard to use the crappy parts

in your past, just focus on the good ones instead, because tomorrow really is another day.

41

“Let go and let God.” This one is very reassuring. It reminds you that God will never leave you, even if your stubborn ass thinks He will, He won’t. You are only thinking this because you are an impatient procrastinator who is all talk but no walk. Prayers do miracles. But prayers with actions, and actions with hard work, are the ones that do wonders. You have to do your part if you want to achieve something. Don’t be stubborn so easily and sulk the moment you don’t get what you want. Because (1) maybe it is not yet the right time, (2) maybe it goes against His will and that He has something better for you, (3) maybe you already have what you need which you have just overlooked or taken for granted or (4) maybe all of those three.

You might be asking, “When is the right time?” and sometimes even become impatient that you get mad at Him. This is normal, but never succumb to anger because it will only cloud your judgment and might make you do things you will just regret, like blackout drinking. Don’t be stupid by doing this and by asking this stupid question. Of course, there’s no definitive answer when and you know that. *What you can do is to keep on praying, do your best and put your whole faith in Him and He

will do the rest, just don't be pushy (more on this in the next chapter).

You might also be asking, "Oh, He has something better for me? What? I want to know!" Again, don't be stupid, this is not how life works. Please refer to the statement after the * in the previous page.

You might also be wondering that you might already have what you need, and you just don't know it because you were focused on wanting the wrong thing. Yes, just look around, evaluate yourself, your surroundings. These might just be the little things you take for granted. Once you've identified them, you just have to value them and be content with them for they will give you true and long-term happiness. But this should not discourage you from still working to improve your life if you know you can still improve a part of it. So, work on it, just don't lose sight of appreciating what you currently have as well. And this is how you truly become the boss of your own life.

42

“Do your best and God will do the rest.” This is just an extension of the previous chapter, and this means you should just do your thing and don’t worry too much about anything else because God will provide. As long as you breathe and as long as you keep getting boogers from breathing, continue doing your work, treat it as your vocation. If you get tired, then rest. Just keep going because your perseverance will be rewarded eventually. Just don’t be blinded by expecting too much just because you think you deserve it, because you don’t. Don’t focus too much on getting rewarded, concentrate on getting the job done.

However, this does not mean you should always expect something in return for doing something good, the saying above does not apply to this part. Since you are a civilized person granted with superior intellect than the rest of the animal kingdom, then by default it is expected that you do good, you do what is right, whether you get something out of it or not. If you find it hard to do good, then evaluate yourself first. Find what is causing you to feel burdened whenever you’re trying to do what is right and abolish it, you don’t need this kind of toxicity in your system, it’ll only slow you down. And once you’re finally free of it, then you’ll easily be able to do good. And if you finally do good

easily, then doing your job in your work, or in school, or in life in general will also be effortless, as effortless as picking your nose for boogers.

43

“*Come what may.*” This saying is the precursor to giving up. It means you are finally accepting defeat, but this should never be the case. No matter what happens, you should always think of a plan to either make something happen or prevent something from happening. And if your first plan does not succeed, always make a backup plan. And if the backup also did not work, make a backup plan to the back up. Make several backup plans just to be sure. And if you think something is really inevitable and your plans are useless, pray, ask for His guidance. And if you still think you are screwed, think again, because what you are becoming now is a stubborn, pessimistic, and annoying child who lets pessimism get ahead of them. Don’t be too negative, don’t let this take full control of your life, otherwise you’ll always end up devastated and despondent. There’s an enough amount of negativity that is acceptable which is the “being practical” kind. This means you’re being realistic in setting your goals and making your plans. This also means you’re not letting anything raise your expectations that high, because you might die, yes, your soul might die falling from disappointment. So, always make backup plans, be realistic, ask for God’s guidance and you’ll save your soul from dying due to over-pitying yourself for your own stupidity.

44

“Don’t judge a book by its cover.” Yes! This might be one of the most commonly known sayings which is probably why most people easily forget this and always resort to judging everyone else. Giving snap judgments just because of the person’s appearance is shallow and will only define you, the person judging, and how terrible you are as a person. It will never define the person being judged. Yes, it is really hard not to judge since you can’t stop yourself, or your messed up mind, but please also remember that it is much harder being on the receiving end of your judgment, being the one judged. Yes, you might even consider it normal since almost all people are doing it, especially with almost everyone on social media, but just because everyone is doing it doesn’t mean it is okay because it is not. If you ever see someone and immediately a snap judgment comes to your mind, just keep it to yourself and don’t share it with anyone. Yes, keep your judgments to yourself because they are probably just wrong. Think of them as a scrumptious dessert with very high sugar you don’t want to share. This is the perfect and plausible time to use your selfishness in keeping these judgments to yourself and only yourself. Don’t tolerate whatever crap your mind says about other people’s appearances because it will only reflect badly on you, with you eventually looking like crap. So,

no matter what people look like, don't judge them for their appearance, or even better, don't judge at all.

45

“Beauty is in the eye of the beholder.” It is subjective, so don’t argue with anyone if you have differing views on the beauty of something. Beauty comes in all forms and in all shapes. You may not see it in one thing but that does not mean others cannot see beauty in it too. You all have different perspectives and standards, so you also have different opinions about seeing beauty in things and in other people. Don’t try to change other people’s opinion, respect them instead. And instead of bickering about the absence of beauty in a thing/person/person-who-looks-like-a-thing, why not focus on appreciating the presence of beauty in that thing/person/thing-person offspring. Pointing out the absence of beauty is a form of constructive criticism (e.g., when facing a mirror), but doing too much of this where you always choose to see the ugly by purposefully ignoring the beauty is no longer constructive, but destructive. Singling out someone or something because you think they are ugly does not make you any more attractive or beautiful. Why focus on their flaws when you can always see the good in them? You just have to open your eyes wider and clear your mind from the overflowing negativity you obviously have on yourself which you direct at other people/things. If you really can’t see any good in them, then get your eyes examined, or much better, do some soul searching,

because clearly you're just one sneeze away from lacking a soul. This is probably because you have a distorted world view and its badly affecting how you see other people and the world in general, and it's preventing you from seeing the beauty or let alone one good thing from that person-thing hybrid. Be fair and respect other people's opinions on beauty.

46

“Better safe than sorry.” Well, this does not apply to all things because sometimes, great things happen when risks are being taken. Getting outside of your comfort zone is an example. Once you get out of your comfort zone, you are exploring and learning new things while also improving yourself. You should not be afraid to fail since failure is just another way of learning from experience. Taking risks makes you bolder and stronger not to be afraid of the outcome in a situation, because either way, you will always learn something from it. If you fail, there will always be room for improvement, so there’s nothing to be sorry for. Being and remaining safe to avoid any unpleasant outcome sometimes makes you weak. You are a human being, and this means you are born to be resilient and to survive. No matter what happens, you’ll always find a way and a solution to rise back up. Assess the situation first, if there’s a chance—even a little one—of succeeding, then take the risk because it’s always better to try. Trying will always teach you to become better, either you succeed, or you fail. Don’t be afraid and be weak. Always believe you can do it even if you know deep down you can’t because this reassures you to keep going and eventually, you will be able do it after several attempts. Take risks and just do it (not a Nike advertisement).

47

“Birds of the same feather flock together.” Just because you are of the same kind does not always mean that you get along with each other. People are complex beings, which means different personalities, different attitudes, different outlooks on life. Don’t assume that one does what the others are doing just because they are in the same group, don’t be judgmental like that. Understand that people are far superior species than the rest of the animals (with maybe the exception of octopuses), so the saying above does not apply to them. People might share the same ideas or same interests, and this is where they “flock together” when they have one thing in common. However, never make judgments on people based on who they are with and jump to conclusions that they are also doing what the others in their group are doing, because this is shallow thinking. In conclusion, people are not birds so they will not always flock together, and the “author” has lost his train of thought and has nothing else to say.

48

“Give a man a fish and he will eat for a day. Teach a man how to fish and you feed him for a lifetime.” This might not always work though, because as Ron Swanson said, “Don’t teach a man to fish and you feed yourself. He’s a grown man, fishing’s not that hard.” There are things that only require common sense for you to do it, so don’t be dependent on others to teach you. Teach yourself and you feed yourself for a lifetime. Independence is one of the best privileges you can get in this world, so live by it. Although, it’s still okay to ask for guidance once in a while, but to be fully dependent on someone to teach you everything is no longer okay, it’s opportunistic. However, if you want to help, then help, but let the person learn for himself and become independent. Plus, the Internet is always available, put it to good use by using it as your go-to place for tutorials and answers since it offers a wide range of topics, plus it’s free. If you still find it hard *facepalm-worthy type of disappointment*, then there’s this collection of books named *For Dummies*, so you might want to check them out. Always remember and remind yourself, as a way of self-assurance, that you can do it. And you really have to believe that you can because believing already constitutes 50% of learning and if you’re wondering what the other half is, Google it! Isn’t this (googling) the whole point of this chapter?

49

“If it ain’t broke, don’t fix it.” Here’s an update to this saying: “If it ain’t broke, don’t fix it, just improve it.” It would just be a waste of time and energy to fix things that aren’t broken in the first place but improving them is another story. You can always think of ways to improve something, so, there, channel all your energy to give enhancements on things. And this way, you are also honing your skills in the process, so this is a win-win. Not only are you honing your skills, but you are putting your creativity to good use and that’s it, end of chapter.

50

“Lightning never strikes the same place twice.” Scientifically speaking, the “author” is too tired and lazy to check if this is true.¹¹ Nevertheless, you should still be careful and vigilant because tragedies, especially emotional ones, can still happen again. If you’re someone who thinks (pretends) you have no emotion just to deflect from facing them, then good for you (you know pretending is not gonna last, right? It will only bottle up your emotions until you can’t take it anymore and explode, like the firework-heads in Kingsman). However, if you’re one of the many people who embrace their emotions, this is for you. The moment you think a situation will only lead again to emotional catastrophe, leave, make a U-turn and don’t be stupid. If you’ve already experienced the same amount of bullshit before, then be smarter and get yourself out of it. There are signals that will alert you if you are heading on the same, toxic path. Open your emotional eyes (is this what other people call “third eye”?) and look for those signals. Avoid toxic relationships that will only torture you slowly, but painfully. Don’t mistake it as a challenge

¹¹ It actually isn’t true, lightning can strike the same place twice, many times if it wants to. Earth is amazing.

which will make your relationship stronger, because you know deep down it is not and will not. Sometimes it's okay not to trust your emotions if it meant saving yourself from repetitive pain and don't you dare say pain is one way of learning. Yes, it is when it's the first time, but letting it happen again and again is no longer learning, it's just pure stupidity. Contradict these types of emotions by creating practical ones which will help you evaluate and look for the cons in a situation. Let the cons guide and prevent you from doing and being in the same shit over and over again. This way you finally become a better version of yourself while not smelling and looking like shit.

51

“Experience is the best teacher.” Not always though, if you already knew that something won’t do you good based on other people’s experience, then don’t do it. Avoid doing something that is harmful just for the thrill of it, as others would say. You might feel this thrill but know that this is only temporary. Regret, on the other hand, is permanent. Instead of learning something by experiencing something you know from the beginning is bad, why not learn something from other people’s bad experiences? You might say that learning from their experience is not as life changing as learning from experiencing it yourself, but bitch, please! We both know you’re only using that as an excuse to actually do it. Stop! Stop before it’s too late and you trigger a nuclear zombie war apocalypse in your life filled with *I told you so’s* from people close to you. Don’t think of yourself as an animal with below average IQ, think like an actual human being with superior intellect and use this intellect to avoid being in regrettable situations. You’ll thank yourself later.

52

“Make haste slowly.” This is because “Haste makes waste.” Never half-ass things by doing it quickly and carelessly. Plan it first, don’t procrastinate and end up cramming on the last day. Doing things with haste does not show love and passion, it shows impatience and incompetence. It is the precursor to worrying, so don’t do things this way, do it carefully. Once you really take your time in doing something, you get the chance to see it from different perspectives, which gives you more room for improvement and more control. Celebrate and enjoy time by doing things passionately, even the tedious ones. Cleaning the house? Do it passionately. Washing the dishes? Do it passionately. Walking? Do it passionately, like walking in a fashion show. Running in the marathon? Do it passionately, but just enough passion to still finish the race quickly. You see, being passionate in doing something means you love it and that you are being very careful not to mess things up. There are a lot of ways to get satisfaction in doing things and doing them passionately without haste is one of them.

53

“Cleanliness is next to godliness.” Don’t bullshit yourself by saying, “Oh, but I thrive in chaos.” You always have the option to clean, to organize things, so do it. It makes doing whatever it is you are doing easier. It allows you to think more clearly and faster. In other words, cleanliness and being organized make your life easier. It also says who you are as a person. If you are disorganized, then others will think of you as someone who cannot be trusted, because if you cannot keep your things together, then you also cannot be of any help to other people in keeping their shit together. It also means that you are lazy, so get a grip on yourself and start by cleaning your stuff up. It’s okay to do it slowly as long as you’re getting there, to being organized and clean.

54

“Education is the key to success.” Yes, everyone will turn out to be successful if they get educated. However, only those who really use their education in the right way will be really successful. You may consider yourself educated, but your education will only be useless if you still treat people like shit. Yes, let’s say you have the advantage of being educated, but this is not and will never be a reason for you to belittle anyone because of their lack thereof. This does not make you superior to them in any way, so keep your head down and don’t be an annoying smug, you pug! Don’t consider yourself educated if you only end up being uncivilized by insulting other people. Education does not stop when you have learned the information you want and need, it continues in what you do with it, which is to share it. Teach other people what you have learned instead of insulting them. Use your education wisely.

55

“If there’s a will, there’s a way.” If you really want to do something, there are always plenty of ways to achieve it. However, if you have no will, no determination, don’t even bother because it will only be pointless. Always remember that this is the complete opposite of not wanting something and having a lot of excuses to avoid it. Excuses are for losers and losers are pathetic and pathetic is the last thing that should be used to describe you. People around you, and by people, the non-jealous ones, will always be ready to help you achieve your goal or at least help you get closer to it. Don’t let them down by giving a lot of excuses, most of which are probably just invalid, because not only are you letting them down, but you are also disappointing yourself. Don’t hinder yourself from realizing your full potential. Don’t prevent yourself from improving and growing into a more mature person. Dreams can be achievable the moment you have the willpower. And your willpower will then act as a fuel as you find your way to turn your dreams into reality.

56

“Actions speak louder than words.” Don’t be a hypocrite. Walk the talk. Saying it never accomplishes anything, it will only lead to you half-ass-ing things when you say what you don’t plan to do. Words can be used for flattery and assurance, but what seals the deal are your actions. So, whatever it is you are trying to achieve, just shut up and do it. Stop wasting your energy trying to find the right words and show it through your actions instead. Let your actions speak for themselves and on behalf of you. What you wanted to say will just be manifested through your actions anyway.

57

“The early bird catches the worm.” Being punctual means being professional. What this also means is that you can accomplish more things by doing something early or by being early. This gives you the advantage of preparing, thinking, and breathing. Think of being early as a race, with time as your competitor. Every time you are early also means you beat time. Suck on that, time! Yes, you can never control time yourself, however, you can get ahead of it by being early. And this makes you the boss of your life, not the stupid time. This means you are in control of yourself, you are organized, and you are in the right direction. Being early, therefore, is the first step to success. This then makes success as the coveted worm, yum! Now go get your worm now while you still can.

58

“What goes up must come down.” Everyone goes through the highs and the lows of life. You are not alone on this one, so don’t be sulky and complain about being in a shitty situation. Always remember: the world does not revolve around you. You are not the only one experiencing awful times, some are probably even facing much worse, they are just that good at acting they are fine. And this is normal. Acting fine shows your strength to hold your ground, and your resilience to rise back up once it gets fine. However, don’t mistake it as pretending you are fine, because pretending means that you are lying to yourself and that you cannot accept being in a low point, that’s why you try so hard to pretend that everything is okay. Remember that the only thing pretending might accomplish is the explosion of your varicose veins, if that is even possible. On the other hand, acting means that you acknowledge and accept that you are in difficult times, and that you are struggling, but you still choose to act calm and fine because you know it is not permanent and eventually things will get better. These highs and lows give life balance, a variety, in a way. Imagine always being at a high point and as time goes by, it gets redundant and boring. And you will not learn anything useful from redundant and boring. This only makes you weak and dependent. That’s why you get to experience both,

and you just have to enjoy all of it while it lasts, so you can learn something from both points.

59

“You can lead a horse to water, but you can’t make it drink.” If you’re the one teaching someone, always remember that it’s really up to that person you are teaching to do what they want to with their learning. Don’t force them to do something, they still have the free will to do whatever they want. You already did your job, so your fine. Now if you’re the one being taught, show some gratitude to the person who patiently taught you by using what you learned in the right way. Don’t be an ingrate by wasting what you have learned and doing nothing like some brainless, lazy nobody, at least be somebody and put it to good use. Don’t make your already short life shorter by being passive. Use what you have learned to make an impact, not necessarily on the entire world, but at least on yourself. Doing nothing is just adding to the problem, if you can do something, whether small or big, do it if it means contributing to the solution. This is a way of saying your thanks and showing your respect to the person who taught you. This is also a huge middle finger to those people who never believe in you and only think of you as a failure. That’s how you hit two birds with one stone.

60

“Expect the unexpected.” This is very hard to do, because why would anyone in their right mind expect something they do not want to happen in the first place? You might say that this is to avoid the disappointment once an unfortunate thing happens, that’s why you should expect the unexpected. However, admit it or not, you know that there is still a little part of you expecting the desirable outcome, one in which you win. You just pretend to think otherwise so you will not jinx it. And that’s okay! Expect or don’t expect anything at all, it does not matter. What matters is how you react after. This is where you should concentrate on, not worrying about something that is no longer within your control. If something good happens, be grateful, celebrate and be merry. If something bad happens, fine, so what? You’re still alive and in one piece. Go ahead and sulk all you want, or even sob, but don’t do this for the rest of your life. Don’t be miserable. You have to toughen up so you can easily get back up. Don’t be afraid, because whatever happens, either good or bad, you’ll still get something from it. You can never control how and what to expect, but you can control how you react to it. Be thankful and humble when it’s good and know that you’ll recover and become stronger when it’s bad. Don’t complicate your life and you’ll be fine. You will be fine. You. Will. Be. Fine. Seriously, how many

times do you have to be reminded of this to understand? A hundred times? 3,000 times? Fine. If it helps you to be fine, remind yourself of this a million times.

61

“The pen is mightier than the sword.” Yes, and sometimes even more dangerous. Getting physical just screams “uncivilized moron”, which also mostly happens if you let your bad emotions cloud your judgment. Don’t make a mockery of yourself by giving in to anger, you’ll only either (a) get a black eye, (b) give someone a black eye, or (c) accidentally give yourself a black eye, which always ends with you getting two black eyes. Tackle and address the situation with finesse and class by using your brain. And one way to use it is through writing. Write down what you feel, the rage, the resentment, the urge to scoop the other person’s eyes out (yikes). Get it all out of your system through writing. Use humor and sarcasm to give these emotions a good spin. This way you are getting ahead of them by being creative. Use your wit against them but use it while remaining professional. Don’t give baseless, slanderous, and below-the-belt insults because this will only define you as a loser. Explain the situation through writing, how that person and your entire squabble made you feel, express your disappointment, and offer a solution for how it can be better. Not only are you showing top-shelf professionalism, but you are also rubbing your humility to their nose that you are the bigger person in the

situation. And this makes you a true winner. Now go and be a champion.

62

“*Snitches get stitches.*” If it’s about secrets, then all can agree with this because no one would ever tell another person a secret if they already knew the other person will just reveal it to others.¹² If you are the one telling someone a secret, think it through first and make sure that person can really be trusted. It does not matter how close you are with each other, if they really can’t be trusted, then don’t tell them something confidential. Also, just because they told you secrets does not mean you owe them to tell them yours as well, especially if the secrets they told you are of another person’s, then that’s enough reason why you should not trust them. Don’t trust someone who already has a history of telling you things they are not supposed to. Okay, let’s say that that person really trusts you because you are really trustworthy, but this does not give you a valid reason why you should hear someone else’s secret which is not meant for you in the first place. Other people’s secrets are their own business and their own shit to keep and deal with. On the other hand, if you are the one being told a secret, whether big or small, show some respect

¹² Unless they are both insecure gossipers with nothing going on in their lives.

to that person by keeping it to yourself. Don't break someone else's trust because you know it will never be restored. That person, whose secrets you just revealed, will forever see you as untrustworthy and in the worst-case scenario, even a traitor. Just keep your mouth shut, or even better, your whole face shut just to protect that secret.

63

“Money is the root of all evil.” It is not necessarily the root of all evil. Money does not have a life and hence cannot do anything evil, let alone influence humans to do evil. Humans, on the other hand, are very much alive and capable of doing evil. Don’t blame money for causing all the evil, humans, with their selfish and worldly desires, are pretty much doing it themselves. The monetary system is implemented to benefit everyone and to organize the trade and the economy. Money is just a motivation, but it is your greed that tempts you to do something evil with it. Don’t be stupid and weak by letting this greed get ahead of you, if you sense that you are being tempted, get it out of your system while you still can. Abolish it by praying (if you’re religious) and doing something generous instead (for everyone). Greed can always be countered with generosity. But don’t you dare find a compromise by still letting greed exist in you while giving to others as a way to compensate for the evil things you are doing influenced by your greed, and then somehow still feel good about yourself. How dare you? Remember that what you are sharing in this case is just what you have stolen. This means you are just making things worse by sharing the product of your greed with others. Greed and generosity don’t co-exist, it’s one

way or the other and there's only one right way and you know what it is.

64

“Too much humility is pride.” Well, it is better to have pride by having too much humility than by actual pride itself, because the latter only makes you an annoying smug nobody wants to invite to parties. Nothing is wrong if you have too much humility, it means you have more to give to those people who are too arrogant to admit they need to be humble. If you think you have too much humility, teach others the value of being humble and how it gives more satisfaction, not to mention a long-lasting one, than shouting to the whole world you did something just to take the credit for it. If you’re bothered by not letting others know your accomplishments, then you are pathetic. This means you (sadly) still seek other people’s approval and beg for them to like you. Don’t get me wrong, there’s no harm in owning and being proud of your achievements because you worked hard on them. However, there’s only an acceptable amount of pride which does not make you seem arrogant and the next topic for gossip. If you exceed this amount, then prepare to face the consequences. Always remember that at the end of the day, other people’s opinion about you will not matter as long as you know your value, and that’s enough. Agent Carter said that, by the way. Once you already know your value and your worth, you will no longer find the need to brag about yourself to others because you

will no longer care about what they think about you, and this is how you become humble.

65

“Blood is thicker than water.” Scientifically speaking, this is true, but this book is not about science, which the “author”, not having enough brain cells, won’t talk about. That said, this saying isn’t always true, because sometimes, the ones you think will stay by your side and support you all the way since you’re connected by blood, are the ones who will immediately give up on you instead. This is just sad, but don’t be, because there will always be people, even if you’re not blood relatives, who will always be ready to help you and be by your side. So, concentrate your motivation on these people because they are the ones who will always stop at what they’re doing (or at least finish it quickly) just to help you. Just pray for those unsupportive people, especially the ones you are related to, because they have failed you, not the other way around, so pray that they receive the enlightenment they need to bring light to their souls. You don’t always have to be connected by blood to establish a strong, supportive, and loving relationship. After all, love knows no boundaries.

66

“Dance like no one’s watching.” Yes! This is one of the easiest ways of living in the moment. It means getting your guard down and just enjoying your life. The moment you try and do this, not only are you exercising and doing good for your physical health, but you are also releasing all the stress and negative energy out of your body onto the nearest weakling. It is relaxing and satisfying and exhilarating. Dancing more often boosts your energy levels and gets your mood up. So, dance all your worries out, dance all your troubles out, dance through all your highs and lows, and ultimately, dance your heart out and don’t give a crap about other people watching.

67

“Love like you’ve never been hurt.” Now this is stupidity. Don’t be fooled by this. Love like you’ve been hurt. If you love like you’ve never been hurt, you’ll just end up miserable again. Use the hurt of the past to guide you to be more careful in the present. Getting hurt is not always bad, you’re probably just seeing the glass as half-empty, hence you resort to thinking it is bad. Well, to be fair, this is a normal response, which is why most people try to bury it, to forget it never existed. But don’t be “most people”, embrace the hurt instead, make it a reminder that you survived and that you’ll always survive no matter what. Yes, you may be scarred, but scars can be beautiful too, plus it does not have to define who you are. The hurt does not actually define you, it’s what you become after it that does. Being hurt teaches you a very valuable lesson about being stronger and resilient, so, love like you’ve been hurt.

68

“You cannot shake hands with a clenched fist.” Indira Gandhi is right, giving in to your anger/gut bacteria will not do you any good. This is just one of the many ways your pride takes over you, and this will only make things worse as you won’t be able to make new relationships, let alone strengthen old ones. Learn to let go of your pride—swallow it for a change. You know it’s not that hard, deflate your ego once in a while. Pride is the callus of the soul, so don’t hold on to it. Also don’t confuse yourself that having pride means being able to stand up for yourself and still having your integrity intact by not being weak and not letting other people win. Life is not a competition, you dumbass! Holding on to your pride will only make you a pathetic, hard-headed loser, instead of a winner. It will also only lead to regret which means more self-hatred. If you really want to be a winner, then for starters, get rid of your pride. The moment you get the instinct of giving in to your pride, don’t entertain it, ignore it. Do the right thing by always remaining humble—that is, willingly accepting your faults instead of finding excuses to put the blame on others. If you do this, you’ll feel pure and long-lasting satisfaction: the feeling of a true winner.

69

“Life without love is like a tree without blossoms or fruit.” The “author” wishes to disagree with Khalil Gibran, but he’s right. No matter how bitter you are about love, you know deep down that it gives life meaning. Life without love is not life at all, it is just a slow and boring journey to death. Love transcends everything, it is limitless. Love does not only exist from one person to another. This is just one of its types (this is also the type in which some people get bitter about). Love extends to your interests, to your pets, to the environment, to helping people, among others. If you think you are hopeless in finding your “true love”, then don’t waste your energy beating yourself up about it. Focus your energy and your love on other things, your friends, for instance. But, if they no longer have that much time to spend with you because they already have their own significant others, don’t worry, focus it on your interests, instead. You’ll find it more satisfying and productive. This is also a win for you, because these interests will not give you any heartbreaks as big and painful as with people. However, this does not mean you should invalidate other people who are in a relationship with each other or be bitter about them. Love manifests in different ways, what may give you love and happiness may not be the same for others. Just respect other

people's feelings because you all have different sources of love and different ways of showing it.

70

“It is far better to be alone, than to be in bad company.” In other words, avoid toxic people. No matter how much fun you say they are, if they will only cause trouble in the long run, then they are not worth it. These people, although they keep you company, will only look out for themselves when things get rough. They have an inflated sense of self and are too self-absorbed to even care about what you feel. Stay away from these people. You cannot consider them as true friends. True friends are people who support you no matter how stupid your idea may be. They support you by scolding you and questioning your decisions because they collectively know it will not help you, and you are just too stubborn to admit it. This is what you call tough love which is one of the strongest forms of love there is, the kind of love sandwiched between the love for pizza-flavored Cheetos and Cheetos-flavored pizza. Being with them will also give you the feeling like you’re sandwiched between these two types of food. True friends can easily be distinguished from the toxic ones. If you only get anxious when spending your time with them, then you know what to do.

71

“If you cannot do great things, do small things in a great way.”

Because in the end, it's not how big it is that you've done, it's how you did it that counts. Plus, it always starts with doing small things, as you'll get to do bigger things eventually. Think of the small things as practice to improve your skills and learn new ones. That's why you should always put your energy and passion into all that you do, whether big or small, because it can always make a difference. You'll also feel the satisfaction of knowing you did something, albeit small, passionately and scrupulously that people doing it hastily will not. And it will really show how great something was made if it's done with passion than without. So, concentrate on this, instead of worrying about it being small.

72

“Independence is happiness.” It very is. Once you learn to do things yourself, you’ll also learn and experience the true value of happiness. How and why? Well, just imagine the amount of freedom you can have and experience from no longer relying on others just to be alive. This will then lead you to enjoy your life more, and hence be happy. Therefore, being independent is also rewarding. Now, being independent is easy. The first step is you just have to believe in yourself. Because nobody will if you don’t. In everything you’ll do, just believe that you can, even if the circumstances state otherwise. Because at the end of the day, you’ll always get something from it, which always leads you to being one step closer to independence. The second step is to actually do the thing. Yes, just do it, and no, this is not an advertisement for Nike. It’ll be much easier to do something once you believe in yourself that you can. The third step is to keep on trying. Yes, be a fighter and don’t give up. This way you are standing up for yourself. And if you feel an urge to give up, just take a breather, rest, eat, and then continue doing your thing. Don’t let external factors (other people’s opinion about you) get in your way, they won’t help you but will only slow you down. Always remember, independence starts from believing in yourself.

73

“Keep your face always toward the sunshine—and shadows will fall behind you.” This simply means focusing your energy on the things that really matter (e.g., your goal, the people you love, your interests, etc.), instead of wasting it by giving a shit to people who only want you to fail. You might use the bitterness from these people as motivation to prove them wrong, but remember, you don’t have to prove them anything, because they don’t (and should not) even deserve a second of your time. You don’t owe them anything to prove them wrong, because you don’t (and should not) live for other people’s approval. These people are just plain pathetic losers whose lives are so boring and inferior that they spend their sole existence minding other people’s business, in this case, your own, secretly hoping that you fail. Well, so what if you did fail? You’ll always learn something from every failure which will then help you get back up and eventually succeed. Once you succeed, they will only hate themselves more, but don’t mind them, just always be thankful and humble. Regarding these people, just leave them be and continue to flourish as they rot in bitterness in the background of your amazing life. So, off you go!

74

“Happiness can exist only in acceptance.” The moment you learn to accept (some) things as they are, is the moment you start to become happy. Acceptance encompasses understanding and respect for someone. It allows you to understand that everyone is different, so you should not try to invalidate someone just because they do not have the same interests you have, hence, you should just respect them instead. Acceptance, therefore, means being the bigger person in every situation. And no, accepting social media requests is not a type of it, so don't flatter yourself and don't even think about it. Acceptance trumps prejudice, which is just idiotic to begin with. You sometimes find it hard to accept because you tend to have a closed mind, stubborn with your own beliefs. Learn to have an open mind by seeing every situation from another person's perspective, and always be ready to accept that not all your beliefs are right, especially the ones based on prejudice. Once you have an open mind, you'll be able to learn new things, things that are right.

Now, with regards to accepting things in yourself, that's where the “some” in the beginning comes from. If you are aware that some parts of yourself need to improve, then work on improving them, don't just accept them as they are, that's lazy, especially if

it's a bad thing. Why would you accept something bad in you when it does not help you become a better person at all? So, change that part as the one who will benefit the most from it is you.

75

“Love has no age, no limit; and no death.” In other words, love is infinite. Just because life has an end does not mean love—true love in this case—should have one too. It remains solid as long as it is true. This love, therefore, is stronger than death or all the narrow-minded people’s judgments combined. And as what the “author” stated in an earlier chapter also about love, love is not just limited to what one feels toward each other, it exists in many forms. You just have to remind yourself about this.

76

“There is only one corner of the universe you can be certain of improving, and that’s your own self.” Yes, don’t worry about things that you’re not in control of, just focus on how to improve yourself. Self-improvement starts once you finally accept your flaws and embrace them, because like your assets, they also make you who you are. The next step is to really take care of yourself, every aspect of your life: physical, emotional, mental, and spiritual, because these comprise your overall well-being, which will also then distinguish you from an extraterrestrial predator and also make you look less like an extraterrestrial prey. Once your body, mind and soul are healthy, take note of the areas that need improvement in your life. Highlight all of them and look at them from different perspectives so you may be able to find ways to correct and improve them. And remember, self-improvement is not an overnight process, so don’t expect it to happen in an instant. Be patient instead, because it is a gradual process. If you think it is not working, then look for other ways for it to work, don’t just easily give up because of that, just carry on.

77

“Where there is love there is life.” This may just be an extension to the earlier chapter, but one thing is for sure that all these sayings want you to know: love, as corny and cheesy as it sounds, is the color which adds vibrance to the mediocrity and dullness that is life. It is something that should be felt and experienced yourself, not just read or seen from other people’s experiences. So, be out there, and love, so you can live.

78

“A new command I give you: Love one another. As I have loved you, so you must love one another.” Well, you have to admit that you’ll find it hard to love other people but find it easy to get annoyed by the little annoying things they do instead. Fret not! For a cool human being, that’s pretty normal, but that does not mean you should just settle for that. Annoyance is the grandchild of hatred conceived by narrow-mindedness and selfishness. Yes, you can be considered narrow-minded since you cannot look past other people’s flaws, and selfish since you cannot accept the fact that they’re also just flawed human beings, just like you. If you easily get annoyed by them, just try to focus on the good things in them, have an open mind. Finding good things in other people is as easy as finding the correct filter for your “selfie” in Lightroom, so just have an open mind. Once you do, then it’ll be easier for you to show that you care for that person. It does not need to be a big gesture because it will only look like you are doing it for a publicity stunt, just be subtle about it by first starting with the little things. Your ability to pay attention to details will then be tested and hence, eventually be improved by doing this. Also, the little and subtle things will also keep you from exploding unlike trying to do it as a grand gesture.

So, start with the little things and do it humbly. It'll get easier for you along the way.

79

“The journey of a thousand miles begins with one step.” And this is to step forward, not backward. Remember the chapter about not procrastinating? No? Then re-read/read it. That applies to this chapter. Because for you to take your first step forward, you have to not be lazy. Why would you want to be lazy when all that accomplishes is you getting stuck in a rut, which is not even a real accomplishment. By all means avoid this, you’ll only be the one who’ll suffer if you don’t. In other words, don’t make excuses just to get out of doing things, you’re only giving in to your laziness and taking your first step towards being a deadbeat. And that is a step backward. If you feel/pretend to feel tired, then rest, don’t just quit. Just start doing it. Once you start, you’ll already do 50% of the job. The other 50% is for you to (1) keep going (10%) and (2) ignore the temptation to quit (40%).

80

“There are two ways of spreading light: to be the candle or the mirror that reflects it.” Be both. Be the source of hope and also its reflection by inspiring others to be the same thing. From a pessimist’s point of view, it’s hard to be the light, and this is okay, at least don’t be the cover that blocks it. If you really find it difficult to be the light, just give way to the light to be seen. Use the darkness around you to make way for the light. Use your mastery in the gloominess of life as an advantage. Do this by mocking the darkness. Yes, make fun of the unpleasant things, of the negativity to piss it off. It will surely fade on its own and make room for the light. This is how you, a pessimist, can contribute to spreading the light. You may not be the source, but you can be as vital as the mirror in making the light seen and in spreading it.

81

“God gave us the gift of life; it is up to us to give ourselves the gift of living well.” This means you should just enjoy whatever life gives you, because you damn well know it’s just temporary (your life and whatever it gives you), so why worry so much about anything? Always practice the ability to find silver linings in every dark cloud in your life. You will not be disappointed by how many you can find. Just open your mind and your sense of humor to take things lightly and not too seriously. Yes, don’t be oversensitive or you’ll just end up being the ultimate buzzkill of your own life. Living well means doing the things that make you happy without causing harm to others and to yourself. If you think it is unattainable for the time being, then find a compromise, learn to settle, and be contented on the little things first, and then work your ass off to get what you want and do what you want.

82

“Coming together is a beginning; keeping together is progress; working together is success.” Always be a team player. It is normal to be in a group of people with different ideas, but it does not mean you can no longer succeed, you just have to accept that although you may not share the same ideas, you still share the same goal, which is to succeed. You just have to respect and coordinate with each other by improving each other’s ideas that will then complement each other and ultimately help you achieve your goal. Being a team player also means being open to other people’s ideas. Forget about your ego or even having one because it will just slow you down and even disturb the harmony of your team. This is how you develop synergy and establish a strong, professional relationship with them.

83

“Not all those who wander are lost.” Yes, because some are probably just on a creative sabbatical away from the things triggering their anxiety which only worsens their body odor. And at some point in your life, you might just be one of these people, so you have nothing to worry about (or that much). Take this as a time to re-evaluate yourself and do some soul searching. Use this time to identify all your toxic behavior you got from spending too much time on your social media feed and get rid of them. They will only hold you back (social media and toxic behavior). And if you think you are already past the “wandering” phase and you consider yourself as already lost, then so be lost, because all those who are lost will eventually be found and this is something you should focus on and look forward to. Lost is just another word for vacation, so, what should you do on a vacation? Enjoy it! Yes! Just look at it in a very outside-the-box perspective where you find peace in solitude by clearing your mind of all the toxic stuff it has suffered through all your social media feed. Just consider every possible perspective in every situation you are in, and you’ll get through it with ease, and even if it’s not with ease, you’ll still get through it.

84

“The truth will set you free.” The truth that will be discussed in this chapter is not the witness-to-testify-in-a-trial kind of truth. This truth is about your personal truth. So, will this type of truth set you free once out? Not really though. You know you are always entitled to your own privacy, right? Especially if it’s as personal as sleep-picking-your-nose for boogers at midnight. Always remember that you don’t owe anyone your truth especially if it’s personal and it makes you uncomfortable to share it with anyone. Your truth is yours and realizing this yourself is enough. Don’t be bullied by these people, most of whom only eat gossip for breakfast. They don’t deserve your truth just because they have shared something personal with you (unless you have made some sort of agreement). If they were comfortable enough to share theirs, then good for them. Only share your truth if you really and truly feel comfortable in doing so. However, not sharing your truth is not an excuse for you to lie. No, this isn’t a gateway for lying, so don’t confuse this as one and don’t even get any ideas. Just simply express that you would rather not share something personal because you feel uncomfortable, but if you don’t have the emotional strength to pull this one off, just tell them to fuck off. Yes, because at the end of the day, it’s your life. It’s your story to not tell.

85

“Whoever is happy will make others happy too.” Because like chicken pox, happiness is infectious and contagious too. And you can’t fake being happy, because you’ll only look constipated if you try hard to do so. Being happy, therefore, requires a lot of work, and distinguishing your real happy face from your constipated face barely scratches the surface. Most people say happiness comes from within, but what the hell do they mean by that? Does it come from your gut bacteria? Is it another way of describing flatulence? This sometimes does not make sense, but like flatulence, it does not always have to. Because happiness is downright being contented with what you are and what you have. It does not always mean that you should no longer work hard to improve yourself though, because you always can as long as it’s what you want and as long as it’s also not causing you any harm. Being contented means accepting the things you cannot change and no longer have any control over, like flatulence. Embracing them follows right after. And being proud of these flaws not only makes you “you”, but it also makes you human. Just remember that toxic behavior is not a flaw, but deleteriousness. Once you are cool about yourself, then you can find happiness wherever you are and easily make others happy too.

86

“If opportunity doesn’t knock, build a door.” This might be a generic take and might work for you, but what if opportunity, in its snobbiest form, still does not knock? Well, why not try the burglar approach? This is where you create ways for opportunity to show up, instead of settling for just a door, one door. You know burglars can still enter windows, holes in the ceiling and other unintentional holes in your house, right? I know this analogy does not make sense, so don’t overthink this part. Focus on the other entry ways for opportunity to enter instead. Make backup plans, not just one backup plan, but loads of it. This is how you strategize and one up life when it’s acting like an asshole by not working with you. Keep on formulating plans. Imagine scenarios where your plan does not work and create an alternative. This improves your planning skills and in the process, toughens you up whenever life screws you over. Bottomline, don’t wait for opportunity to knock, go find it yourself.

87

“The only thing necessary for the triumph of evil is for good men to do nothing.” Doing nothing may not be as bad as doing something evil, oh wait, it is as bad as doing evil things, because if you were already aware of it and yet still chose to do nothing, it means that you tolerate it. This then makes you an accomplice for evil to be successful in converting Facebook users into full-blown narcissists. And don’t even bother making lame excuses as a scapegoat to trick the universe because both you and your shadow know that you are always capable of doing the right thing, be it small or big. Start making excuses and you’ll only end up making a fool of yourself since you can’t outsmart the universe, because if there’s a will, there’s also always a way. However, you can outsmart evil and use this as your will by doing the right thing, not just saying or promising to do it because this always just leads to procrastination. It does not always have to involve grand gestures, as long as it is done with a kind heart and the purest of intentions, then it can make a difference. You (and your shadow) can make a difference.

88

“The secret of getting ahead is getting started.” Yes, easy to say and plan, but hard to do, this is why starting is difficult. This is because you quickly consider this as a commitment you’re afraid to commit to for fear of failing or not being able to finish it. Well, first of all, there’s an acceptable level of overthinking that is tolerable, and this kind goes way beyond that level, so, dial down the overthinking. You haven’t even started yet, so there is no way of knowing if you’ll succeed or fail. Instead of worrying, just make alternative plans just in case, so you still have a backup, or even several. And even if you fail, you’ll still learn something from it which will then help you improve yourself. So, not totally a failure. A total failure, on the other hand, is the regret you feel afterwards for not starting, because in this scenario, you end up with nothing. Bottomline, “starting, failing and then learning” is way better than “nothing and then regretting.”

89

“Always remember that you are absolutely unique. Just like everyone else.” This feels like a paradox, because if everyone else is unique, then you’re just as common as everyone else. However, the only way to stand out is to just be yourself. You can only tap into your full potential and overall amazingness if you are being true to yourself. Being yourself, therefore, is interchangeable with being unique as you are a combination of your talents and your flaws, so embrace them both equally. Always remember this whenever you feel small and useless, because you’re not, you’re everything but small and useless. Don’t let that feeling conquer you, beat it instead by showcasing the things that make you unique, the things that make you, you.

90

“Wise men speak because they have something to say; Fools because they have to say something.” This is actually self-explanatory, but to elaborate, don’t burden yourself by trying too hard to come up with something to say when in a conversation. If you have nothing to say, then remain silent. Being wise means talking less but knowing more. Silence, in this case, does not mean you are ignorant, but it means you’re mature enough to know that you don’t have to say something just for the sake of having to say something. The real world is not a point-based system wherein you get points based on the number of words you say, so don’t make a fool of yourself by obligating yourself to speak even if you really have nothing to say.

91

“Problems are not stop signs, they are guidelines.” They should never be a reason for you to give up, so don’t. Keep on moving forward instead. Problems guide you by the lessons you will learn after your failures, setbacks, and challenges. Hence, they are opportunities for learning. They are also a reminder that you should not repeat the same mistakes or do the same things that are causing your problems. Some problems are even blessings, you just have to look at it from a different perspective. Although, if you can’t seem to find one good thing about it, always remember that just like your sudden social media fame, problems are just temporary. They will eventually subside down to a worry until you realize they no longer exist. So don’t do something drastic that will only do you harm, like an impulsive Timothée Chalamet-inspired bowl cut which would only look like a toilet bowl cut on you.

92

“Spread love everywhere you go. Let no one ever come to you without leaving happier.” Mother Teresa was legit awesome and with this being said, you can be as awesome as she was, okay not really though, she’s way up in the hierarchy of awesomeness, but at least you’ll still be awesome if you live your life following this principle. There are many ways you can spread love—not the fake one—and one of them is by being generous. It does not have to be big as long as it is sincere. You can also spread love by being optimistic about other people’s endeavors. If you tend to be grumpy and bitter about your life though, don’t spread it to other people by raining on their parade. This only makes you a “sourkill”, which is a hybrid of being a buzzkill and a sourpuss. This might be difficult for you to at least consider, but the feeling of fulfillment you’ll get afterwards makes it very rewarding, so it definitely is worth the shot.

93

“All our dreams can come true, if we have the courage to pursue them.” Yes, but courage is not enough. It should go hand in hand (and then another hand) with confidence and patience because dreams don’t come true overnight. You need courage to face all challenges hindering you from being a step closer to reaching your dreams. You need confidence to rise back up after setbacks causing you to fall down. Give yourself regular pep talks to condition yourself to be tough to carry on and to boost your energy and confidence. Lastly, you need patience to keep you from giving up, which you can achieve by staying inspired and motivated. Just hold on to these three virtues and you’ll increase the likelihood of your dreams coming true.

94

“It is during our darkest moments that we must focus to see the light.” The darkest chapters in your life are indeed the foundation of what makes you strong and powerful for you to no longer be afraid the next time. Use these moments to your own advantage by letting them guide you as you carry on with your life, or as you order something online that cannot be paid for through cash on delivery. It is normal to experience these dark times because sometimes, too much light can be blinding and this will never help you in any way, let alone ensuring your not-cash-on-delivery online order is legit. These dark moments also humble and remind you that you cannot do everything alone, so you should always ask for His guidance by praying. Not only are you strengthened emotionally but also spiritually. Remember, the disaster itself does not make you stronger, it’s how you overcome it that does.

95

“Find a place inside where there’s joy, and the joy will burn out the pain.” Just focus on the things that make you happy and use them as the gripping force to keep going. If the pain is unbearable and you find it hard to focus on the joy, then use it, use the pain to fuel up your anger and convert your anger into passion. Use this passion then to be productive in your job or in your life in general. Trust your creative instincts to come up with something that will turn the negative into positive, not in a medical/disease sense, of course. Just use every situation in your life, either good or bad, to your own advantage.

96

“Nothing is impossible, the word itself says ‘I’m possible!’” Except having superpowers (for now), but in all other things, then nothing is impossible. Just believe in yourself and boost your confidence by thinking about the things that inspire you. If you’re a misanthrope and don’t have a lot of things that inspire you, then just think of the things that infuriate you as motivation to be successful. At least this way you are putting your misanthropy to good use. And remember, if the thing that you want to achieve is still unrealistic, then be patient. Do other things that are easily achievable in the meantime, as long as you don’t lag and exist for nothing, because you’d just be a waste of oxygen in this case, so don’t be idle. Also, keep on learning new things and new skills as a way of self-improvement. This will bring you a step closer to achieving your ultimate goal.

97

“Don’t judge each day by the harvest you reap but by the seeds that you plant.” Focus more on the work that you put into something than the results, because your hard work is the one that determines the likelihood of you being successful, so invest your time, skills, and ideas in getting the work done. Anticipating the end result every time will not get you anywhere if you don’t put in the work it obviously requires. This is where you walk your talk. You just have to keep on working and you’ll eventually reap the harvest of success you so truly deserve.

98

“Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.” In other words, just live in the moment. Don't stress yourself on things no longer within your control or you'll just look like an obsessive-compulsive iguana on steroids. Also don't overthink things that have not yet happened just to avoid the things you worry about from happening or ensure the success of the things you plan to achieve. Concentrate in the now instead. Don't try to outsmart time, because you could not and would never be able to. Dance with it instead, by making use of the present to be more productive than you were in the past. Take advantage of the present by enjoying every single moment in it, making sure you don't get ripped off by time. This is how you one up time. Lastly, manipulate your future by making the most of your present, and hence be the bossiest bitch or the bitchiest boss of your life, whichever you prefer.

99

“Do not go where the path may lead, go instead where there is no path and leave a trail.” Yes, do not go with the mainstream, make your own, instead. Continue your winning streak of being the boss of your life by being in charge of making your own path and leading it. Just because it isn't the path most people would take doesn't mean you should steer away from it. And don't, for once, think that this one is about prostitution because this isn't. Learn to take risks by always being open to taking them, otherwise you'll end up a confused seafarer lost in the vast sea of choices, eventually drowning in your own confusion wondering what could have been. Always remember *Invictus*, because you are the master of your fate; you are the captain of your soul. Now, go make your own path.

100

“Success is not final, failure is not fatal: it is the courage to continue that counts.” The word that you should focus on here is “continue”. No matter what happens, you just have to continue. If continuing is not possible, think again, your laziness might just be tricking you into thinking this. But if it really is impossible, because if you continue you’ll die, then go do one of your backup plans that you were supposed to have in the beginning. If you find it hard to continue, get some inspiration around you first (e.g., a mirror if you’re a full-blown narcissist), because it is easier to continue if you are motivated by something to do it. Always continue, but if you need some time off, then rest, never abuse your body. Once you’ve gained the necessary amount of energy and momentum, then get back to doing your thing, just like the amazing Angela Bassett.

101

“Do all things with love.” Because love is the foundation of true happiness. If you love something, then it will be easier for you to work and then excel at it. But what happens if you don’t and can’t love what you’re doing? Simple, fake it till you make it. Maybe eventually you’ll learn to love it or maybe not, it doesn’t matter, because you are still doing it with love, whether pretend-love or not. Try to at least come up with a reason, even the tiniest of reasons, why you should do something and then build your love or fake love from there.

102

“Change your thoughts and you change your world.” Or at least compromise with something to eventually change your world, making it better, because it is really hard to change your thoughts, especially if you’re already an established pessimist. You can always do a compromise by harmonizing your pessimism with the things surrounding your life. Try to use it to your own advantage to help yourself, and you can do it by thinking outside the box, outside your pessimism. Yes, you can still acknowledge your pessimism and then think outside of it, think more than your pessimism would allow you to. If you overthink that you will not succeed in your endeavor because you just overdosed yourself with caffeine, then acknowledge it and then rise above it by thinking of a contingency plan or an alternative solution to cover up or at least lessen the disappointment of failure. Always take full command of your life, don’t let any worries stop you because they would always just come and then go. You’re supposed to be the boss bitch of your life, remember? So be it.

103

“The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails.” Don’t be just one of the three, be all of them. Be a pessimist to identify the problem way ahead, before it even becomes one; be an optimist to know that it is just temporary and be inspired; and be a realist to solve it. Learn to incorporate the three with each other to form a solid synergy that will help you succeed in life. If you believe you’re too much of one thing, a pessimist, for instance, then acknowledge the optimism and realism in you, which are just within reach buried under a chunk of your pessimism. Summon them by thinking outside of your pessimism and let them work with each other, not against, don’t be self-destructive this way. Learn to tame the part that is already being too much, because you’ll no longer be able to thrive to the point where it defines you, so don’t let this happen. You should be defined by a combination of things, not just one thing, so take control, and let them work together in harmony.

104

“The future belongs to those who believe in the beauty of their dreams.” Yes! Because your dreams are your inspiration. No matter how silly that dream maybe (silly, not creepy, take note), just believe in it, because believing already gives you a head start. It gives you a boost to work hard even more, amidst the struggles you are facing. Believe you can do it, use that confidence to work hard and eventually you’ll achieve your dreams (just not the ones that only exist in a sci-fi movie or in a Reddit fan fiction page).

105

“Believe you can and you’re halfway there.” This is definitely an extension of the previous chapter. If you don’t believe in what you can do, then why do you even bother studying or working? It’ll just be a waste of everyone else’s time and energy, not to mention Earth’s resources if you don’t believe in yourself, because if you don’t, then who else will? Believing in yourself is therefore the first step to making your dreams happen. It is not just any small step, it’s a huge and significant one that makes a difference in your life.

106

“Life is not a problem to be solved, but a reality to be experienced.”

This is just another way of saying, “live in the moment.” Instead of wasting your time and stressing yourself out worrying about what will happen, just let it happen and go with the flow. If it’s avoidable, then avoid it; if it can be improved, improve it; but one thing is for sure, all of those things can be enjoyed, you just have look at them from a different perspective. Always remember, this life is temporary, so it won’t be ideal for you to spend it with too much worrying, so make your life worthwhile by living and while you’re at it, enjoy and savor every moment of it.

107

“*Anger.*” All of us have issues with this one, a few just bottle it up, some are good at controlling it, while most just let it all out. Anger is a normal feeling, but an annoying one, because no matter how many times you promise yourself to control it and how hard you try to keep this promise, the universe/destiny/nature/fart chakra will always find its way to screw you up by bringing you into situations where it’s hard to contain your anger, let alone conquer it. And bottling it up only makes it worse until you can no longer keep it and end up having a fart-down (breakdown filled with farts). If you also give in to it, although it satisfies you, you also know it will just be temporary because guilt and conscience always go hand in hand to bug you until you get a fart-down for not making amends with the recipient of that anger. It’s really hard to find a way out of this anger, so the best thing for you to do is use it to your own advantage. Use that anger to fuel your energy to be more productive in your life. Use it as an inspiration, so the angrier you feel then the more inspired you should get. If this is hard for you because this kind of does not make sense, then convert it into something more tangible. Convert it by dancing/singing/eating/ (insert hobby here) it all out until your

mood levels rise back up that you *faugh* (fart and laugh at the same time).

108

“Slow and steady wins the race.” Most people, especially people in their twenties, often want a shortcut to success, and there’s nothing wrong with that. Who doesn’t want a shortcut? Life is already short anyway. This is probably why people want a quick path to success, or they are just lazy to work hard. The sad truth is only a few get to be successful quickly (lucky bastards). Good for those people. Although, with quick success, they often miss the foundation that will help them maintain the success that they have: a strong sense of character. This won’t get developed overnight, this happens gradually. Every hardship you face and survive, and every sweat you pour from working hard strengthen your character in turn. And since they miss this part because of their desire for a quick path to success, they often fail to stay at the same level of success as a result. This is obviously not the case for all, (because again, lucky bastards exist), but this is usually what happens with chasing for a quick success, that it almost feels like you’re getting yourself into a get-rich-quick scheme. Yes! That’s definitely what it is: a scheme! So, it doesn’t matter if you’re progressing slowly, what matters is that there is progress, and you made that progress yourself, with your hard work. That in itself is already fulfilling. Life is not a race. You’d only crash if you live yours like it’s one.

109

“The purpose of our lives is to be happy.” That’s it? Just to be happy? How about the other emotions? Okay, to be happy might be what we strive for, but then this alone just feels lacking. You can’t learn just from being happy, that’s why you feel other emotions, to process whatever you go through in life, to learn from those feelings, and then eventually come out stronger and better (or pissed than ever, depending on how immature you process your feelings). Most people immediately resort to being in denial about being sad, hoping you could trick yourself, even though you know deep down that you can’t. Why should you lie to yourself? To protect yourself from getting hurt? Lying will never work as protection (except maybe when you’re giving a fake compliment to a mugger holding a knife), you can’t even really lie to yourself, because again, there will always be a part in you that knows the truth. So, why not face the truth head-on and admit that you feel sad? Not only would you feel a huge relief, but this would also signify the start of your healing. Embrace the sadness by enjoying it. Okay, that seems to contradict each other, but it does not. Enjoying it means finding something good out of it. Whenever you’re sad (or angry/horny/constipated), just ask yourself, “How can I use this to my advantage?” Don’t let the emotion control you, you might just end up doing something

stupid. Always remember and remind yourself that you are in charge, these feelings are temporary, so find a way to use it to your advantage.

110

“Think outside the box.” In other words, be creative. This is actually very effective in coming up with solutions not just to your problems, but also to other areas in your life. The more outrageous the idea, the more effective it will be. For you to think outside the box though, you’d have to open yourself to criticisms, and by that, the “author” means you have to not give a shit about what other people think about you. Yes, accept criticisms to help improve yourself, but don’t let it affect you negatively. Easy to say, but hard to do, right? Because no matter how much you psych yourself up when you receive negativity from others, it will always affect you badly deep down. And this is where thinking outside the box comes in handy. How? Okay, the moment such negativity affects you, dampens your energy and your whole mood, just embrace the negativity by agreeing to it, you can even add more negativity by making fun of yourself, just don’t take yourself too seriously. And then once this makes you laugh, this means you have successfully conquered the negativity. Now, go buy yourself a crown and play pretend that you’re royalty.

111

“Dream as if you’ll live forever. Live as if you’ll die today.” This might be the sophisticated version of *“You only live once.”* The first part would be perfect if it’s followed by this: *“Plan since you know you’ll die someday.”* Please don’t misunderstand, having dreams is a beautiful thing, they inspire us. But dreaming constantly alone without doing something about it won’t get you anywhere closer to achieving those dreams. Dreams are but a starting point. They constitute only the first half—maybe even less—of your path to success. The part where you put in the hard work makes up a huge chunk of that path. And hard work starts with planning, having an idea of what to do, where to start, how to make it happen, and how to recuperate if it falls through. And what makes a plan effective is knowing that your life is temporary, in other words, there’s a deadline. This would then prevent you from procrastinating and motivate you into being productive.

Now to the second part. Well, it seems a bit reckless though, living without worrying about dying? Obviously the “author” is overthinking this part right here, but then the overthinking is necessary, because if you really *“live like there’s no tomorrow”* *eyeroll*, do something reckless and stupid for the sake of *“living*

life to the fullest” *eyeroll* then you just might end up dead. This would only contradict the first part. How can you now work on your dreams to make them happen when you’re already dead? So, no, don’t just live as if you’ll die today (yes, still have fun), but live responsibly to achieve your dreams someday.

112

“Do not take life too seriously. You will never get out of it alive.”

Exactly! The moment you start to overthink things, especially unimportant stuff that can just be farted out, is the moment you also lose valuable time. That’s why they coined the phrase *“laughter is the best medicine,”* because it heals in ways actual medicine can’t. Plus, being heavily serious is boring that it might act as a downer which also puts other people you’re with to sleep. You can’t boost your energy by being too serious, but you can guarantee a premature wrinkle with it, so, if you’re into wrinkles, then suit yourself. But once you start to just laugh your miserable life off, then you get to see what really matters in your life: appreciating the little things that make you laugh no matter how bad the situation you find yourself to be in. This does not mean you now have to always be irreverent, just find the balance. Being able to do this also saves you time, because once you learn how to just shrug and laugh your worries off, the time you normally waste on worrying a lot will now be free and can now be used to do actual productive stuff, like ~~doomscrolling~~ working on your passion projects / thinking what your passion projects could be.

113

“Every man dies, but not every man really lives.” Yes, because being alive is different than merely existing. Being alive means being able to do what you love, and in the process go through different kinds of emotions, learn from them until you get to the point of contentment and inner peace, which leads to a feeling of happiness. In other words, being alive means doing what makes you happy, and don’t misunderstand this part to mean everything as long as it makes you happy, no (e.g., hurting other people/yourself and passing it as a source of happiness does not count). The “author” has now realized how demanding and know-it-all he’s being, when he obviously still has no idea about living his own life. And this is okay. Admitting you have no clue about living your life means you are being honest with yourself and is actually the first step to everything in your life. Yes, that’s obviously an exaggeration, but one that makes sense. Or maybe it doesn’t, not everything has to always make sense at first, that’s why we live and do things that we love to make sense of what our life is about.

114

“*No feeling is final.*” And always remind yourself this, whether you’re feeling bad or good, it isn’t final. This works both ways. If what you’re feeling is something positive, then embrace it, cherish it, and celebrate it while it lasts. It’s normal to worry how long this feeling would last, but don’t let it keep you from actually enjoying the feeling. Because once you start to worry, you’d then try hard to do all sorts of stuff to maintain it, and while doing so, you would already waste time and forget that what matters is enjoying the said feeling. If it stays longer, then good for you, more time to enjoy it. If it doesn’t, then prepare to be sad but continue to move forward, albeit in small steps.

On the other hand, if the feeling is something negative, just also remind yourself that it won’t last. It’s still normal to feel sad or even pissed for the said feeling but try very hard to prevent yourself from doing something stupid (something you know you’d just regret doing in the future). Because the regret from doing such a thing would remain longer than the feeling itself, sometimes it could be permanent. Just remind yourself that the feeling is temporary, and the regret is permanent.

115

“Happiness is a choice.” It isn’t. Because no matter how hard you try and force yourself to be happy, if you still feel miserable inside, it’ll show. You’d only lie to yourself if you pretend really hard to be happy. What’s so wrong about embracing other emotions? Once you embrace them, like really wallow in them, that means you’re healing. Every emotion that you go through is a process and for every process there’s always a result, which is you becoming more resilient and learning new things in your life. Once this “process” is complete, along with working hard to do the things that you love, then that’s the time you can genuinely be happy.

Don’t let that quote above fool you, or any other “inspirational” quote which talks about the same matter that happiness is easily achieved. This is not always the case, because if it is, it won’t be as rewarding as the kind of happiness you’ll get after all the pain and drawback you endured and went through, respectively. This also does not mean that after every pain you suffered, happiness always follows, no. Don’t get ahead of yourself. Happiness only follows once you work hard for it. If you don’t work hard and just keep on enduring the pain that you’re suffering, thinking that happiness would follow suit, then prepare to get

disappointed as life does not work that way. Happiness is earned by working hard. You might say you're already working hard, but you're still unhappy. Then ask yourself if you're working hard for the right thing, because if you aren't, then that answers why you're unhappy. Working hard for the right thing means you are putting a lot of effort into things that matter to you, things that you love, things that make you happy. Let's say that you are already working hard in doing the things that make you happy, but still can't consider yourself happy. Then again, ask yourself if this is the only thing that you want. Because most often this means you still have another reason to work hard for. So, pursue it and then work hard for it. Worst case scenario, you're already working hard and doing ALL the things that you love to do, but you still can't feel genuine happiness, this means that you need to be patient. Patience goes hand in hand with pursuing happiness. Very worst-case scenario, you've done all the things above, but still can't consider yourself happy, then take a breather, do some soul searching, because this might mean that what you need to do all along is change your mindset and outlook in life.

116

“Happiness depends upon ourselves.” It does, but it’s hard to attain happiness, or at least one that lasts. The “author” clearly had no idea where he was headed with this one and was torn between whining about happiness and connecting this chapter to the previous one, only realizing later he could do both. Achieving a long-lasting happiness is hard because life does not work like flipping a switch, otherwise happiness would no longer be worth it, the feeling would no longer feel special. That’s why working hard to achieve it is necessary, because once you get there, the feeling would then be incomparably satisfying.

117

“Sometimes you will never know the value of a moment, until it becomes a memory.” Yes, people tend to take almost everything for granted, and that’s because people tend to be trash, but not completely trash though, they just have the tendency to be one as they easily get caught up by unimportant things. It’s up to you to decide what those unimportant things are since it depends on every person, what one considers to be important may not be considered as one by another. So, to counter this, just always remember that at the end of the day, we’d all just end up dead, and that’s a fact. With this in mind, you’d now also remember and prioritize to cherish every moment you experience, because you never know... Okay, that just sounded creepy, because it is. Death, or to be more accurate, fear of death, is what usually makes you rethink things in your life that you start to value the things that you often overlook. Nothing’s wrong with that, but do you really need to wait to have a near-death experience as a wake-up call to start appreciating the little things in your life? Appreciating the little things means acknowledging the special little things that you experience every day, whether it’s a dog barking at you, then eventually chasing you on your way to work, or getting shat on by a bird the moment you step out of your house, cherish those things. Yes, get annoyed (or even pissed),

but still value those moments, because there's always a good reason why those things happen to you. The dog chasing you might have inadvertently prevented you from getting hit by a car, and the bird poop might be the universe's way of saying you have a crappy sense of fashion, and that you should change. See? So, start appreciating these little things, because again, you never know...

118

“Nothing matters.” If you are a pessimist, then you might agree with this. If you are an optimist, then you might immediately argue and give loads of reasons why this isn’t true. Well, this quote can both be true and false at the same time, it all depends on how this is used in relation to other things. For example, in relation to the universe, considering how massive it is, nothing really matters. You’re all just part of a process, you’re not even the center of it. Although, this does not mean that you shouldn’t make your existence here worthwhile. Another example, scaling it down, in relation to your life, i.e., your short, fragile life, everything matters. Every single thing you do matters, every decision you make, whether big or small, matters as it shapes you into what you will become in the future.

Reminding yourself with this quote works in both ways. For every success you will achieve, this quote works to remind you to not be too full of yourself, and to keep your feet on the ground. On the other hand, whenever you’re feeling scared to fail at something or on the verge of giving up, and no matter how hard you try to hype yourself up by giving yourself positive affirmation, it still won’t work, then try a different approach. Remind yourself with this quote then, because if you think that

nothing really matters, then what's there to lose? So just try and keep going. Yes, you should rest at first, but then once you recuperate, keep moving forward.

119

“Life is a gift that keeps on giving.” It is. Whether it’s a blessing or a problem, life gives. You wouldn’t call your existence “life” if you don’t also face problems. That’d be boring. There isn’t much to talk about in this chapter as the “author” just wants to show the importance of also having problems in one’s life. What you do to solve it then acts as a process in turning that problem into an opportunity, then from an opportunity to a blessing. You can do this by always thinking outside the box (the “author” couldn’t emphasize this more), and always looking for a silver lining, because there’s always one. Then use the silver lining as a foundation, a starting point, to get inspired to solve the problem, and while you’re solving it, also try to look for other good things in the process that you can use to your advantage. This way you’re not just solving the problem, but you’re in charge of it. This obviously sounds easy on paper, but again, the harder your problem is, the more rewarding it will be once you solve it.

120

“The only true wisdom is in knowing you know nothing.” In other words, humility working in harmony with maturity. You can only truly learn once you are humble enough to admit that you know nothing. This means you are opening yourself to accept knowledge. Although, once you gain access to that knowledge, you then get the urge to be smug about it, and this proves you’re still not mature and that you’re being annoying. Yes, be happy that you are now knowledgeable, but don’t be too arrogant about it, because once you get too full of yourself, you then forget to keep the knowledge that you have. You might say that you can still be happy and have just the right amount of arrogance while maintaining the knowledge that you have, but there’s this thing called the “universe” and its product called “life” whose job it is to let people know their place once they get too full of themselves. Once you accept this, it will now be easier for you to be mature about keeping the knowledge, hence easily acquiring more in the future. And now that you choose to be mature and humble about it, then that knowledge becomes wisdom.

121

“Opportunities don’t happen, you create them.” This is maybe just half-true. Yes, opportunities don’t happen, but you can’t just easily create them. You can’t just wake up one day, be full of inspiration, decide to launch a rocket, and then voila—a rocket then suddenly appears on your doorstep, ready to launch. Okay, that example is way too much. But the “author” hopes you get what he means. Maybe the quote implies that when you create opportunities, a rigorous process then entails. The process then requires A LOT of time, and time requires patience. You then fill your patience with hard work, and then you fuel that hard work with determination to maintain it. And then (the “author” guesses) luck can also play a part in it. If you’re lucky, then it would be smooth sailing going through the entire process. Although if you’re not, then be pissed, but know that that’s still okay, as you’ll also learn to be stronger after surpassing any obstacle that gets in your way. Use that built-up anger then to double your perseverance, because if you just keep on striving no matter how many hindrances that come your way, eventually you’ll be able to complete the process and create your deserved opportunity.

122

“Tell me who your friends are, and I will tell you who you are.”

The one who said this probably had the quote in Chapter 47 in mind (or the other way around; don't know, don't care) and also probably didn't have friends at all. Again, you are in no position to tell someone who they are just because of who their friends are. This is just judgmental and also smug. You can only really know someone once you get close to them on a personal level. The quote above has no basis as it does not apply to every circle of friends. To make things short (also because the “author” already ran out of things to write in this chapter), you have no right to tell someone who they are based on what you see or who they're with, so, get a life and mind your own business.

123

“Don’t count your chickens before they hatch,” because they might not turn out as chickens in the first place. Also, you’d be the only one to get disappointed once something you’re expecting falls through. In other words, don’t get ahead of yourself. It’s okay to be hopeful, but how can you distinguish between hoping and expecting? Seriously, how? (The “author” is honestly asking how as he himself does not know.) There may only be a fine line that separates the two, and (maybe) being hopeful means that even if your plan fails or gets derailed, you’d still see something good out of it and from there, plan your next move. So, hoping may mean that you have a contingency plan in hand, it’s an expectation with a backup plan. Expecting, on the other hand, is just plain expecting, you’re being too confident that whatever you’re trying to achieve, you’ll get it. And once you don’t, you start to lose your shit, and not in a good way. Yes, there’s a good way to lose your shit, which is to use all your frustration to boost your energy in doing something productive or at least something that makes you alive, like a hobby. That’s the classy way to lose your shit. So, whenever you get the feeling that you’re getting ahead of yourself, just remember the quote above.

124

“Think twice before you speak.” Nowadays, thinking twice is not enough, especially since you can easily hide your identity online and project your insecurities by pointing out other people’s flaws, especially of people you don’t really know. Why do you do this? If you’re the type of person who gets high on criticizing other people, especially criticism that doesn’t really help them at all, and you ignorantly believe that doing so makes you better than them, then you’re the human equivalent of the face palm emoji. Doing this only confirms how pathetic you are that the only way to feel good about your life is if you make others feel bad about theirs. If you finally admit being this type of person after denying it three times, then congratulations, you just took the first step to improving yourself, by acknowledging your own flaw—that you’re a terrible person. The next step would be to think five times before you speak/post something about others online. You might think this is an exaggeration, but this isn’t, thinking five times actually acts like a filter, a filter for your own thoughts about other people.

Yes, people tend to have bad thoughts about other people, and that’s normal and acceptable, but it will no longer be once you open your big mouth and tell others about it, especially if your

only purpose is to gossip. If this is the case, it usually goes like this: once you think about the bad thought, this becomes your first instance of thinking. The second would be of you thinking of an excuse to justify that bad thought so you can tell it to other people for gossip. And then you stop thinking altogether, so you can tell it to others. See? That's thinking twice. Nothing good comes out of that, obviously. So, think three more times. The third thought would now be of you questioning yourself if the initial thought is impartial, that you only thought of it because you're genuinely concerned for the person. The fourth thought would be to ask yourself again if you really are just genuinely concerned, and if you're not just being a pathological liar. Most often the answer is no and yes, respectively. No, you're not genuinely concerned, because if you are, you won't gossip about it to other people. You would directly confront the person discreetly and respectfully let them know what's on your mind, just the two of you. And yes, you're a pathological liar because you are being blinded by your own insecurity that you can't even admit that you're lying. Once you find your peace about this, then the fifth thought would be to realize that you actually have no business talking about that person in the first place, so you shut up. You can even think of an optional sixth thought, for example, getting a life. Because if you live an interesting life, you will then have no time to think bad things about other people

and gossip about them just to bring them down. So, think five times before you speak.

125

“In the end, it’s not the years in your life that count. It’s the life in your years.” This could not be any truer. Most people worry about whether they can live a long life that they miss what really matters, which is a worthwhile existence, be it short or long. Of course, it’s ideal to want to live a long life because this means you get to have more time to live in this world. But then, once you do, you tend to take your life for granted, especially when you are young, thinking you have all the time in the world. But this is wrong, you don’t have all the time, obviously. When you are young, you easily get distracted by unimportant things, things that are not productive. Once you get distracted, you then resort to procrastination, with the same “we have all the time” thought in mind. This then becomes a bad habit if you keep doing the same unproductive things. This means you’re just wasting your life. In turn, you can’t really consider yourself to have a worthwhile existence.

A worthwhile existence means you are doing the things that you love, things you are most passionate about. This also means you are doing something that helps you improve yourself to become better, so you can’t really consider doing anything unproductive as a thing you love to do, because they do not help you improve

yourself in any way. Don't make excuses just so you can feel good about being unproductive. Now, once you break the bad habit of procrastination and start doing the things you love to do, this also marks the beginning of you being really alive and being full of life. Realizing this then makes you happy in turn. Happiness then translates to contentment, and contentment translates to a meaningful life, no matter how short or long it will be.

126

“Life is never fair, and perhaps it is a good thing for most of us that it is not.” This isn’t always the case though, as you will also encounter moments in your life where you can say, “life is fair.” It’s a balance of good luck and bad luck. You just tend to remember the bad luck more because having one sucks. But then the good thing about it is that it isn’t permanent, and once you survive it, you’ll also get more resilient to withstand cases of bad luck in the future. Whenever you’re having a bad day, most people often tell you not to let it affect your mood. But it’s hard not to since you’re the one suffering it, not them. And if you try hard to follow what they say, you’ll just bottle it up inside, which is also not good. So, if you want to get pissed because of your misfortunes, then be pissed. Let it out, but just don’t do anything reckless and stupid which you’ll only regret later. As you’ve read in the previous chapters (if you did read them before this), use that frustration, use that anger to fuel you into being more productive. This then gives you a whole new perspective as you’re using these negative emotions as inspiration. Also, this is your way of telling your bad luck to suck it, and that you’re above it. Now, stand and put your hands on your hips because you’re amazing (also because patting yourself on the back is very outdated).

127

“*Life sucks.*” It doesn’t. It just has the tendency to suck. And (the “author” guesses) the main purpose of your existence, of your life, is to make it to “not suck”. That’s why you study, you work, you do things you love, among others, because these are ways to improve yourself, to make your life better. Because if you do nothing, then that’s the time when your life starts to suck. It doesn’t matter if you fail or are not good at something that you’re doing, what matters is that you’re doing it. This means you’ve been blessed with the opportunity, time, and energy to do it. Plus, you can always improve on it though, as long as you keep doing it. Doing these things results in feeling more alive and in turn makes your life worthwhile.

128

“All things are difficult before they are easy.” This might just be another way of saying that life is hard. Knowing this does not mean you should just accept it and wait for it to be over. Don’t be lazy like that. How can doing nothing ever change your life from being hard? Of course, it can’t. This will always be up to you and what you do to turn your life around. Yes, it always sucks when you’ve already made a plan, but then once you work on achieving it, it falls through. However, think of this as your life’s way of reminding you that it is indeed hard. So, all you have to do is to beat it at its own game, by working harder. Life may pull you back a step, but you can always move two steps forward.

129

“Success is not final; failure is not fatal: it is the courage to continue that counts.” This is another take and an extension at the same time as the one in Chapter 100. This is true. However, since life tends to be shitty, it’s really hard to continue no matter how many times you psych yourself up. So, don’t beat yourself up when you actually give up on something, especially something that is already taking a toll on your health. Give yourself some time to unwind, to de-stress. Also, give yourself some space to stay away from things that only bring your mood down, things that only suck the energy out of you (e.g., the Internet). Because it’s really hard and almost impossible for you to continue pursuing whatever it is you’re trying to achieve when you’re surrounded by too much negativity. You can then use this time and space for yourself to just clear your mind, so you’ll be able to think clearly without any distractions. And then once you do, you’d then feel your energy rise back up, and once it does, then you can either continue your pursuit, or start a new one. Just always remember not to rush things (unless you’re very slow and lazy, then obviously, pick up the pace), no matter how little you may be progressing, it’s still progress and that’s what matters.

130

“If you want to live a happy life, tie it to a goal, not to people or things.” Following this might be difficult, as it’s human nature to easily get attached to other people and/or material things. You might say that your goal is related to people, i.e., seeking other people’s validation. Yes, at first this would feel flattering especially if you get the attention that you want, but then once you seek too much of it, you’d start to lose sense of yourself. Always remember that this kind of validation won’t really give you long-lasting happiness. Validation should come from within you, by knowing your worth, appreciating your strengths and embracing/improving your weaknesses. Because once you achieve this kind of self-affirmation, other people’s opinion about you will no longer affect you.

Now, if you consider material things to be your goal to a happy life, then please reconsider. No matter how many of these things you buy/own/steal, it will never give you genuine happiness, at most it could only give a momentary burst of joy, which is not really ideal in the long run. Happiness, for it to be genuine, should be rooted from within yourself. And the best way to do this is by setting up self-improvement goals—actual goals that help you become better (e.g., doing something that you’re

passionate about, learning a new language, anything). And once you start to do them, real happiness automatically kicks in.

131

“Whatever you are, try to be a good one.” Humans are neither completely good nor entirely bad, as they’re complex beings. Also, the “author” doesn’t know if the “good” the quote is referring to is about being morally good, because it could also mean being good at what you do. Assuming it’s talking about the former, then the “author” has nothing to say. Because being good is subjective (the “author” thinks), you may think you’re doing good, but then there are these things called “unintended consequences” in the form of unexpected bad outcomes. Pair this with most people’s tendency to define and judge you based on your mistakes as a way to project their own insecurities, then that’s it, you’re bad. If this happens though, the most important thing to remember is to know your actual worth, it doesn’t matter what they think about you, as long as you’re minding your own business and doing really good in all aspects of your life, then screw them. Let them suffer in their own miserable pits they themselves dug with their shallow insecurities.

Also, the second part of the quote is somehow “meh”, trying to be a good one seems really lacking, there’s so much more that life offers than just trying to be good. Okay, don’t misunderstand this to mean that it’s okay to do terrible things, it isn’t, okay?

What the “author” means is that if you focus on solely trying to do good, you won’t learn as much as making honest mistakes, being selfish for once in a while, or being a total bitch to others who deserve it, etc. These, among other things, are what make people complex beings, in that they can’t just be defined by one word and one word alone. If you make mistakes, you could always use that as a basis to do better and improve yourself. So, instead of trying to be good, why not try to be amazing instead? Whatever circumstance you find yourself in, whatever life throws at you, just be amazing at it. How? That depends on how you define amazing, but it always boils down to knowing and then reassuring yourself that you’ll always overcome these things.

132

“The only certainty in life is death.” While this is true, always remember that what you do in between matters the most. Yes, death is inevitable, that’s why most people fear it. But, if you are living a full life, death should not scare you, it should not be a problem. Instead of worrying about death, why not use that time to figure out how to live a full life. Or you can do both, use that anxiety to really start working on your passions, dedicate your time to doing what makes you happy and what fulfills you. Because these things will stay with you even after death, as death can’t take away these things from you. Yes, they may only exist as a faint memory in the future, or you may no longer even remember them once you pass on, but the feeling will always be with you. And that feeling of fulfillment is certain and permanent, which then disproves the quote above. Take that, death!

133

“The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty.” And the realist sees both in every situation and acts accordingly in practicality. While the former two (pessi- and opti-) waste time into overthinking/overhoping, the realist saves time by putting in the work, only thinking of alternative plans in case the first one fails. In its simplest terms, a realist is a no-bullshit version of the two combined. Don’t get worked up on thinking whether you are a pessimist or an optimist when you can be a realist. Realists get things done. The other two still might, but not before being gloomy/overly cheerful about it, and this consumes time, time that you can spend to actually do your job. So, save time and be a realist.

134

“It is only when we take chances, when our lives improve.” In other words, taking risks is also taking a huge step ahead into our goal. Yes, there will still be an uncertainty whether the risk turns out to be successful or not, but if it falls through, then treat it as a lesson learned and use to it to improve your plan. It doesn't mean that's the end, it may just be a pause or even a setback, and that's okay, since as long as you're alive, you can still try again by improving your previous plan. And then after putting in the hard work, you'll soon notice that your plans start to materialize eventually, it may not be in the exact order that you had in your mind, and some may not even be part of your actual plan, but what matters is that you'll be witnessing firsthand that your hard work is finally paying off.

135

“Follow your heart.” Uh, please don’t, maybe just sometimes. Why? Because most of the time, this is only a spur-of-the-moment “feeling” that may have been influenced by something that is shallow, something that won’t last really long. Think of doing this as being in a temporary bubble, once it pops, you’d soon realize how stupid you were to do something by “following your heart” in the first place, and regret immediately sets in. However, having this kind of urge is normal, almost all people experience it at some point in their lives. There are actually two kinds of follow-your-heart moments people experience. The first relates to your own self-improvement, may it be a passion or a hobby you’re really passionate about but don’t have the courage to do so. Now, this is the kind where you have to have the courage to completely ignore your worries and just “follow your heart,” you’d only be miserable if you don’t get to actually do it. Having the courage is hard, but making the first step by trying, even if you think you’ll fail at the first try, is a huge step. Also, you can’t fail at your own passion or hobby, that’s just your anxiety trying to trick you into thinking that you can, and that you’ll only fail if you do them. Well, tell your anxiety to fuck off by actually doing your passions. What matters is that you’ll definitely enjoy doing them, and in turn this makes you feel

alive, even more alive if you keep doing them. So, remember, there is no failure in doing your passions as long as you're doing them, because doing them makes you happy.

On the other hand, the second type of “following your heart” involves other people. This is the type where you need to analyze whatever you're feeling first, and not just act impulsively and do something stupid. Of course, at first you won't realize your own stupidity because again, you'll be in your own bubble, either you are too lovestruck/horny/lonely that you think doing something such as a grand gesture, or any gesture for that matter, to the receiving end of your “feeling” (other person) will make you feel better. That's why you have to really analyze it—not only your own feelings but also the other person's, what would they feel after you “follow your heart.” Also, one way to check if your feeling is genuine is by seeing yourself from other people's perspective. Analyzing your feelings means clearing your mind, you can either take a break, do some meditation, or do whatever you find relaxing (and safe). Because if it turns out that what you're feeling is not really genuine and you're only using it as a cover-up to something you really want to do, then you'd just waste the other person's time by impulsively “following your heart.” And that's selfish. This won't really make you feel better. You may think it will at first since you didn't think things through (also as an excuse for yourself for doing it), but once

reality sets in, you'd soon realize your foolishness, and it'll all be too late. But if you've really taken the time to analyze your feelings and they're really genuine (without any bias), then "Hurray!" for you, this chapter is not for you, so go follow your heart, otherwise analyze your feelings first.

136

“If you can’t beat fear, just do it scared.” YES! This means you’re not letting your fear control you. Although, if you do it scared, this might lessen the chances of success in doing something you’re scared of. So, instead of doing it scared, why not conquer your fear, not by being scared of it, but by making fun of it. Yes, you read that right. Make fun of your fear. First, think very hard to identify where it’s coming from and why you have such fear and then make light of it. Once you make fun of your fear, it also starts to loosen its grasp of you. Just keep on making fun until you feel your fear no longer has any effect on you. For example, you have a fear of success. This fear, for starters, does not make sense, how could one have such fear? If you feel you have this kind of fear, then analyze why you have it, is it because self-sabotaging is your hobby? Or is it because you don’t trust yourself that much that you’d be successful? Once you’ve identified the root cause, then start making fun of the fear. You can’t really make fun of the actual fear itself though because it’s intangible, so make fun of the closest tangible thing responsible for that fear, which, in this example, is you. Make fun of yourself in relation to your fear of success and be really creative in roasting yourself until the fear itself no longer bothers you. And that’s how you beat fear.

137

“Don’t look at your feet to see if you are doing it right. Just dance.”

In other words, don’t be too conscious about what you look, as long as you’re enjoying your life and you’re living in the moment, that’s what matters the most. Of course, it’s normal to overthink, just don’t let it get in the way of your life. How? First, you should be able to know the moment you spend (waste) too much time just overthinking, once you feel that it’s now being a hindrance, then that’s the moment you should tell your mind to chill the fart out, either by taking a breather or by actually farting your anxiety out. Because if you let it control you, it reduces the quality of how you should live your life. So, no, say no to that by just letting yourself loose. And then you’d be really able to feel free and be more alive.

138

“The only one who can tell you, ‘You can’t win’ is you and you don’t have to listen.” It really boils down to what your mindset is. If you tend to overthink things, that’s okay. Just use this tendency to your advantage, because sometimes, overthinking leads to thinking outside the box, and thinking outside the box means you are being creative. Remember, not every problem requires a conventional solution, so embrace your overthinking. Just also know when to limit it (read previous chapter). Also, life is not always about winning, or losing for that matter. Life is about learning and using what you learn to improve yourself. What matters is the character that develops after winning or losing at something. Don’t beat yourself up just because you lost, focus on what you learned from it. Although, if you really like to beat yourself up about it, then go at it, build all your frustration and anger up, and then use them to get more determined to improve on what you lacked and to correct what you did wrong. If you still hear a voice in your head telling you that you can’t win, then acknowledge it, but still do your thing, do it well and enjoy it.

139

“Be contented with what you have.” This really depends on what you have, because if you really have the desire and the passion to achieve something, then work on it, don’t just be “contented” with what you currently have. Be thankful, yes, but then strive to attain your goal. Even time moves forward, so you should also move forward, and you can do this by working on improving yourself. How can you do this if you just accept your current state and do nothing, knowing deep down you want to improve and be more than what you are now? Don’t be contented, just be thankful. And then show your gratitude by working hard and improving yourself.

However, if this quote is referring to material things, then if you really want something, then work hard and then treat yourself by getting it, because you deserve it. Just don’t lose grasp of what really matters, which is improving your life, all aspects of it. Remember that material things and the happiness they provide are only temporary—yes, it is still happiness, so enjoy it while it lasts—just don’t get too attached to it.

140

“Worry is a misuse of imagination.” Then put it to good use. Worrying is just overthinking with a frown on. It is normal though, as it either means you care about something, or you don’t want to screw things up. Worrying becomes a misuse of imagination when you only worry, without doing anything else. For your worry to be worth spending your time on, you also have to do other things to complement it, one of those things is to think of alternatives, like backup plans, in case what you are worrying about really happens. Another thing to do, especially if your worry is leaning towards being ridiculous that it could become a pitch for a sci-fi-horror comedy series, is to make fun of it, either by writing it down and making jokes about its absurdity, or by analyzing it to distinguish the ones that make sense from the ones that don’t, and then plan a backup based on the part of your worry that makes sense. And then for the part that doesn’t, just keep it in a note, maybe one day you could actually pitch it as a sci-fi-horror comedy series, and then earn loads of money for it. And this is how you put your worry to good use.

“Ideation without execution is delusion.” Also, procrastination, laziness and fear combined. Having an idea is only the first step, which only constitutes a small part of the process. If you just let it be an idea, it would not develop into something. Working into making that idea happen is the large part of the process, also the most challenging, as you’ll be faced with factors that you can’t and can control. So, first, focus on those that you can control, such as your own feelings and thoughts: procrastination, laziness, and fear. Procrastination and laziness can just be lumped and then extinguished together. How? Just do it. That may sound like a slogan of an overpriced footwear brand, because it is, but that’s not the point. Once you just start to do it (working on making the idea happen), it does not even matter if you are making small steps in doing it, what matters is that you’re actually doing it. Then just be consistent in doing so, just keep on putting in the work (small or big steps) and then it eventually becomes a habit, while also beating your procrastination and laziness along the way. Next thing that you should deal with is your fear, to do this, just read the previous chapters about overthinking and worrying and you’d be all set. For factors that you can’t control, just let them be, you can’t control them, so don’t waste your time on them. Use that time

instead to keep doing and working on your idea. Yes, you ~~may~~ will encounter some setbacks, but you will also learn things to help you improve and make a progress until that idea comes to fruition.

142

“If there is no struggle, there is no progress.” This really bears repeating. Let this quote be a reminder that every setback you experience is always a learning lesson that will help you improve, which means it is still progress. What isn't one though, is not doing anything at all. You're always your own person, so don't wait for anyone or anything to start working on your plans. Don't even ask for a sign from the universe because that will never work and you're just gonna misunderstand anything that happens as a sign anyway, and you know deep down that you're only doing this as an excuse to procrastinate even more. No. Also, in relation to the massiveness of the universe, you're just insignificantly small, so why would you think it will give you a sign?

143

“If you don’t like the road you’re walking, start paving another one.” Yes. This is another example of being your own person. Don’t follow a path just because that’s what most people do, or just because that’s what society expects from you. No, uh-uh. Screw that antiquated mentality, you can never really become who you want to be if you live your life to please other people. Don’t settle for that, because it’s not worth it. You can only reach your true potential (why does this sound like what a judge would say to a contestant of any reality show?) if you’re being true to yourself. If no other people are on the path that you want to follow, then create it, be a trailblazer. Because living your true self by making your own path means you are living your best life.

144

“When we strive to become better than we are, everything around us becomes better too.” Every new day that you are alive is also a new chance to better yourself. If you made a mistake yesterday, don’t spend too much time beating yourself up about it today, because it will not change what already happened. Yes, it’s normal to feel sorry for it, among other kinds of emotion that you feel whenever you screwed up on something. But don’t just keep on feeling sorry for yourself or getting angry at yourself, if you want to compensate for it, then do something about improving yourself. Use those feelings of sorry/anger/guilt/hunger instead as a reminder on how to improve yourself. You can either do something that benefits you like putting those emotions into what you’re passionate about. If you’re into cleaning, then clean with all your might just like a meth head, minus the meth addiction, or the illegal drug usage for that matter; if you’re into painting, then paint as much as you want until you start to see your paintings move and fly (you should take a break and eat before you get to this point). You can also do other things that benefit other people. Although, do them sincerely, not because doing this compensates for the mistakes that you made before. No, that’s not how that works. You do things for others not because of penitence, but because you

genuinely want to. Could it be both though? Maybe. But your sincerity should take up more of the reason you want to help others. As long as you are alive, there will always be an opportunity and a chance for you to become better.

145

“It is better to fail in originality than to succeed in imitation.”

Well, that just invalidates the success, so, no. Even if you succeed imitating someone, that still counts as success, which still deserves to be celebrated. Imitating someone is not always a bad thing, especially if who you’re imitating really inspires you to be better and great at what you do. Although, instead of only copying, why not make it your own by adding your own flare to whatever it is that you’re trying to imitate. This way you’re not simply copying it, but you’re incorporating your own creativity to it, you’re adding a part of yourself to it, as though to pay homage to the person who inspired you. On the other hand, if you fail in imitation, then maybe try to succeed being original, which then leads you to read/re-read Chapter 143.

146

“Either you run the day or the day runs you.” First of all, the “author” does not have any idea what the second part of the quote means. This might mean you just let the day pass without doing anything productive. And no, don’t use “having a lazy day” as an excuse for not doing anything. You can always do something productive, albeit a small thing. At least, when the day ends, you still have something to be proud of that you did in the day, one that is fulfilling. Although, having a lazy day where you just unwind is also productive as you’re regaining your energy, and opening your mind to new ideas and thoughts. But, no, don’t mistake your procrastination as unwinding because it isn’t, you’re not even really relaxed when you’re procrastinating. Don’t be the person who does nothing, then whines at the end of the day after realizing it, be the person who does something, fails at it, then whines, then tries again with more energy and improvement, then succeeds at the end of the day. If you still do not see success at the end of the day, well, remember that there will always be tomorrow to continue.

147

“It is never too late to be what you might have been.” As long as you start working on becoming what you dreamed of and planned to be, and you are consistent with putting in the work, you’ll then attain it. If that isn’t the case, and life is trying to pave a new path for you, then acknowledge it, don’t be stubborn and then ignore it. See if the new path goes in line with your goal and then take that path. If it doesn’t, then change that path, make it so it does. Don’t be a pushover for life’s bullshits, fight it, take control of it, it’s your life for heaven’s sake. When you feel that things in your life are not really helping you to be your best self, then don’t feel that part. Okay, that doesn’t sound like it makes sense, but again, not everything has to. Even that feeling when you think everyone around you wishes for you to fail does not make sense. This is just your overthinking trying to impede you from working hard. But if they really do, so what? You’re obviously not working for them or their approval, so still do you and do your best.

148

“You’ve got to get up every morning with determination if you’re going to go to bed with satisfaction.” This is true, the only question is how? How should you get determined to make your day productive? Well, that depends on what inspires you and then you start from there. Although, if you realized nothing inspires you, but you still want to get determined, well, then just take a break. You can’t really feel determined to do something and in turn do it greatly when nothing inspires you. Because if nothing really inspires you, how can you set a goal and achieve it? Even focusing on your goal is inspiration alone, so, there, just focus on what you’re trying to achieve if you don’t have any other sources of inspiration. And then once you finally feel your determination, don’t let unimportant things distract you from doing the actual productive things you plan on doing for the day, because once you succumb to doing them, your determination would then be wasted and turned into procrastination. Remind yourself of this not only because the previous sentence rhymes, but also so you’d focus on the productive things. This does not mean you should burn yourself out doing just all productive things, set a mini goal for each thing and then once you achieve it, treat yourself by either doing something unimportant that you

enjoy, with a limit, of course, so you won't get carried away.
Then continue being productive after.

149

“Don’t tell people your plans. Show them your results.” Hell, yes! If you tell people your plans, you just risk jinxing them, self-sabotaging yourself in the process. This quote might be connected with the quote in Chapter 123 as it shares the same thought, because if you tell people your plans without actually working on them yet, you’re already counting your chickens before they even hatch. So, keep them to yourself. Write them down so you remember. If you still feel the urge to tell them to people (because you’re a blabbermouth), then don’t tell them all of it, just be subtle about it by telling them small bits of the actual plan, like a teaser. That way, your plans are not spoiled. Just keep working on those plans and always remember plans take time, so don’t pressure yourself to finish them really quickly. Prepare yourself as well to encounter annoying setbacks along the way, but still carry on by having backup plans and contingency plans. And when your plans finally come to fruition, then that’s the time you tell the whole world the results, because you earned it. You deserve it and do it proudly with the same amount of energy as doing a cartwheel-then-split pose.

150

“Prove them wrong.” At first, this seems like a great idea, but then if you only live your life for the sole reason of proving people wrong, you won’t be able to live your best life. Why? Because if you live to prove them wrong, this only means you still care what others think about you. Remember, living your best life involves self-love. And self-love means knowing your worth and your value and your whole being. You can’t really attain self-love if you live trying to prove people wrong. You live because you want to enjoy your life, you want to improve yourself not for other people’s approval, not even so you can change their opinions of you, fuck their opinions. They are only and will only ever be opinions. Just focus on yourself and live your best life by doing the things that make you happy and things that you’re passionate about without giving a shit to what people will say. They will always have an opinion of you, and you can’t control that. So, focus on the things you can control instead, in other words, your own self-improvement. Other people’s opinions about you are just a projection of their own insecurity, and a testament of the mundanity of their lives. At the end of the day, what matters is that you know your worth and your value, and that’s enough.

151

“When nothing goes right, go left.” Not just left, go up, go down, go to every direction you can think of. You don’t have to follow and go in only one direction in your life, especially if you are no longer happy with how things are going on in your life. You’d only be wasting time if you stick with it and be miserable in the process. But don’t confuse this with things not working around you, because if this is still the direction you really want and following it still makes you happy, then obviously those things are just obstacles that will teach you to become stronger and better and help you progress further toward your goal. This also means these things are temporary, so endure it. Take a break if needed. What the quote above wants to tell you is to think outside the box, be resourceful. Explore other routes by making backup plans. In other words, trust yourself to be creative with how you deal with things in your life.

152

“Take it easy.” But maybe not all the time though, because you know life is temporary and short, right? So, do you always have to take it easy? If you do, you might just be using this as an excuse to not do something worthwhile in your life, and hence procrastinate. Take things easy when you’re feeling stressed and you’re pressuring yourself about something. Find the balance between burning yourself out and taking it easy. You can do this by not abusing your body to doing too much of either. If you feel that you’re on the verge of a burnout, relax, take a moment to de-stress yourself. And if you feel you’re already being lazy by taking it easy, then push yourself to do something productive before procrastination sets in. Just don’t push yourself too hard and always remember to take things easy every once in a while.

153

“The less you want, the richer you are.” This obviously refers to wanting material things, and it has a point. But then, it’s hard not to get attached to them, especially if they give you satisfaction and happiness, albeit momentarily. And it’s not wrong to treat yourself from time to time, especially if you deserve it after accomplishing what you worked hard for. Just don’t overdo it by treating yourself too much and develop shopaholism in the process, unless you have loads of money then you’re kind of defeating the whole point of this chapter and you should probably just skip to the next one (if you want to). The quote might also mean you should be content with what you have, because at the end of the day, material things just perish, but what perishes faster is the happiness you feel after buying those things. So, teach yourself to not get attached to them, and you’ll eventually be able to want less. But if this does not work because you just keep wanting more, then work hard to earn more to support your wants. That’s it and there’s nothing wrong with that.

154

“Know yourself and you will know what to do.” But if you’re the kind of person who always gets confused, then you might find this harder than most people. If you have no single clue what’s the deal with your life and the direction you’re heading to, then just “go with the flow.” Go wherever the figurative wind takes you and improvise. Just because you are confused does not mean you’re headed towards failure. This just means you’re a sponge, ready to take all the required knowledge in. If you’re still confused after that, then live your life confused, maybe that’s who you really are, and you just have to embrace it. Yes, embrace your confusion because if you accept that you are confused, you are opening yourself to other people’s help. This does not mean that you should always be reliant on others, this just means that you are ready to learn, excited even. Because eventually if you keep on learning, your confusion will just fade in the background of the confidence that will be built up after all the knowledge you will learn. So, be confused and embrace yourself for it.

155

“You have to be odd to be number one.” You don’t have to be number one though. Remember that life is not a competition, thinking that it is would just create an unnecessary pressure that will then hinder you from really living and then enjoying your life. If you think that you are odd, then be odd. Being odd is subjective though, what you think is odd might not be one from other people’s perspective. But don’t be odd because you want other people to think that you are one, don’t live to seek other people’s approval, live and be odd to seek your own “approval”. In other words, live because you appreciate your own life, and you love yourself for being odd. You can only be truly free if you embrace your eccentricities, because those qualities are the ones that will define you for who you really are. They are also the ones that make you stand out, that’s if standing out is what you want, but if it isn’t, still embrace them, because these things are the ones that will keep you going, along with your hard work and perseverance.

156

“If you lose your temper, you lose.” Although losing is not such a bad thing, because losing is always a learning opportunity. On the other hand, losing your temper is another thing, which might not also be a good look on you. There are two major “categories” of reasons why you lose your temper. One is objects not working properly, and this one might be the most common reason for losing your temper. And this is okay, because they are inanimate objects, but also know that no matter how you berate them for not doing what they’re intended to do, they still won’t feel a thing, so you’ll just be wasting your energy. Maybe just curse one or two words when this kind of “anger source” happens to you, then get back to making it work, or replacing it with a new one, so as to not waste your time and energy. Another category involves other people, either they are being an asshole or you’re the one that’s being one and you’re just too proud to admit it. If this is the type of anger you are feeling, then learn the “art of tuning people out”, that is if you know (without any bias) that they’re the ones at fault and they’re too stubborn and dumb to admit it no matter how you reason out with them. Don’t waste your time and energy with these people, so tune them out, that passes on the anger that you have onto them, as ignoring them annoys the hell out of them. But, if you’re the one who’s being

an asshole and are also too stubborn and dumb to admit it, then tune yourself out, at least the part of your mind (pride and ego) that makes you think this way. Because this is just a waste of brain cells. So, don't let it badly influence your actions. Learn to admit that you're the asshole by seeing the situation from other people's perspective, and then muster the courage to apologize. Once you do, you'll immediately feel an immense amount of relief and also satisfaction that you humbled yourself and did the mature thing.

157

“Pain is inevitable. Suffering is optional.” But then if you can’t help it but to suffer, then suffer, why should you hold it in? Just endure it because it’s not permanent, you can even wallow in it. Although don’t just suffer, do something together with your suffering. You never know you might get a fresh and great idea from this bad feeling in your life. You might as well use your suffering as an inspiration to get something good out of it, as there will always be a silver lining in every bad thing that will happen to you. You just have to see it from a different perspective to see the silver lining, and then focus on it as you try to find a way to solve it or get out of it. But then if you don’t want to suffer, then don’t. Change how you look at things because in some cases, your suffering might just be a product of your overthinking. But if it isn’t, then work on finding out the root cause and start fixing things from there. Rest if you feel burned out, seek help if needed and don’t beat yourself up if the pain does not go away when you want it to, you don’t have to extinguish it all at once. Pain just goes away on its own eventually, just explore other ways to cope with it, not harmful ways, obviously.

158

“I think, therefore I am.” This quote clearly screams confidence. Yes! Confidence! Because sometimes that’s what you only need as life usually likes to surprise you by throwing you into unexpected situations, ones that you’re not prepared to deal with. But if you have confidence, then everything will be okay, even if it’s not really okay, because confidence allows you to just wing it. And as long you’re confident with yourself, you’ll always be amazing at everything that you do. Although, this does not mean you’re doing all things right, no, don’t get ahead of yourself. To achieve the right amount of self-confidence, not too much that you’ll end up being an annoying smug and not too little that you’ll be forgettable, you have to believe in yourself that you can do it, even if you know deep down you can’t. This isn’t lying though, as this means you’re readying yourself to learn how to do it, in other words, you’re making room for self-improvement. Thinking that you can is the first step to actually being able to do something. The second is putting in the work by focusing on the actual things that you can do as inspiration, so you’ll get determined to achieve whatever it is you are trying to do. The third is showing consistency by continuing to work for your goal. This does not mean you have to burn yourself out

to achieve it, just be consistent and your hard work will eventually pay off.

159

“If you’re making mistakes it means you’re out there doing something.” Just always remember that mistakes are needed so you can learn from them and improve yourself. Mistakes are still progress because you’re actually making use of your time to do something productive. Every mistake you commit is also a guiding path for you to know which ones to avoid and which ones to follow. It’s normal to be angry at yourself and sometimes even beat yourself up when you make mistakes. Just don’t let it consume you and take too much of your time that you’ll no longer be able to carry on with your life. The only way to correct a mistake is to do it again (not the mistake, but the actual thing that you’re doing), only this time you’ll have the advantage of knowing what you did wrong, and then use that knowledge to guide you in doing the thing correctly. That’s the real power of mistakes, although this does not mean you should now be clumsy and commit mistakes intentionally from here and there, don’t misunderstand this chapter just so you can find an excuse to making mistakes, no, don’t be that kind of person.

160

“Everyone you admire was once a beginner.” What this quote wants to tell you is to not be afraid to start as everyone started somewhere, right? It’s fine to worry but don’t let that worry get in the way. It will never be too late for you to start something as long as you are still breathing and alive, you just need to have enough determination to get you started and going. And there are many ways for you to get determined, either it’s food-related or money-related, and that’s it, those are the two main and very effective sources of determination. Because let’s face it, although making someone your inspiration to achieve something is great at first, in the long run that inspiration alone isn’t enough to keep you going. But with food or money or even material things, although they are shallow sources of determination, they still do the job of helping you get determined along the way. Think of them as a reward that you get yourself for not giving up, and you deserve every “reward” you get as long as you keep going in your pursuit. So, start, then keep going, then reward yourself for it.

161

“When people try to tell you who you are, don’t believe them.”

This isn’t always the case though as there are some traits and attitudes that you have that you are not aware of and only people around you are aware of. You just have to know the difference between those people who are really concerned about you and those who just want to bring you down. Although if you happen to meet people who are both, these people are very rare, they might even be rarer than a legendary Pokémon, or a Pokémon for that matter; they might be what is called “margin of error”, so filter out what say and only listen to the part of what they’re saying that is helpful to you. Because if you don’t believe what people say about you, won’t this also mean you’re just too proud (and also smug) to even just consider what they are saying in the first place? Because what if they are right and they are just trying to let you know as well so you are aware of it, in case you aren’t, and this will help you improve yourself? However, the quote above might be trying to tell you not to let what other people say about you define you for who you are, because you are the only person who knows who you really are and you are a combination of a lot of words, being a complex human being. You just really have to filter out what they are saying about you and use it to help you, but not totally define you.

162

“Life will never conform to all of our desires. Ever.” This does not mean you should just accept it for what it is. No, it’s up to you to really put in the hard work to attain what you desire and be consistent to maintain it. You would even have more chances of winning the lottery than expecting something in your life to happen without actually doing anything to make it happen in the first place. Luck and wishful thinking alone are unfortunately not enough. You must always work hard if you want to yield good results. And even if the results don’t turn out the way you want them to (because this is usually how life works), that’s fine, the hard work you put in is still something that you should be proud of, so you can’t really invalidate yourself if something like this happens to you. As long as you can still try again, then try, but if in the event you already missed the opportunity to, then make your own opportunity (see Chapter 121). On paper this sounds easy, but in reality it isn’t, so that’s why you should work hard.

163

“Don’t hope for a life without problems. There’s no such thing. Instead, hope for a life full of good problems.” Not just good problems though, don’t be choosy like that, life also does not work that way. Instead, toughen yourself up so not only you’ll be ready to face good problems, but also the bad ones. What even is a good problem anyway? Is that a blessing in disguise kind of thing? Maybe it is, but again, prepare yourself to face all sorts of problems by anticipating for them, but don’t confuse this to mean that you should now spend a huge chunk of your life overthinking about them, because if you do that, you won’t be able to plan for a way to solve it in the first place. So just have the right amount of worry. Always remind yourself that problems are not really permanent, because if you think they are, maybe they are not the problem at all, but you are. If this is the case, then maybe change your outlook, especially when you already know it’s no longer helping you in any way at all. Trust yourself to conquer any problem and you will eventually. You just have to go through all the shitshow there is in life and get something good out of them. That’s how you get to be the boss of your own life.

164

“Do things for joy or for learning, not for attention.” Can’t it be both though? Because if you’re enjoying doing or learning something and you are great at it, of course you’re going to get attention and that’s okay, maybe even good. The quote is ~~probably~~ definitely telling you not to do something solely for attention. But if you just can’t help it but be shallow for once in a while and do something for attention, then do it, as long it does not harm you or others in any way. Just don’t get carried away by it and overdo it, because if you do, you’ll now be living your life seeking other people’s approval, and this should not be the case, and you should already know that. It won’t really give you the long-lasting happiness that you want, that is if you want happiness, but if you don’t, seeking for attention and then other people’s approval will still not help you achieve whatever you’re trying to achieve, self-improvement-wise.

165

“The person seeking to learn wins what the person seeking to impress loses.” This is obviously connected to the previous chapter in that it tells you to value learning more than anything else, especially over trying to impress others. It is only through learning that you acquire knowledge and once you add experience to the knowledge you acquire, you’ll then have wisdom, and this is one of the best gifts you can give to yourself. What’s more awesome about it is that unlike material things, you can take knowledge and wisdom with you when you pass on. So, keep learning and learning since you are never too old to learn, and it is never too late for you to start learning. Also, abolish any mentality that you have that learning ends once you finish school, because it clearly doesn’t. Learning is one of the easiest ways you can do when you’re on the path to self-improvement. Plus, it’s free, that’s why there’s the Internet. So, start learning and then keep on learning.

166

“There is no sadder sight than a young pessimist.” It’s not sad though if you identify as a pessimist, because you are not really entirely a pessimist, but a combination of all sorts of outlooks in life. Maybe you just tend to think negatively but that’s not sad, what is sad though is if you let that negativity control you, because you’ll no longer be able to really enjoy your life if this is the case. Yes, there are advantages to being more of a pessimist, but learn to differentiate the pros and cons of it. If you already feel that your pessimism is no longer helping you in your life, then dial it down, before it dials you down by decreasing your quality of life. This does not mean you immediately bounce the other way (is this even possible, bouncing the other way?) and go full-blown optimist, no, you’ll just be lying to yourself. Remember, you don’t have to only be either of the two, you can be a combination of both and be a realist (See Chapters 103 & 133). But if you want to just be a pessimist, then be one, just be a functioning one who still gets to enjoy life by doing the things that fulfill you.

167

“Being ignorant is not so much a shame, as being unwilling to learn.” Yes, acknowledging your ignorance shows your humility and your readiness to learn, while being unwilling to learn only shows your pride and laziness, and these two are not a good combo. If you don’t know something, the best course to take is to admit you have no idea and ask or even Google it. Don’t pretend you know something, because (1) you didn’t take acting classes and (2) you’ll just look ridiculous and pathetic as your ignorance will eventually show and embarrass you once it does. So, better admit it yourself in the beginning and be even proud of it, so other people won’t use it against you. Not only are you preparing yourself to learn new things, but you are also breeding your confidence by embracing your ignorance. Be consistent with this combination and you just fast track yourself on the path to self-improvement (and also to being amazing).

168

“The difference between winning and losing is most often not quitting.” You can only really consider yourself a loser if you quit doing something that you are passionate about because your worries got into your head, took over your potential, and hence made you quit. If it’s something that fulfills you, no matter how many hurdles life throws at you, you should persevere, because there is no other feeling greater than finally accomplishing something you worked hard on because you’re passionate about it that you also endured and then overcame every difficulty in the process. Although, it’s normal to get the urge to quit, especially if you feel that your hard work is not paying off, but ignore that urge, just rest instead as you might just be burned out. Just because you’re working very hard does not always mean you immediately get what you want, of course it will take time, so pair your hard work with patience. Don’t pressure yourself to achieve something really quickly as you’ll just end up half-assing it, just take it slowly by doing things one step at a time, but don’t use this as an excuse to slack off though, you’ll only be heading down the path to procrastination if you do. Just find the right balance and make progress at your own pace since it’s your life anyway. Don’t get distracted by comparing yourself to what

others are doing with their own. Just focus on yourself by patiently working hard and you'll win in your own life.

169

“Everything will be ok in the end. If it’s not ok, it’s not the end.”

But do you really have to wait for the end for things to be okay? If you can do something to make it okay, then do it, just make sure you’re not creating new problems just to solve the one that you currently have. The quote above is reassuring, yes, but you might also get the wrong idea to be lazy by not doing anything at all and just waiting for things to be over. Yes, this works, but not all the time. How can you learn from solving a problem if you are not even doing anything to solve it? This is why there is a solution to every problem. And solutions don’t develop on their own, they need people to formulate them in the first place. So, if you have an idea to solve a problem, albeit small or even ridiculous, make that idea happen by actually doing it. Although there will still be a chance that it won’t work, at least you did something, now go use what you learned from that solution to improve what you’ll make in the future.

170

“Be a student of the world, not a judge.” Yes, because what good will judging other people do to you? You’d only be wasting your own time judging other people. Judging them does not even define them, but it instead defines you as you’d only confirm you don’t really have a life, so you spend your time minding other people’s business. And this is just sad as this clearly puts your life way below the lives of the people you are judging. So, help yourself by saving yourself from this type of pathetic behavior. What you can do instead is to focus more on your life. Devote your time to doing things that fulfill you and in turn make you happy. But don’t use this as an excuse (and find a loophole) that judging others is what makes you happy, because this is obviously a lie to hide the fact that deep down you’re miserable so you compensate by judging others, thinking you can feel good about yourself if you drag people down by judging them. And do you really think that’s going to work? NO! It will only reflect badly on you, so do something that actually helps you be a better person or whatever animal whose spirit you identify with. An example of that “something” that you can do is to learn, just keep learning new things, the world is full of mysteries, the whole universe even, so you won’t really run out of things to learn.

171

“Time ripens all things, no man is born wise.” Hence, take all the time that you need when you’re trying to achieve something, don’t rush things because again, haste makes waste (see Chapter 52). You can’t really be good at something at first, that’s why you have to keep on trying by learning and then applying what you learn through practice. And these take time, so chill out whenever you feel the urge to pressure yourself. Don’t be too hard on yourself if you didn’t achieve what you planned within the period you set, because this only means there’s still a part of your plan that you should improve upon, and improvement requires time, lots of it. So, keep working on your plan and let time do its wonder in improving yourself as you work hard.

172

“Be brave enough to suck at something new.” This means take risks, step outside your comfort zone, even if you know you’ll be bad at it at first. Don’t be boring by sticking to what you’ve already known and been doing for the past several years, you have to broaden your horizon and explore new things that make your life exciting, and in turn make you exciting and interesting. Life may be short, yes, and that’s why you should open yourself to trying new things that will help you enjoy life more, as short and temporary as it may be. The bravest part of this is to actually start it, and you don’t even have to be good at it on the first try obviously, you just have to swallow all your worries and doubts and then enjoy. Enjoying is the whole point of doing something, because if you enjoy it, it won’t feel like you’re doing something as an errand. And once you start to really enjoy it, learning will just be a breeze and next thing you know, you’re already an expert. But don’t lose your focus on enjoying yourself, even if you don’t actually get to be an expert, who cares? You just stepped outside of your comfort zone, started something new and then enjoyed it and that’s what matters.

173

“Promote what you love instead of bashing what you hate.” The world is already full of hatred (mostly from humans), so don’t add more hatred to it. Plus, doing something out of hatred is just a waste of time, you’re not helping yourself improve, you’re not helping yourself in any way at all. If what you do is rooted from hatred and all you feel is hatred, then take a moment—a very long moment—to unwind, so you’ll be able to think clearly and analyze the reason for your hatred. Because most of the time, your hatred is only a byproduct of not being able to do something, or not being able to be yourself, so you project that inability as hatred to other people, especially people who get to be themselves, because you envy them. But don’t bottle it up though, because that hatred will be internalized. So, before you look like an actual troll because you let your hatred influence you how to live your life, stop, tell it to fuck off by starting to see the little things that you love and appreciate about yourself. Focus on the things about you that make you laugh when you think of them, and then start from there. Cultivate your love from within and spend your energy and time appreciating yourself. Because you can’t really support the people and the things around you out of love if you don’t love and support yourself first. So, don’t

be too hard on yourself, help yourself by loving yourself, but not in a narcissistic kind of way though, just the right amount.

174

“Don’t worry about getting perfect, just keep getting better.”

Perfection is dull, it does not scream interesting. If you worry too much about getting something perfect, you’ll only lose sense of what really matters, and that is to enjoy your life, and you can’t enjoy life if you’re being too much of a control freak about being perfect. No matter how hard you try to be perfect, life will always find a way to show you those parts that aren’t. So instead of getting all worked up and pissed about it, why not appreciate those parts, because most often those parts are what make you stand out and interesting. Remember you’re a combination of your flaws and assets, focusing only on one won’t completely define you, so appreciate both parts and use both to your advantage. And then once you accept and appreciate your whole being, flaws and assets combined, improving yourself to be better will just be easy.

175

“The desire to belong often overpowers the desire to improve.”

Because it’s nice to be in the company of people who you’re comfortable just being yourself with. The key phrase here is “being yourself”; be with people who celebrate you for who you are, no bullshit or pretension required, not with people who require you to change even a part of yourself just to be accepted by them, fuck those pretentious people, they’re obviously not worth your time. Learn to distinguish between those types of people. You’ll know you’re in the wrong group if you don’t really enjoy being with them because you try to cover yourself up for fear that if you just let loose and be yourself, you’d be rejected or made fun of. Again, fuck those people. But when you’re in the right group, you won’t even hesitate to show the parts of you that are messy, because their support and openness confirm these traits only make you more fun and interesting as a person. Being with them then makes you feel more alive, and your desire to belong with the right group of people will then help you with your desire to improve. Because if you’re being true to yourself and you are celebrated and supported for it, it will then bring the best out of you. You will then feel freer to be yourself outside the group, hence improving yourself. So, the desire to belong does not really have to compete with the desire to improve.

176

“Haters are people terrified of their own emptiness.” Yes, that’s why they project their fear as hatred to other people, because it annoys them that others are accomplishing their goals and in turn enjoying their lives. This is toxic and a huge waste of productive time. Your hatred will never define those people you’re directing it to, instead it defines you as a pathetic, potentially good-for-nothing person. You can argue and list things you’ve accomplished just to disprove this, but as long as you remain hateful, you’ll always end up the sore loser in every angle, no matter where you look at it. So, instead of wasting your time cultivating your hatred, why not use it to do something productive? To do this, start by determining what is causing your emptiness, and find a way to fill that void. But don’t fill it with the wrong, shallow, and often self-destructive things. These are temporary and do not really help you at all. Fill it with something that you are really passionate about that even just thinking of doing them easily cheers you up. Once you identify them, direct your energy to pursue them, dedicate a huge chunk of your time into doing them and then you’ll finally feel fulfilled. Keep doing these things and your hatred will also be inevitably replaced with passion and a sense of fulfillment.

177

“The smarter you get, the less you react when it’s not worth it.”

This is an example of a quote that deserves a high-five for being exactly true. The question now is how to get smarter? Well, you have to be smart in the first place, because how can you improve something that isn’t there? To be smart requires you to learn and learn. Take note, learning in the real world is not limited to only studying and reading, it’s a combination of the two plus applying it in your life, that’s how you remember them. Second, to be smarter, you’d have to experience all sorts of mistakes, so that you’d know what to do the next time you encounter them. Although don’t intentionally make mistakes for the sake of making one, just anticipate them since mistakes happen to everyone and you’re not an exception. This means you are preparing yourself in the event you commit one. This will then develop your character into becoming mature and dependable. The next step would be to let time do its thing. This means getting smarter requires time, a lot of it, so fill that time by being consistent in learning and experiencing things that will help you in your life. Your hard work will then pay off once you finally learn to distinguish the things and people worthy of your time from those that aren’t.

178

“A person can achieve everything by being simple and humble.”

This might be a bit of a stretch. Although these two traits will definitely help you in your life, truthfully speaking, these two alone aren't enough. You also need to develop other traits, because if you're only simple and humble, you might be taken advantage of as this pair of traits make you an easy target of opportunistic people. That's why you need to develop strength, both mental and emotional (you could also go for physical if you want), so you can fend off these people. Also, you can't really strive to improve yourself and hence accomplish things if you settle to just being simple. Just be simple in things and areas in your life that require simplicity, but in other areas where you need to really give your best, then go all out, be extra if that's what's needed, or if that's what you want. Bottomline, be who you want to be and don't limit yourself to only be defined by one or two things, because you are and can do so much more than that, as long as you tap into your full potential.

179

“Sometimes people don’t want to hear the truth because they don’t want their illusions destroyed.” And this is sad, the “author” wishes and roots for the people whom this quote is intended to that they may soon realize that there is so much more out there that the real world offers by facing and accepting the truth. You don’t have to do it all at once as accepting the truth happens gradually. This is for you to really process and feel your emotions, may it be good or bad, because they are all valid. Use this time as well to reflect on what this means to you, and what you can do about the truth that will help you. Yes, you can still escape the parts of this world that make you sad, escape in a way where you do something fulfilling that makes you forget about the terrible things that exist and are happening in the real world. But still know the difference between what’s real and what isn’t, don’t overdo your moments of escaping, because if you do, it would then turn into an illusion and then you’re back to square one: denying the truth, in this case, reality. However, this is still a matter of “it depends”, because if you’re already an expert in escaping reality (safely), then obviously this works best for you, so you keep doing it, as long as it’s not harming you or affecting your quality of life in a bad way. Just always know that knowing

the truth, however painful it may be, is a huge and crucial step to moving forward in your life.

180

“Man is the only creature who refuses to be what he is.” There is nothing wrong with this though, because it’s really boring if you settle for just being defined as a human, when you know you can be so much more than merely a being that breathes, eats, shits, and sleeps (among other mundane things). There is definitely a reason why you are much more intelligent and advanced than every living being in the world (again, maybe except octopuses), and that reason is so you can achieve your goals and make your dreams happen. That’s why you work hard and strive to be better at what you do, ultimately improving your whole self and your life. Prominent people are found in history books and/or made history because they had a vision, a goal, a dream, and they worked hard and eventually did something remarkable to accomplish them. These people clearly didn’t settle to just be called a human being, as they knew they were so much more than that, and so are you.

181

“Dream big.” Or little, or even medium-sized, it does not matter how big of a dream it is, what matters is what you do to achieve it. Although, the bigger the dream is, the more time it takes and the harder work you should put in. So, start first with the smaller ones, dreams that are easy to attain. This way, you’ll get fulfilled easily, and when you’re fulfilled, you are then inspired, and when you’re inspired, you are then motivated to move on to achieving your next dream. But if you only have big dreams, then prioritize which one is the easiest to attain and start there. But remember, learn to distinguish the dreams that are attainable from the ones that aren’t. Unattainable dreams are the ones that are impossible because they don’t obey the laws of nature (e.g., flying without any use of technology, and other superpower-related dreams). But what you can do with these unattainable dreams is to simply use them as inspirations to fuel your energy that you’ll need so you can work on the attainable ones.

182

“Shit happens.” This is a reminder that you should never forget should you experience something shitty in your life, which usually happens more frequently than you’d like to. Life might even be a magnet that attracts these shitty things. If you experience something shitty in your life, just go through with it, be pissed, be patient, feel whatever you want to feel, but don’t do something reckless as this will only create a permanent scar within you, rooted from your own regret and guilt. Always remind yourself that these shitty things are only temporary, so don’t do something permanent. Also, the silver lining to these things is that they are also learning opportunities, so just focus on this part, so you can then use it to improve yourself.

183

“*What if?*” Don’t get hung up on hypotheticals in your life as this is also a type of procrastination paired with daydreaming. Don’t waste your time always thinking about the what-if’s, use it instead to actually start working on achieving them. Only thinking about the what-if’s just makes you sadder, because you’re only longing, you’re not doing anything to achieve it, or at least be a step closer to it. But if you can’t help but think about the hypotheticals, then just keep thinking, but also think of a solution or a plan to help materialize your “what if”, and this is called “Just do it” *ugh, eyeroll*. Bottomline, don’t just wallow in your what-if’s, also work on your just-do-it’s.

184

“You matter.” Two simple words that you should always remind yourself of whenever you feel down and doubt your existence in this world. It sucks having to feel this way, but know that that’s only a part of life, the part where it likes to torment you by letting you go through and suffer shit after shit of drawbacks, bad luck, and let-downs. But no matter how much shit you suffer, remember, it’s only a part of your life, it’s not your entire life. You may argue, but you know deep down there are still parts of your life that are worth living for, so you should focus more on these parts. However, if the shitty part of your life outweighs the good ones, then embrace it, and then try to find bits of something good in it that you can focus on as you endure it. If you can’t find good bits, then make one by making light of the situation, you can even mock it by making fun of it. Although, it actually depends on what cheers you up, and then use that to make good bits out of the bad ones you’re experiencing. If it still does not work, try harder. If it still doesn’t, then rest, maybe that’s what’s lacking. Just always remember that you matter.

185

“Breathe.” This is one of the things most people take for granted and overlook because it happens naturally. You do it by default because you’d pass out if you didn’t, but one other thing breathing does is it calms, it gives you more time to clear your mind, especially when you’re feeling stressed, and your body feels like it’s already at capacity. Just breathe in, and really focus on your breathing to clear your worries out, because it works, even for just a short time. Plus, it’s free, so before you resort to other ways to calm yourself, try to breathe first. Feeling burned out? Breathe. Pressured by your job? Breathe. Holding in your pee while traveling? Breathe. Someone with bad breath is talking to you? Maybe in this instance, hold your breath. But, in any other cases when you feel like just screaming at the top of your lungs, then breathe, and then once you relax, still scream, never hold it in. Breathing is also one simple way to appreciate being alive as it reminds you to be thankful for the air that you’re breathing, which is free (for now). It’s one of the little things that makes you feel in awe about how amazingly thorough this world was created and how it consistently sustains life (for now). So, breathe and keep breathing (while you still can).

186

“*Smile.*” Why should you limit yourself to only one facial expression/subtle reaction to seeing people trip? Explore other facial expressions to exercise every muscle in your face. Smiling is overrated and boring, be wacky and spontaneous instead with your facial reactions. Smiling might just be the dialed down version of all facial expressions, so go full out if smiling is not enough to convey whatever it is you’re feeling. Also, forcing yourself to smile, even when you’re not feeling it is just you lying to yourself. And it will only backfire as the negative feelings will then get internalized since you decided to hide your true feelings by smiling. So, no, don’t smile if you don’t want to. You may argue that smiling through all the pain that you’re suffering shows courage, but, ugh, at what cost? This may also just show you’re afraid of people making opinions about you if you don’t smile, because you still seek their approval, which should not be the case. Only smile if you really want to and if it’s really worth your smile. Don’t just give away your smile, treat it as a treasure, but an unpawnable one.

187

“Rooting for you.” This is one of the few phrases that you have to really be sincere before telling it to someone. Because the quote means that you show your support all the way, so if you don’t mean it, then don’t say it, especially if the person whom you’re saying it to can see through your bullshit. And it’s mostly everyone who is not naive who can see through fake support. Why would you say it in the first place if you don’t mean it? Is it because you’re afraid to get called out if you don’t support, so instead you lie? No, mature people would rather hear nothing from you than your fakery. You’re just wasting saliva, so don’t.

Now, if you’re on the receiving end of this quote, be thankful if it’s really sincere, and then shine by doing whatever it is you’re passionate about. But if the support is just fake, still shine and continue your passion, because what matters is that doing it makes you happy and you’re doing it for yourself as it fulfills you, not other people.

188

“Life goes on.” You usually hear this from people around you whenever something awful has happened in your life. Yes, it’s true that life goes on, but you don’t have to rush yourself to heal. It’s a gradual process. Although it differs from one person to another, healing usually takes time, so take all the time that you need in order to heal. Just remind yourself of this quote when you feel that your life has lost its meaning after a tragedy or after losing someone. But don’t pressure yourself if at first you find it very hard to carry on with your life. That’s normal and whatever you’re feeling is valid, so you have every right to process your feelings at your own pace. Just let yourself feel all the negative emotions caused by the tragedy that happened to you. Yes, it will really hurt at first, but this will eventually help you to heal, as it will hurt less and less over time. You may still remember the hurt that you felt even when you’re healed, but this only serves as a reminder of your resilience that you survived and that you’re now ready to carry on with your life.

189

“*Water is life.*” It is. It really is. But since it’s free and almost tasteless, most people don’t drink it as often as they should. But don’t be like most people, appreciate the importance of water by drinking lots of it, eight glasses a day at least. It will be a bit hard to maintain at first and turn it into a habit, but if you just teach yourself to be disciplined, then you’ll soon be able to do it. Water indeed gives life not only because it’s what it says in science books, but also because it replenishes your energy, without any harmful effects, making you feel more alive in the process as it quenches your thirst. Plus, you shouldn’t be a stranger to water, since you’re already made up of one (kind of). Remind yourself that water also acts as an effective remedy for simple headaches and for stopping annoying people from talking to you by doing a spit take. And that is just the tip of the iceberg as there are still loads of ways where water can benefit you. Water is indeed life.

190

“Live in the moment.” This might just be half of really being alive. Yes, this means you’re being present, and you’re no longer bothered by unnecessary distractions that reduce the quality of your life, but this isn’t enough. Now that you choose to live in the moment, now turn that way up and be the moment. This sounds like utter crap, but it isn’t. Of course, you have to keep on improving yourself, so when you are really consistent in living in the moment, you’ll then evolve to become the moment. This means you’ll shine effortlessly and naturally as you’re now free from most of your worries. Although to clarify, your worries still exist, and that’s fine, you’ve just reached the point where you now live above them, and they no longer hinder you from living your life the way you want to. Now the question and the challenge would be how to reach this point? It does not happen all at once, but it takes discipline to get rid of the things in your life that are not really helpful, things that are not helping you to be productive. Although you can’t easily get rid of them, start by minimizing the time you spend on them first, and then spend less and less time on them until you no longer do them. This gives you more time to do the things that really matter to you, things that fulfill you. Once you master having discipline, you’ll

then be able to live in the moment, and then eventually be the moment.

191

“Be thankful.” Saying thank you is not the only way to show your gratitude, obviously. There are many ways to show how thankful you are for a good deed done to you. But with regards to being thankful for your life in general, the best way to show you’re grateful is to simply live it. And this means living your life by doing the things that fulfill you as these things make you more alive. This will then show how much you are enjoying your life, which then translates to the amount of gratitude you feel. And since you achieve this level of being really alive, you’ll then start to pay it forward to other people, either by inspiring them or helping them with anything, either big or small. In conclusion, being thankful for your life starts by living your life in a way that fulfills you and one in which you also enjoy.

192

“A problem is a chance for you to do your best.” This quote is the best example of seeing things from a different, brighter perspective. And it’s right, if you change your mindset to this when dealing with your problems, imagine how easy it would be solving them if you are also motivated by seeing this as an opportunity to do your best, in other words, an opportunity to shine. Because most often, when solving problems, you tend to pressure yourself to fix it right away, thinking that this is the best strategy. Well, it depends on the problem actually. But because you are rushing things, you will then risk screwing things up, and also losing your chance to do your best. So, take a step back instead to really see the entire view of the problem and clear your mind to think of an effective solution which does not involve doing things half-assed. This will also give you the time to formulate backup plans in case the first one falls through. The cherry on top of all of this is that you get to be amazing as well in the entire process of doing your best in facing your problems.

193

“Small steps motivate. Big steps overwhelm.” No matter how big or small a step is, it’s still a step, a step closer to achieving your plans and your goals. So, don’t waste your energy and time worrying about only progressing very slowly. The takeaway here is that you are progressing, and that’s what matters the most. If you’re not contented with the progress that you’re making, then make some changes by either working harder, or lowering your expectations, because you might just have set very high expectations of your progress, so that’s why you’re disappointed when things do not go exactly as you expected. So, to counter this, why not expect the worst thing that could happen? This way you’ll also be able to think of a plan to solve it or escape it if it can’t be solved. Bottomline, focus on the actual progress you’re making, not the size of it.

194

“Victory is in having done your best. If you’ve done your best, you’ve won.” This couldn’t be any truer. You might argue that the quote above is just a way to console and patronize someone for being an actual loser. Well, if you did your best, you will feel proud of it, and also very fulfilled. So how can you call yourself a loser if doing your best and being proud of what you are doing make you feel very elated? As long as you are doing your best and you are amazing at it, then you’re a winner. But don’t get hung up on winning as you might not be able to do your best, which is what matters. If you actually lose at something, even when you already did your best, still focus on the part that you did your best and then use that as an anchor to improve yourself and then eventually do better than your previous best.

195

“It doesn’t matter how slow you go, as long as you don’t stop.”

This quote is clearly related to the one in Chapter 193. Although, if you feel the urge to stop, then stop, but not completely, just do it as though to rest, to regain your strength and energy, and then carry on once they’re restored. Always remind yourself that (this bears repeating) life is not a race. Yes, you never know what the future holds, and you might even die all of a sudden, that’s why you rush to do and achieve things while you still have the time, i.e., while you’re still alive. But this is wrong as this will then backfire with you no longer able to appreciate life. So, just take it slow, this is for you to still be able to enjoy your life, no matter how temporary it is.

196

“Care about what other people think and you will always be their prisoner.” Remember this quote whenever you get the urge to care about what people think about you. You will never find inner peace if you let other people’s opinions about you influence you on how you live your life. Their opinions clearly don’t matter, as long as you know your worth, your value, your flaws, and your strengths, that’s what matters. There are actually two types of opinions other people make about you. The first one is the one that they actually say or think about you. And this type can just be easily disregarded as it only means they feel insecure about their own lives or that they have nothing going on in theirs that they waste time talking about your life, or they could be both. The second type might be a bit harder to get rid of, as this is the type of opinion you assume that you’ll hear from other people. In other words, this is just you overthinking that people will have this specific opinion about you, because you are actually the one who is already thinking those opinions about you, maybe as a way to prepare yourself if you get your assumptions right. But this also means you are being too hard on yourself, so, no, treat yourself with just the right amount of appreciation and annoyance to balance things up. Because most of the time, you’re assumptions will just be flat out wrong as the

people you are worrying about are not even thinking about you, since they are also worried about themselves. So, your assumptions might just mean you are being too self-absorbed, so, maybe dial the self-absorption down. Learn how and when to notice this and then stop yourself before you fall into a downward spiral of your own doing. And even if you get your assumptions right, so what? You don't have to live for their approval anyway, so just do you and live your life the way you want to, which is the only way to enjoy it.

197

“I can do it.” This might just be a simple phrase of four words, but just saying this can make a significant impact to your outlook in life, specifically in getting things done. Even if you know deep down that you can’t actually do it, it does not mean that you’re lying to yourself though, it just means that you are ready to take that challenge no matter how hard it may be. This also shows your commitment to learning how to do it, as saying not only motivates you to work hard, but it also inspires you to actually start, as starting is the most crucial step to being able to do something important, either in your life or in your job. So, whenever you feel down because you already accepted the fact of not being able to do something, just say the quote above, either out loud or mentally. Don’t just accept defeat without doing anything in the first place, because in most cases, what you lack is actually self-affirmation, and this is one of the best and most effective self-affirming statements you can use to help yourself.

198

“Trust the process.” But what process though? Is there a general process in which we should all trust? Does it come in a binder? The quote in this chapter is a bit vague as one’s process is different from everybody else’s. This also means they don’t have the same pace, and they don’t have the same order. Maybe this quote is trying to tell you and assure you that whatever may happen, it happens because it’s part of your process to become successful in all aspects of your life. Just go through with it, but do it in an amazing way, one in which you also enjoy and get something good out of. But don’t trust blindly though, trust but still have some backup plans just in case. And that’s how you effectively trust the process, by making it your own.

199

“Have little and gain much. Have much and be confused.” This might be the profound version of “less is more.” It’s right though, especially with material things, only get what you really need. Yes, treat yourself from time to time, but don’t overdo it, you’ll just regret the over consumption afterward. Plus, you’ll also get to appreciate the little that you have more. Having lots of stuff, especially if you’re not good at organizing, will just add clutter to your space, hence the confusion that you’ll feel, and next thing you know, you’re a hoarder. But, if what you want is to have a lot, then have a lot, work hard (or win the lottery) to get a lot. Just also be prepared to be confused, and know that at the end of the day, material things don’t really give you long-term happiness, but if you’re fine with short-term, then you do you.

200

“It is not that we have a short time to live, but that we waste a lot of it.” Well, relative to the age of the universe and other celestial bodies, our lives are pretty much short. But you’ll make it shorter if you don’t do the things that make you feel alive, things that you love to do, in other words, things that are productive to you. These things make your life meaningful as they give reason for you to be alive, not just exist by default. However, the reason you don’t get to be productive is because you easily get distracted to do other things, and by “other things” the “author” means social media. You just keep on scrolling and scrolling and scrolling without realizing an hour (or ten) has already passed. And that’s an hour (or ten) wasted. You need discipline to control and limit your social media and phone use in general. You’ll only be the one to suffer since the more you waste your time browsing, looking at other people’s lives, the more you compare yourself to them. This then makes you feel that your life is getting smaller and smaller to the point that you start to question your existence and your purpose, and if you even have one. Stop. This is and will never be helpful to you. This is a punishment of your own making, which means you’re the only one who can also control it and make it stop. So, stop it. If you know doing something will just make you feel less of a person and will only cause anxiety,

then don't do it in the first place. Practice discipline and then once you master it, use the time that you have to be productive. Being productive (i.e., doing the things that you love) is the only way to feel accomplished in your life. It's also the basis of determining if you have lived a meaningful life.

201

“Not because things are hard, that we do not confront. But by not confronting, we make things hard.” In other words, don’t be a coward. Cowardice is just a product of excessive worrying without thinking of a solution or a strategy. Of course, you won’t be able to think of a solution since you chose to waste your time and mental capacity worrying too much. This does not mean should no longer worry. A normal amount of worry won’t do you any harm, emphasis on the normal amount. You’ll know your worry is too much if it takes up a lot of your time that it already hinders you from thinking about other things or from doing other things. So, if you’re the type of person who worries excessively, counter this by diverting your attention into doing something else, something that is not related to whatever is causing your worry, but something so out of the blue that will really get your attention, and possibly other people if you’re around them. For example, suddenly breaking into a weird freestyle, music-less dance, just to shake yourself up is an effective way to stop yourself from worrying too much. But if you’re not into dance, sing a high note, just one, although this may freak people out, so you might want to excuse yourself away from people before doing this. Or, if you’re tone deaf, then just scream at the top of your lungs (still away from people), and this

will surely divert your attention. Once your attention is diverted, this creates an opening in your mind (figuratively) so use that to think of a solution and strategize, before your excessive worrying comes back. And that's the time you'll be able to confront any circumstances.

202

“Love your own life and the people will be uplifted.” You can just focus on loving your own life, as the second part seems like you’re only loving yourself to gain people’s approval. If you love your own life, living would not be as hard as it is. Although don’t love yourself too much, because that’s maybe narcissistic, just the right amount paired with self-awareness so you can also detect the instances when you become annoying. Because you can’t really enjoy living if you don’t love your life. So, first find out what is causing this, it may just be an insecurity to other people’s lives, in which case stop comparing your life to theirs. It may also be because you have a very negative outlook in your life, so learn how to limit the negativity, don’t disable it completely (not that you could), because sometimes negativity helps, but only sometimes. Focus on the little things that make you grateful for your life, the little things that bring you joy that you normally overlook and take for granted, those things will help you love your life. This does not happen overnight though, so stop yourself from having expectations and just live and enjoy the things that will come out of it as much as you can. If you think there’s no part in your life that’s enjoyable and hence, worth living for, then make one yourself.

203

“Keep calm.” But not all the time, because if you do, you’ll just bottle up your panic or whatever emotion you’re trying to hide by staying calm, and this is not helpful and healthy. Keeping calm may only be completely applicable when you’re being held hostage or when you’re in the middle of a natural disaster or an accident, God forbid. But for any other kind of emotion, let it out, although creatively and productively, don’t just let it all out in its raw form, convert it to something useful. How? If it’s something negative, like anger, then use it as fuel to your determination to finish whatever task you’re working on quickly. If it’s the same task that is causing the anger, then pause, take a break, and do something else instead to channel the anger into something that quells it. Now, if it’s a positive feeling like an overwhelming elation when seeing your crush and/or when your crush greets you, don’t stay calm, that will only backfire and manifest itself into the amount of armpit sweats you will get. Instead, excuse yourself, go into a separate room alone or any place far and without anyone seeing you, and then scream, either muted or not, and then shake your body and dance until you look like a zombie getting electrocuted. Once you get back to your normal self, go back and proceed with your day like nothing

happened. Bottomline, keep calm only when it's applicable and really useful.

204

“A beautiful life is not a perfect one.” A beautiful life is a life where you really live by doing the things that make you happy. These things give meaning to your life, together with the setbacks, problems, and challenges, making it beautiful and memorable, making it interesting. Don't look for a perfect life, that's just a scam corporations invented to lure you into buying what they're selling. Nothing is perfect for someone who is not content and overlooks what really matters in life. Don't be this person, spend a huge amount of time determining what you really want, plan, make alternatives, and then put your plan into action by working hard and pairing it with patience to achieve it. Once you do, since you determined what your goal is from the start, you will then feel accomplished and content once you achieve it. People who are not content are people who still do not know what they really want in life. Don't confuse this to overachievers because they know that they want, and they want a lot, and there's nothing wrong with this, especially if they're doing it for their self-improvement and it's really their passion to accomplish those things. So, don't look for a perfect life, strive for an interesting one.

205

“Joy is not in things; it is in us.” This means you’re in charge of your own joy. Don’t look for joy from other things or even from other people for that matter. You can never be truly happy if you rely so much on others for happiness. It should come from within, it should start from within you. If something does not really give you joy, then don’t waste your time on it, except if it’s your job, then of course you have to be mature and practical enough to suck it up, until you find a job that you really love or at least one that’s in line with what you love. You can’t pretend and lie to yourself that you’re happy, that will just internalize all your frustrations, and the next thing you know, you’re cursing every ant in an anthill. Always remind yourself that you’re in control of your joy, so take full command of it.

206

“Little minds are tamed and subdued by misfortune; but great minds rise above them.” But greater minds like to pretend they are tamed and subdued, so they can trick misfortune that it won while strategizing on how to beat and conquer it. Don’t focus too much on rising above a difficult situation, as you might only get disappointed if you fall and fail. Instead, observe. Wallow in misfortune first, try to get as much enjoyment as you can from it, this is when looking on the bright side comes in handy. If there’s no bright side, then wallow in the darkness. This is to give you time to plan on how to effectively get out of it, and this also gives you extra time to formulate backup plans just in case. So, think greater, instead of just great (if that even makes sense).

207

“Positive anything is better than negative nothing.” But realist everything is the best, easily knocking those two out. Why are most people so obsessed with being positive over being negative? Those two are not the only option, besides, being positive or negative all the way just doesn’t help you. That’s why you balance those two by being a realist. Being positive all the time will just make you annoying and being negative always, on the other hand, will just make you a plain downer and a buzzkill (as if one word is not enough). Being a realist is being prepared all the time, which means you are putting in the work, which in turn gets results. You won’t get disappointed with this, because you are working, this means there is effort involved, this alone is worth being proud of that you feel fulfilled in turn. If this chapter does not convince you enough to be a realist, then go back to Chapter 133.

208

“Once you choose hope, anything’s possible.” Well, not really. Once you pair your hope with actual hard work, then anything can be possible. And by anything, the “author” means either good or bad, but since you have hope from the start, adapting to the bad won’t really be as hard as it normally will. Hope alone won’t get you results. Yes, it motivates you to keep going, and that’s it. If you’re hopeful but lazy, your hope will just be useless, that’s why you should also put in the work to get the results that you want, or at least close to what you want, or even the alternative to what you want. Think of hope as the part where you “talk the talk”, and hard work as the part where you “walk the walk”. So, choose hope and then work hard.

209

“How high you fly is derived from how big you think.” That’s why you should not limit yourself to only thinking small, think big as well. Because once you do, you’ll also start to think outside the box, and that’s when you start to think of fresh and great ideas, well, also ridiculous ones, but learn how to filter them by determining what’s useful and helpful to you. But remember, not every ridiculous idea is stupid, some of them might even be great, so don’t discriminate against those ideas, especially since they’re yours. Write them down so you won’t forget them. Thinking big also means you are broadening your mental horizon (if that’s a thing) and in turn, it allows you to see more things, to think of more things. It gives you a bigger perspective, which then gives you a wider view of the entire picture you are trying to envision. On the other hand, thinking small helps you to pay more attention to the details in whatever you’re thinking. Bottomline, whatever it is that you are trying to achieve, it starts with you thinking it, so think greatly.

210

“Dissolve your ego before it dissolves yourself.” Because face it, your ego does not really help you, don’t even trick your way into thinking it does by arguing that it’s a way to show you love yourself. Shut up. It isn’t, and it never will. Ego is just a form of your pride manifesting as an inflated sense of yourself, corrupting you to think that you are superior to everyone else, so you think poorly of them. What you are not realizing here is that this will only reflect badly on you and will also define you as a douche-duffel bag (because a regular-sized bag isn’t enough), which your ego hides from you. It is normal to have an ego, yes, but to tolerate it to the point where your existence relies heavily on it as much as your armpit relies on deodorant is just too much that it becomes detrimental to you. Learn how to tame your ego by first not confusing it with self-respect, as the latter only focuses on the “self” and doing things that promotes self-improvement and self-appreciation, while the former focuses on other people, especially on thinking they are below you, so you can think highly of yourself (ew). Don’t let it consume you because first of all, you are not defined by your ego alone, so don’t let it take over you that you’ll only be defined by it and only it. You are in charge of your life, so control it, stop yourself the moment you feel your ego is tricking you into thinking/doing

something. If what you're thinking will badly affect others and will only help you, that's your ego, so don't tolerate it. Do a mental kegel where you tighten your jaw (or pull your lower jaw in) to simulate a high frequency beep only you can hear, but don't do it too long as it may be harmful, just enough to stop your ego. So, in simplest terms, ego, bad; self-respect, good.

211

“What we do for ourselves dies with us. What we do for others and the world remains and is immortal.” But this does not mean what you do for yourself is not important, it is. You can’t be kind to others if you are not kind to yourself. It always starts from you, from within, just like a fart, minus the awful smell. You can only do good to others genuinely if you are doing good to yourself first, so don’t treat yourself like trash, otherwise you might also share the trash with others and the world (figuratively and literally). But don’t overdo it and cross the line over being selfish, just master the right amount of treating yourself, so that you can start paying the goodness that you feel forward to others. Help others not because you have an ulterior motive and/or are secretly seeking a reward, but because it’s out of your own sincerity and kindness, plus it’s the mature thing to do. You can’t do it for both reasons, since they contradict each other. In conclusion, one simple act of pure kindness remains forever.

212

“Compassion comes naturally when you lose your overinflated sense of self-importance.” In other words, it is your ego that hinders you from being kind to others, because how can you be GENUINELY kind to them if you think lowly of them in the first place? Stop this toxic trait. It’s toxic not only because it badly affects others, but because it badly affects you, you might just not realize this because your judgment is clouded by your inflated sense of self. Think of your ego as a bad IG filter, so, all IG filters. It won’t make you look good, and you won’t fool others with it. In other words, it’s a complete waste of time, plus it screws up your mindset. Of course, you can’t completely get rid of your ego, just minimize it, don’t let it influence you. Once you finally control your ego, being compassionate to others will just be a breeze.

213

“Being heartbroken doesn’t mean you stop feeling. Just the opposite — it means you feel it all more.” And to get over a heartbreak, theoretically speaking, is to just feel it, wallow in it. If you deny that you are brokenhearted, and thus, deny that you’re in pain, you’ll just be the one to suffer more as you’re only bottling these emotions up. Let it ravage you instead, like a hurricane, and just like hurricanes, it will dissipate eventually (unless it’s the Great Red Spot, then it won’t, but you’re not on Jupiter, so you’re fine). Because allowing yourself to feel the pain means you are being in control of the heartbreak, not the other way around. And when you are in control, you get to think more clearly and react in the most mature way to process the heartbreak. Then once you start to feel a little bit better, use the memory and feeling of the heartbreak as a trampoline to bounce back up, or maybe just a step ladder if you have a fear of heights. Use it to your advantage as a way to guide you into not getting hurt easily again, and thus becoming stronger instead. So, in the event that you get brokenhearted, just remember that you’ll be better eventually, if you help yourself to be (and also remember to re-read this chapter).

214

“If you hate a person, then you’re defeated by them.” Because hatred is not worth your time and energy, especially if it’s just caused by shallow reasons (insecurity), and in most cases, it is. Hating someone just because you are jealous of them will never make you feel good about yourself and will never make your life better, it will only define you instead as a loser, a loser in life. If you want to make your life better and in turn feel good about yourself, stop thinking so much about other people and start focusing on yourself and how you can achieve what you want. And it always boils down to working hard. Devote your time and energy that you allot for your hatred to your self-improvement instead. Not only will this get rid of your hatred, but it will also give you inner peace gradually, since it is a process where you really have to invest time and hard work in. If your hatred is not caused by insecurity, then determine where it’s really rooted from and then start to work from there on how you can turn that hatred into something that will really be useful to you. So, if you don’t want to be a loser in life, then stop hating.

215

“The only real prison is fear, and the only real freedom is freedom from fear.” Yes, although fear is a valid feeling, if it already gets to the point where it controls you and hinders you to really live your life and have fun, then that’s no longer okay. If you let it control you, you’ll just be the one regretting not doing something that you really want to at the end of the day. You have to neutralize fear with courage, but then courage seems a bit vague, so neutralize it with practicality then. Be practical in such a way that you should think that your life, just like everyone else’s, is short and temporary, so you may no longer have the opportunity of doing what you want if you bail on it. If your fear is then caused by a fear of dying, let’s face it, everyone alive is headed there anyway, so you might as well do something (although responsibly and safely, because you are not stupid), other than regret it later. You can never experience life with all its beauty and ugliness and everything in between if you let your fear take command of your life, it’s your life, for heaven’s sake, so take charge of it. Life should be lived freely as much as possible, and fear only stops you from getting a taste of this kind of freedom. So (this really bears repeating), be the boss of your life and live freely.

216

“The smarter you get, the more you realize anger is not worth it.”

Because it’s a waste of time, time that you should instead spend on doing something productive. In other words, if you still give in to your anger, then that means you are still a little bit stupid, in an immature way. But you also shouldn’t hold it in, don’t treat it like a fart, that will only backfire once it piles up and you can no longer keep it all in. Just release it, not in the way that causes harm to you and to others, but in a way that’s harmless and that calms you afterwards. If you’re so angry you could just break all your furniture, think first of who will then clean up after all the mess and also who will pay for the new ones or for the broken ones to get fixed. This way is called pre-regret, and this usually works. This means you haven’t done something bad yet, but since you already regretted doing it in the first place, the urge to do it will then start to disappear and it will stop you from breaking things. This is raw anger. So, try to make use of your anger that will also benefit you. Process your anger to turn it into a force that drives you into doing the things that you actually enjoy (but if you enjoy breaking stuff, then that’s counter-productive and just defeats what this chapter is trying to tell you, so, maybe think of something else instead.) This whole anger management thing takes a lot of time, but once you learn to have

discipline and master it, not only does this make you smart and mature, but this also makes you a better person, and that's worth your time.

217

“Intelligence follows curiosity.” Well, there are two types of curiosity. The first one is the type where you are passionate about learning something. This is the type that’s usually followed by intelligence. But don’t misunderstand this by pretending to be curious just so you can seem to be intelligent, no, intelligence can never be faked (effectively). Once you are really curious to know about something, this will then naturally manifest on how you spend your time and make all the efforts to know it and then learn it, as learning this will also contribute to your self-improvement. Now, the second type of curiosity is the one where you simply cannot help yourself but pry into other people’s affairs. This type is clearly not based on or followed by intelligence. This type just means you need to get a life of your own so you can start to mind your own business instead of other people’s. The first type is worthy of your time, while the second clearly isn’t. The difference is one contributes to your productivity, while the other contributes to your insecurity. Always remember the difference and be curious the right way.

218

“Confidence is 10% work and 90% delusion.” And this might be true. Delusion is not a bad thing, as long as it’s paired with hard work to get results. But delusion alone, without the actual work, is a waste of productive time. Delusion might just be imagination on weed, and this is a good start, which means you should also follow it up with a plan on how to use it to your advantage. Once you formulate one, then put in the work to get the results that you want. Do this every time until it becomes a pattern, then boom, your confidence is now born.

219

“Politeness is the flower of humanity.” And having good judgment to know when to be polite and whom to be polite to should be the root of humanity. You can’t just be polite to people who clearly don’t deserve it, you’ll just end up being a people pleaser, and this is not good for you. This does not mean that you should also be rude to those people, just ignore them as they are not worthy of your time. Politeness should be done sincerely, not because you just want people to see you as nice. You might argue that being polite is just the mature thing to do and that you’re just being the bigger person, but if you really don’t want to and you’re only forcing yourself to be one, this will eat you up inside, faster than maggots eating a dead body. You’ll slowly build up resentment, an internalized one, and this is clearly not helpful. If you don’t want to be polite because the person is an asshole (at every angle), then don’t. You can still be a bigger person though as long as you don’t also turn into an asshole like them just to retaliate. Don’t out-asshole them, it will only reflect badly on you. Just focus on yourself and in living a better life as this is the best middle finger you can give to those people.

220

“The most talented, thought-provoking, game-changing people are never normal.” What even is normal? Normal might only be subjective and society’s way of locking you in a box. And when you’re locked in a box, you won’t be able to grow in and improve every aspect of your life. You don’t have to always conform to what’s “normal”, especially if you know that doing or being something other than “normal” will only make you whole and will also make you feel so much more of a person. You can never really discover your true potential (excuse the reality show language) if you always resort to worrying about what other people will say when you become someone or do something. If it does not affect them in any way, then try hard not to allocate your worry to them. Convert that worry instead into more energy that you can use to fuel your passion, hence contributing to your self-improvement. That’s when you begin to tap into what makes you talented, thought-provoking, and game-changing. So, don’t worry so much about being called normal or otherwise.

221

“A conscience is what hurts when all your other parts feel so good.”

It will only hurt when you know deep down that you did something wrong. And if you don't face this head-on, it will slowly devour you and take over your life. Okay, that's obviously an exaggeration, but that does not mean that it won't come to that point eventually, especially when you deliberately ignore what your conscience is trying to tell you and do the opposite. Remember, your conscience—whether you want to accept it or not—exists only to guide you, since it knows what's best for you, like a fairy-godmother, minus the actual magic and overall awesomeness. It does not tell you to do or not do something to sabotage you. The only person who actually sabotages you is you, when you don't listen to your conscience. The most common reason why you ignore your conscience is pride, because it just annoys you knowing the fact that your conscience is right, and you are wrong. And this should not be the case, you should both be working together, not against each other. Your pride, and by extension, your ego are usually the culprits why you find it harder to follow your conscience. So, learn how to tame the two first and then eventually get rid of them, and then following your conscience won't be as hard as it usually will.

222

“You have to be willing to be misunderstood if you’re going to innovate.” This also means that you have to care less, or even not care at all, about what most people think, only care about the ones whose opinions are important and will help you to innovate something either in your work or in your life. But if it’s in your life, the main voice that you should really hear and follow is your own, the voice that’s rooted in passion and also has good judgment in knowing what’s good and bad for you. Of course, there are people who will misunderstand you, especially if you’re doing something new, and that’s a given. This just means that you are actually making something innovative, because if they understand you at first, it just means that what you’re doing has already been done before (or just close to what’s been done before). So, if this is the case, then work, think, and strategize some more. You have to brace yourself and be stronger if you are working on making an innovation, in other words, if you want to stand out.

223

“Intelligence is the ability to adapt to change.” But then it’s really hard to adapt to change, especially if things in your life are already good but then it suddenly changes. This sucks, and it’s normal to feel pissed or sad about this, that’s how you process it initially (but don’t go all out and do something regrettable). You don’t easily accept and take it at face value, that’s why you go through every emotion that you feel to process it. Always remind yourself though that if you are experiencing a change in your life, either good or bad, it always has a purpose as to why it happens, you just need to be a little bit more patient to find out what the purpose is. Everything changes, some for the better, while others for the worse. If you learn to process changes in your life maturely, then you have reached the point of emotional intelligence, also intelligence in general. You can’t improve yourself without making changes in your life, as improvement is also a type of change, a good one. So, if change is imminent, just be ready to process it, then accept it, and then adapt to it.

224

“You can’t force raging water to be calm. You have to leave it alone and let it return to its natural flow.” In other words, don’t waste time trying to control things that you obviously can’t (especially if you don’t have telekinesis), divert it instead to things that you can: your reaction to these uncontrollable circumstances. If you have the tendency to panic every time you get yourself into a stressful situation, you’ll just lose half of the opportunity to get yourself out of it. This does not mean you should always stay calm like a Zen yoga teacher either. Yes, panicking does not help you to think clearly of a solution, but being completely calm might just make you seem like a robot, having no emotion at all, or it might even make you seem condescending. Just find the balance between the two. If you feel that you are about to panic, think of something that you find funny to temporarily divert your attention, and then once your panic subsides, strategize on making an effective solution or at least to get yourself out of it. If you can’t think of an effective solution, that’s still fine, just go through it by observing what happens, don’t do anything, just let it dissipate on its own, as it always does eventually. So, don’t get all worked up and waste your energy in turn.

225

“There are times when explanations, no matter how reasonable, just don’t seem to help.” When this happens, this just means that you still have not reached the end of the pain that you are suffering. Know that this is normal, don’t rush through it, and know that it will disappear over time. What you can do for the meantime while you’re still in pain is to wallow in it, yes, make use of it, don’t let it run your life, you are still in charge of your life, so use this pain that you are suffering from to your own advantage. Get inspiration from it, if you tend to be creative, then make art out of the pain, either through creating art or writing a story/poem/essay. If you tend to be active, then dance/sing/exercise it out. There are plenty of ways where you can channel the pain into something that temporarily gives you a sense of calmness and comfort. But first, you have to break the habit of not doing something by forcing yourself to get up. If you want to get better, then help yourself get better. Help starts from within, if you don’t help yourself first, no help from those around you will work. And this is how you get in charge of your pain (or at least one of the ways).

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“Boredom comes from thinking this moment isn’t enough.” In its simplest terms, it comes from doing absolutely nothing, or at least something that does not really satisfy you at all. There are many ways to relieve your boredom, but there’s only a few that are effective. You may think that as long as you’re connected online then you’ll be fine, but this is just a temporary substitute, your boredom will be back before you even finish cyberstalking your ex’s new significant other’s profile. Do something that does not involve looking at a screen for a change, not only does this relieve your boredom but this also relaxes your eyes and your neck (and also prevents you from feeling insecure about your ex’s new lover). Be one with nature (okay, this just sounds like complete bullshit, but please bear with the “author” here), this means that you try to really appreciate the things in nature around you that you usually overlook. For example, the wind and how it makes the grass and the flowers dance (if you’re in a rural area), or how it makes plastic bags and other trash fly (if you’re in an almost run-down city with no regard for cleanliness). If you feel like going outside is an errand and a burden, don’t worry as there are also many activities you can do while indoors, and most of them usually boil down to one common thing: cleaning. Yes, not just a few sweep-sweeps, but a

lot, as it also involves organizing and decluttering. Yes, you'll be exhausted after, but you'll also feel very fulfilled and productive in knowing that you finally managed to dispose of the expired leftovers in your fridge that have gone bad for over a month (exaggeration? Yes, but not far from the truth). So, going back to the quote above, if you want to relieve your boredom, do something productive and worthwhile that you'll end up thinking this moment that you're in is enough.

“Fear not for the future, weep not for the past.” I think feeling a little of the two won’t hurt you. Of course, it’s normal to worry and be scared about the future, and what you can do is to use this worry and fear to somehow guide you so that you won’t make bad decisions in the present that will greatly affect your future. Now, weeping for the past might be too much, maybe feel a little bit nostalgic and that’s it. It’s normal to regret things that you have done or haven’t done in the past, but don’t spend too much of your time regretting, as it won’t change what already happened or what didn’t. Instead, use your regret to guide you in the present to not make the same mistakes that you did in the past, or at least minimize doing it at first, until you eventually learn how to avoid making the same mistake in the present. If your regret is about not doing something in the past, then again, don’t waste time and take the plunge, do it while you still can. First, start to make a plan, then put in the work necessary and then actually do it. Bottomline, just spend little of your time in the past and the future and spend a huge chunk in the present, as what you do in the present is the deciding factor that predicts how you end up in the future and also tells if you’ve improved from the past.

“Comparison is the thief of joy.” Not just joy, but life itself. Comparing yourself to others will never help you in any way. Yes, it’s normal, but if you tolerate this part of your mind, it will only do you harm, even if you’re putting yourself the better one in the comparison, scratch that, especially if you’re putting yourself the better one in the comparison. This type of comparison is annoying. If your way of cheering yourself up is to compare yourself to others and think of the parts where you’re better than them at, and even find faults in them to bring yourself up, then you’re toxic. This is not the way to appreciate your life, this is not the way to be happy. But, if what you’re going for is to be an annoying smug, then you’re in the right way. Stop yourself the moment you get the urge to compare yourself to others, thinking you are the superior one. This only reflects the opposite. On the other hand, if you compare your life to others who you think have better lives than yours, and then end up feeling more miserable, stop yourself. You know you’ll just be the only one to suffer, so try hard to stop this way of thinking. Just use that part of your mind that is in charge of comparing yourself to others to something worth your energy and time: self-improvement. Once you start to do things that fulfill you,

without comparing it to others, then that's the time you also start to really appreciate your life and joy then follows suit.

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“Put all excuses aside and remember this – you are capable.”

Because most of the time excuses are just a manifestation of your fear of success. If you really want to achieve something, then make no room for excuses, or maybe just the ones that are really valid, but then still think of a workaround for them. The first step to being able to do something is to affirm to yourself that you can, even if you know deep down that you really can't at first. Again, this is not lying though, this is psyching yourself up, so you'd feel inspired, motivated, and energized to start working to become what you want to be. Self-affirmation is indeed vital to your success since it gives you the boost that you need to persevere in achieving your goals.

230

“Nothing happens unless first a dream.” A dream is usually the main source of inspiration, if you don’t have a dream, you can’t have a goal. Then you’d eventually feel that you have no purpose, and this is a scary thought, but know that you have a purpose, everyone has. And it starts with having a dream. No matter how impossible you think your dream might be, as long as you work hard (and that it also obeys the known laws of physics), then that dream will always be achievable. However, don’t expect that your dream will easily happen just because you work hard, and you think that’s all you need to do, no, it always depends. That’s why you should always brace yourself as you would also have to experience some setbacks, and even some failures. And this is where patience and resourcefulness come in handy (both of which you should have) to not give up easily, and then to think of alternatives in case it falls through, respectively. And it will be hard for you to be patient and resourceful if you are not inspired in the first place. That’s why having a dream is important as it is the driving force that gives you a purpose to work hard, be patient and be resourceful.

231

“Fake people always think others are fake.” In other words, the thinker is the doer. This is also the same as being afraid of being judged, because you are judgmental yourself, so it’s obvious to not want a dose of your own medicine. If you have this behavior, please don’t tolerate it, you’d just end up being a hypocrite. If you tend to be a fake person, own up to it, being in denial won’t help you in any way, you’re just letting your fakery and pride get in the way of your character development. Plus, you can’t fake your own fakery, are you trying to fool yourself?¹³ Just acknowledge it, be honest about being fake as this is usually the first step to being real. But don’t always see the good in everyone and easily trust them though, you’d just end up being an easy target of scams (and also cults). Just split the difference and your sincerity and realness will eventually develop within you.

¹³ Also, if you fake your own fakery, won’t this entail you to be real unintentionally?

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“In a world deluged by irrelevant information, clarity is power.”

Plus, it's also very easy to get sucked in by all the nonsense brought by irrelevant information. So, to counter that, you have to develop discipline to control yourself from wasting too much time on it. Especially since it's procrastination that you're doing, mindlessly scrolling through your feed, being non-productive at all. And this becomes a pattern and then a habit, which will then be harder to get rid of than stress-induced acne. So, to beat this habit, really force yourself to do something productive. It does not have to be productive always, as long as you're having fun doing it and you are also learning significant information, then you're on the right path to clarity.

233

“Anyone who attempts is not a failure.” The mere fact that you did something amidst your doubts, worries and fears is already a great feat on its own. Don’t get dragged down when you did something big, but it fell through, focus your feelings instead on the fact that you actually did it, it might not have turned out to be what you’ve hoped for, but at least you still did it, so celebrate on that. You can still improve so keep trying until you get to where you want to be. You might think this is just a way to console yourself because you failed, well, in a way it is, but that is not the main purpose why you shouldn’t think of yourself as a failure. And it’s because you are not, so you should know that you are not a failure. Yes, there will always be those moments when you feel down and think you are one, but then if you still keep going, that easily cancels out the thought of being a failure. So, persevere because you are not a failure. Achieving your goals may be delayed, but you are not a failure. Just keep on repeating this to yourself as part of your self-affirmation if you are still not convinced.

234

“There’s no need to show off when you know who you are.”

Because what really matters is knowing your value and your worth yourself. When you really know who you are, other people’s approval does not matter. Knowing who you are involves embracing your flaws to make them part of your strength, acknowledging your weaknesses, and then improving your strengths. Once you really know who you are, confidence then follows and this will then allow you to do more, improving yourself in the process. People who show off don’t really know who they are, so they turn to other people to tell them who they really are. And this will not give you the answer that you need. You can never be defined by what other people will call you, so don’t seek for their approval. You should be the one to define yourself as it is your life. You’re the only person who knows the entirety of you—assets, flaws, weirdness, and awesomeness combined. So, know yourself to know your worth, and this will be enough.

235

“Gratitude is riches. Complaint is poverty.” Being grateful shows how you appreciate no matter how big or small a blessing you receive that it makes you feel good in turn, hence you feel rich. Also, being grateful allows you to do more things as it inspires and motivates you. In a way, by being grateful you’re welcoming and opening yourself up to more blessings. Plainly complaining, on the other hand, just makes you an ingrate, especially if you’re not doing anything to solve what you’re complaining about. It’s normal to complain once in a while, as it’s a way for you to vent your frustrations, but at least pair it with determination to work hard to get what you want. Complaining alone won’t help you, it only makes you feel more miserable, hence the poverty. Don’t expect things to be handed to you or for things to be easy just because you keep on complaining, that’s not how the world works. You have to realize that for you to achieve things, hard work and perseverance are needed. Once you have the two, you will be able to act accordingly when you encounter setbacks and difficulties. So, don’t be a spoiled brat, work hard and practice being grateful instead.

236

“Jealousy is the tribute mediocrity pays to genius.” Tolerating your jealousy by letting it influence you into doing something terrible only reflects how mediocre of a person you are. You are also just confirming your life’s inferiority to the person you’re jealous of. Of course, it’s normal to feel jealous, but to let it control you to do things rooted from it is not. You know it won’t make you feel any better, and succumbing to your jealousy does not really help you in the long run, so stop it from controlling you. To do this, identify where all the jealousy is coming from, which is usually from comparing yourself to others, so, try hard to stop this. Focus instead on doing productive things that will contribute to you living a better life. Think of comparing yourself to others as procrastination, because it is. If you don’t want to settle for mediocrity then first get rid of your jealousy, and that should work because it kinda rhymes.

237

“Loneliness is not lack of company, loneliness is lack of purpose.”

And this is a sad truth. Most mistakenly think that the cause of loneliness is not having company, but it isn't. If it's really your preference to not be around people all the time, then that's not lonely at all, especially if you're doing things that fulfill you instead, because these things give you purpose. What makes you lonely is not having a purpose at all. Know that all of mankind has a purpose, you just haven't found out yours yet. And don't wait for a sign from the universe, this is lazy thinking, and (this might have already been written in one of the previous chapters, which the “author” clearly forgot) the universe does not exist to be your fortune teller, so stop wasting your time asking and waiting for a sign. Start to find your purpose yourself by examining what really inspires you and what makes you feel fulfilled even when you just think of doing it. You'll usually realize that there are lots of things you find fulfilling, so start doing the easiest, the most attainable one, then work your way through all of them one by one by learning and practicing. This does not mean that you should discourage yourself from being around people and establishing relationships with them. You can also do that, this is not an either/or situation, just prioritize

the one that fulfills you the most and then still dedicate time with the other.

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“How people treat you is their karma; how you react is yours.”

You can't really control what they think or how their minds work (if it even does), so don't bother and don't waste your time on them. Focus instead on what you can control, which is your reaction, since how well you react defines how mature you are as a person. Although it might feel so satisfying to put someone in their place, and to let them realize how much of an asshole they're being, at the end of the day, it won't be worth it. Or at least it almost always won't be. Also, this does not mean that the asshole is always the other person, no, because it could be you, you might just be blinded by your own ego and pride, and this isn't mature. You have to really look at the situation from the outside, from a different perspective, so you could see which one is really the asshole and then act accordingly. It is also possible for the both of you to both be assholes in your own right. So, to be mature, you'd have to really be impartial and always remind yourself that tolerating your pride and ego won't get you near maturity, as it only hinders your self-improvement. So, if you feel your pride and ego are in cahoots trying to control you, think of tolerating them as also letting your moral horns grow, and not in a cool way like the Minotaur's.

239

“What the mind of man can conceive and believe, the mind of man can achieve.” It depends though. If it goes beyond the laws of nature, then that’s obviously unattainable, unless you consider your daydreaming feats as real accomplishments, then in that case, good for you. But, if it’s something attainable, if you just put your mind to it, don’t get sucked into all distractions, and then put in the hard work, then you will achieve it, eventually. The problem now will be avoiding all distractions, because let’s face it, no matter how hard you try to not get involved in all kinds of unnecessary (and shallow) things, there’d still be those exceptions where you give in to your urges. So, know that this is okay, just don’t do something that you know will have irreparable damage to you, and hinder you permanently from achieving your plans. If you already know in the first place that doing something won’t help you in any way, then why are you even wasting your time debating against your own self? What you should do instead is divert that time and energy into preventing yourself from doing that thing that you want to do. Re-route that urge and use it either as fuel to increase your determination to work even harder or do something that relaxes you if you feel burned out from all the work that you do.

Just really believe that you can as long as you also put in the work required.

240

“The more you learn, the more you earn.” Knowledge is indeed one of the driving forces in your path to self-improvement. It is a gift and an ability that neither money nor material things can compete with because it’s out of their leagues. Unlike money and material things, knowledge exists forever, even after you die and you become a ghost (theoretically, but it should work this way). That’s why you should invest your time and energy in learning, just keep learning because it will always be beneficial to you and it’s how you improve. It also acts like a weapon that comes in handy when you need it, which is every day. Learning does not have to cost you money, but it’s also not wrong to spend some on learning. If you keep on learning new things, you also acquire new skills and/or improve on the ones that you already have, and in this way, you won’t feel stuck in your life, you’d instead feel accomplished and proud—the kind where you can’t help but smile, then realize moments later that you look stupid smiling alone, but you don’t stop smiling, because you just can’t contain your happiness that you no longer care what you look like.

241

“Friendship is not about whom you know the longest. It is about who came and never left.” It’s hard to maintain friendships when most people have the tendency to become assholes and leave you hanging especially when you need them the most. So, if you meet people who don’t and instead stick with you no matter what happens, treasure them, don’t take this kind of friendship for granted. This kind of friendship is special as it is genuine, it is not based on what you can get from each other but how you can support each other in the group. You can only have this friendship if all of you in the group are mature and levelheaded. But this is not always possible as there will always be ones who will act immature, being blinded by their pride. And if you know someone who is this, or if you are the one who tends to be immature, ask yourself if it’s really worth it, and don’t lie and answer that it is, because it isn’t and it will never be. You’re only stoking your pride if you deny it, so know that at the end of the day, you’ll just end up being the loser, a pathetic one at that.

242

“It is not always people who start out the smartest who end up the smartest.” Because the ones who start out as the smartest usually get so full of themselves that they overlook what’s important and think they already know everything. Don’t be them. If you think you are smart, you don’t really have to always prove to everyone that you are, because it’ll just manifest on its own, either through your work or how you act in a situation. Just keep a low profile. This way, you’ll still stay focused on what your goal is from the start. Know that what matters is that you already know what you’re capable of and what your value is, so use them to guide you into doing the right thing. As long as you don’t stray from your path—but even if you do, still find a way to get back, or figure out an alternative—then you’ll eventually get to the end of it, coming out smarter and more mature.

243

“When you cease to make a contribution, you begin to die.” And this a more painful death, because even though you’re still breathing and physically alive, if you’re not making use of being alive, then you’d feel empty and then you’d start questioning if there’s even a point to your existence. Of course, there is, you amazing bitch. You just have to look at your life from a different viewpoint, because your current perspective clearly isn’t helping you. So, help yourself then, don’t always think that the world and everything around you aren’t helping. They don’t owe you anything, so, don’t be spoiled and entitled like that, that’s annoying. You have to make the effort if you want to add meaning to your life. And not just one effort, but prepare to make lots of it, because efforts don’t always work, so be ready with loads of them. Always start from within you, figure out what interests you, as these things also fulfill you. Then, keep doing them, invest your time and energy in them, until you move on to other things that you’re also passionate about. The moment you dedicate a part of your life to things that fulfill you is also the moment when you get to really live and enjoy your life, with it now having a purpose.

244

“Because one accepts oneself, the whole world accepts him or her.”

This isn't always the case, and it does not have to, as long you accept yourself, you shouldn't have to bother asking for the whole world to accept you. Because once you accept yourself, this also entails that you know your worth and your value, so you no longer feel the need to seek other people's validation. And this is empowering. This does not mean that by accepting your entire being, you're also tolerating the parts of you that are immature and shallow. Don't mistake these two as flaws, because they are not, because your flaws, together with your assets, define you as a person, that's why you embrace them both. But being immature and shallow is not worth embracing. You should still strive to be a better person and tolerating these two traits won't help you improve yourself.

245

“We all die. The goal isn’t to live forever, the goal is to create something that will.” Yes. But most people often mistake living a long life is the goal and try all sorts of things to have a long life. Although there is nothing wrong with this, having an actual long life does not equate to having a fulfilling one. Life is not about how long you live, but how accomplished you are while alive. Because your accomplishments will continue to live on as your legacy. Accomplishments do not have to always be validated in the form of a medal or a prize, as long as it’s something that you worked hard on, and that you are passionate about, then that’s an accomplishment that you should be proud of. That’s why you should spend a huge chunk of your life doing things that fulfill you, because these things will, in turn, determine if you’ve really lived a fulfilling life. They add color and meaning to the bleakness of life. So, if you have that passion to do something, don’t just let it exist in your mind, make it happen while that passion is still burning and while you’re still breathing.

246

“The quieter you become, the more you can hear.” Because if you just keep on talking without actually hearing, you’d just end up spouting nonsense, and nobody wants to hear that. Being quiet allows you to be more observant. And by being observant, you’ll then begin to notice details that you haven’t earlier (and also secretly judge the people around you). In a way, you’d be able to see the bigger picture and also think more clearly. It also shows your intelligence as you no longer feel the need to speak whatever is on your mind just for the sake of having to say something. You just stay quiet and only speak when you really need to. When you’re quiet, you’ll also learn to focus on what’s important and filter out the distractions. Being quiet also leads to finding your inner peace as you can only meditate when you are quiet, then you can clear your thoughts and just relax.

247

“Prosperity tries the fortunate, adversity the great.” Well, good for the ones that are fortunate (lucky bastards), but most of them aren’t fortunate at first, they had to go through one adversity after another, which means that to be fortunate, you must first be great, and to be great, you must first face adversities, not just face them but be good at dealing with them. So, whenever you’re in the midst of an adversity, just think that this is happening to you because you are great, and this means you’ll eventually overcome it (sounds like pure BS but this has a point). Because your mindset actually dictates how you’ll act in situations where your patience and determination are tested (and also how frequently you swear). And how you overcome it depends on how resilient and resourceful you are. Don’t pressure yourself to solve and be done with it quickly, you’ll just half-ass things, setting you back even further. Just plan it thoroughly and completely, because you’re not in some lacklusterly written superhero movie where everything is laid out conveniently for you to win towards the end. Think of yourself as being in a psychological thriller instead, where you have to be smart to come up with the right decisions or you’ll end up dead and get booed by the audience. Just be resilient and resourceful to keep

your patience and determination alive and active in overcoming adversities.

248

“The most important decision you make is to be in a good mood.”

To be in a good mood is easy, but to stay in a good mood even when you're surrounded by things and people that don't cooperate with you being in a good mood is hard, very hard. Now, the trick here is not to bottle up your annoyance at them, but this does not also mean you have to scream at them. Although the urge to do this will be great as it will feel satisfying (for a very short time), just convert it instead into something that you won't regret doing later. What you can do to remain in a good mood in the midst of all things intentionally and unintentionally trying to get you to be in a bad mood, is to rationalize things. This then makes you the bigger person, which will also be a pain at first, but if you look at it in the long run, this will only benefit you, knowing that you choose to be mature.

249

“Everything has beauty, but not everyone sees it.” Because society has corrupted most people’s perception of what’s beautiful, that’s why most people only see the “beauty” in things and people that society has considered to be beautiful, and this is shallow, and not in a Lady Gaga & Bradley Cooper kind of way. If you are one of those people, change how you see beauty, because you’re only seeing it through very narrow lenses, the very same lenses that cause you to compare your appearance to others and feel insecure about yourself. Know that there is beauty in absolutely everything, which you can only see once you escape society’s toxic influence on you. Society’s concept of what’s beautiful is limited and outdated, so don’t bother following it, because you don’t have to. Once you free yourself from society’s toxicity, you will then see and appreciate the beauty in all things, which will also help you grow to be a better person.

250

“In any given moment we have two options: to step forward into growth or step back into safety.” And only one option will allow you to grow and improve. If you keep living your life in the safety of your comfort zone, you’ll just hinder yourself from really tapping into your full potential. It does not mean you really have to do something bold immediately, of course you start with small things, things that you can take easily, and then you eventually move forward to do bigger things beyond your comfort zone. Staying in your comfort zone is not really ideal because over time you’ll just get sick of it, living your life within the confines of a box, limiting what you may still be capable of. And as time passes, the box that you willingly put yourself in will then feel smaller that it’s suffocating the life out of you. This means you will no longer feel like you are really living your life, so how can you enjoy your existence? Whatever fear that is keeping you from improving your life is just something that has grown in your mind over time since you tolerated it. At the end of the day, it’s just fear, it shouldn’t control you, you should control it. It takes courage to get out of your comfort zone, yes, but it will also be worth it and satisfying once you do.

251

“You will never reach your destination if you stop and throw stones at every dog that barks.” In its simplest terms, don’t give a shit to people whose opinions of you are only meant to bring you down. They clearly are not worth your time, so don’t waste it on them, you’ll just be delaying yourself and also be straying away from what really is important to you, which is achieving your goals. Although, it will be difficult to not be bothered by them and their opinions, especially if they’re directed at you. So, you have to learn the art of being an unbothered bitch. First, you have to know and master how to tune people out by letting all the words that you hear pass from one ear and out to the other (you can even convert your would-be reactions into farts to really prove how insignificant those opinions are). Second, filter the ones that will really help you and keep them, and the ones that do not, well, it would only be a waste of memory to keep them, so don’t. And third, even if in some cases, those opinions get under your skin, just divert your feelings into more fighting spirit to keep working on achieving your goals. Remind yourself that giving in to them will not help you make progress towards making your plans happen. The moment your plans start to materialize because of your hard work is also the moment that you win as this sends those people a message that you have

proven them and their opinions about you wrong. But also know that you don't have to prove yourself to anyone, so don't do something with this in mind, it'll only mean you still don't know your value, so you still seek other people's approval. Do something because you're passionate about it, it fulfills you and it's your goal towards self-improvement and in improving your quality of life (and the lives of the people you care about).

252

“Everyone shines, given the right lighting.” This means that everyone has their own strengths, you might just haven’t found out yours yet, which explains why you might feel that you don’t excel at anything. Think very hard either through self-reflection (or heavy Googling) or meditation to know what interests you the most, as this is where your strength should also come from, and then develop it from there. Remember that you will have your own moment, which only starts when you make a move and put in the work required to acquire your strengths and improve them. It’s normal to worry that you may have already lost your chance to excel (and shine), but as long as you’re still working on it, the chance and the opportunity will always be there. Just don’t rush things, because if it’s your moment, then it’s yours, nobody can take that away from you. Although, you’d also have to be open to the possibility of not having the moment, and if this happens, then create your own moment (as what’s written in one or two of the previous chapters). You’re already putting in the hard work, so don’t let it go to waste.

253

“Courage starts with showing up and letting ourselves be seen.” It starts where your fear and worry end, and you’re the only one who can end your own fear and worry. End both of them by using them to guide you into still doing the thing that you’re afraid of, instead of letting them hinder you from doing it. If you know doing something will only help you improve or make progress in your path towards success, then do it, just use your fear and worry to be careful not to stray away. Even if you stray away, always get back to your own path, or even make an alternative route, whichever works best for you. This is where you “show up” to put your plan into action. Once you keep on working, having courage as a solid foundation, then you don’t have to worry about being seen, just let your hard work speak for itself through its results.

254

“Mistakes are the portals of discovery.” So don’t worry so much about making one or a few, they will always help you, you just have to look at them from a different perspective. Use the mistakes you made in the past to set an example for you to not do them again. A mistake can even become a solution, but maybe not for the same problem it’s (unintentionally) made from. This means mistakes can come in handy as they may offer a solution or spark an idea for a solution. So, don’t discriminate against them, but also don’t tolerate yourself and give yourself a pass every time you make one, you’re clearly missing the point if you do. Mistakes happen and some are even crucial as they let you know the parts of yourself that you need to work on, the parts that you need to be better at. Mistakes remind you that you’re still human as they humble you so that you don’t get too full and think highly of yourself. Always remember that for every mistake you make, there will always be room for improvement, but only if you allow and help yourself to improve.

255

“Even if karma doesn’t exist, it’s still a good idea to treat other people as if it does.” But don’t do good to other people just because you’re afraid to get bad karma or you want to get good karma, that just isn’t sincere. Do good to other people because, by default, it’s the right thing to do, not because you have some ulterior motive or whatever. This also does not mean that you have to always be good, even if you already know the other person doesn’t deserve it due to being a total asshole. This only makes you a pushover (and maybe even a people pleaser), so don’t be one. Just show the right amount of civility, but if they still exude an overwhelming amount of being an asshole, then just ignore them and move on with your life, minding your own business. Just focus on what the right thing to do is, it does not always have to be good (although this also does not mean it has to be bad), just be mature and act accordingly, even if others don’t and can’t (and that’s on them). So, don’t be like them.

256

“Creativity is allowing yourself to make mistakes. Art is knowing which ones to keep.” Applying this logic, then we all have creativity, most people just don’t know how to use it to their advantage, thinking that mistakes are just mistakes and nothing more. But obviously, mistakes are not all the same. Yes, some are made out of pure stupidity, but some also result from just being a little short of success, where you did everything you could, but it was just not meant for you that time, and is this even a mistake though? Even if it is, it’s still something that you should keep not only to remind yourself to be better, but also as a moment to be proud of, knowing you got very close to success. And if you just keep on being consistent in doing your best, then you will surely achieve success in the future. Be open to mistakes, but not too open to easily make one, just don’t get too worked up and worry so much about them. In the event that you make one, just ask yourself what you can then do to turn that into something useful, and this is when you tap into your creativity and resourcefulness.

257

“Generosity is not a free pass for people to take advantage of us, treat us unfairly, or be purposefully disrespectful and mean.” So, learn to identify these opportunistic people, as they are leeches who clearly don’t deserve your generosity. There is a fine line between being generous and being a pushover, so never go beyond that line, because it will only reflect badly on you. If you realize that you are being a pushover, then establish some boundaries and know that saying no is okay. Because you’ll only be punishing yourself if you give them what they want, knowing you’re not being sincere and true to yourself. Don’t let them manipulate you into thinking that you are being selfish just because you said no. Stay away from these people, because if they are the right people to be with, they’d be considerate and not only think about themselves. The takeaway for this chapter is to not do too much of something, with that something in this case being generous. This does not mean you now have a free pass to be selfish, just find the balance between the two by knowing the right people you can and should be generous to.

258

“Seek not that the things which happen should happen as you wish; but wish the things which happen to be as they are, and you will have a tranquil flow of life.” This means to process your expectations accordingly, because expecting nothing at all is impossible, who are you fooling? Of course, you’ll always expect something to happen. And lowering your expectations is just a cheap knockoff of expecting nothing at all (which means it also does not work). Because in most cases, it does not happen how you expect it to, so you’d just end up getting disappointed, and this is energy and mood wasted. So, by processing your expectations accordingly, you allow yourself to still hope for the best (obviously), while preparing for alternatives in case the best that you’re hoping for does not happen. This also means that you are readying yourself on how to react whichever the outcome is. But if you’re leaning towards being a pessimist expecting for the worst (employing reverse psychology), it is also expected that you’re prepared on how to act next in case the worst indeed happens. Although, if you are not using reverse psychology, and you’re really hoping to fail instead, thinking you’re not good enough, then stop. Why are you even putting the effort and wasting your energy into doing something while also expecting to fail? This is counterproductive, so stop sabotaging yourself,

this will never help you. Don't be too hard on yourself. Yes, it's normal to have insecurities but don't let them take front and center of your life. You obviously can't succeed if you let these things hinder you and the only one who can help you is you. Acknowledge your insecurities, think about what you can do to improve and do the work. Of course, it will not be as straightforward as that, so also brace yourself for anything unexpected by reminding yourself that no matter what happens, you'll just go with it. And once you get the feel of where you're headed, then add your own flair to it.

259

“The worst decision of all is none.” Yes, because this is an opportunity missed. It’s free to decide, so what’s stopping you from doing so? Obviously it’s your lack of trust in yourself, either you don’t trust yourself enough or at all. And this is usually rooted from having a low self-esteem. Yes, self-esteem issues can’t be fixed in an instant, but what you can do is to take things slowly, like baby shark steps (this does not make sense, but you should be able to get the point), start with believing that you can take the first step, yes, focus on the very first step, which is starting. This is also where you divert the time you usually spend from being overly anxious about failing to actually making a move. It does not matter if you failed at first, so what? What matters is that you just conquered your own worry by not letting it stop you, and this is definitely a win. The second step is to open yourself to receive affirmation from yourself, this means you should learn how to give yourself pep talks, like you would normally give to others. And the third step is consistency. Just be consistent in believing in yourself, even if you know the chances of achieving something are very slim, still do it, because trying and actually doing it is how you grow and be better.

260

“Embrace your grief. For there, your soul will grow.” Grief only disappears if you don’t try to get rid of it. Let it happen naturally by reminding yourself that it’s part of healing, so don’t rush it. Remember all the emotions that you feel and reflect on them. Also take note of all the thoughts that you think of because some might be useful to you. Embracing your grief means you are going through it while still making the most out of it. And for you to embrace it, of course you have to acknowledge it by not being in denial. Nothing’s wrong with being vulnerable and experiencing grief, you’d only resort to making terrible decisions if you deny it and try to bury it deep. The next is the actual going through it, where you feel all the bad feelings brought by your grief. Because only when you really feel the bad feelings can you start to feel the good ones, and thus start healing. Bottomline, grief is part of life and being a human, so embrace it as it strengthens not only your spirit but also your entire self once it’s over.

261

“No person has the right to rain on your dreams.” Don’t give them any right to. It’s your dream, for starters, so never let anyone take that away from you. But in the event that they still manage to “rain on your dream,” then wallow in their rain, still continue doing your thing and be amazing while you’re at it. This should be an effective middle finger to those people. You don’t have to deliberately prove anything to them, just let the results of your hard work do it on behalf of you instead. That will surely piss them off. And be ready as they will also try harder to bring you down by doing anything any abhorrently uncivilized, pathetic excuse for a human being can think of, but still keep doing your thing. This way, your work will shine even brighter amidst the darkness that they’re unsuccessfully trying to engulf you in.

262

“No one heals himself by wounding another.” A big yes! Pain can’t heal pain. Just because you got hurt does not give you any right to hurt others, especially if the people you’re trying to hurt didn’t even have anything to do with you getting hurt in the first place. You should try hard not to process your pain this way, as this will only lead to more pain for you. If you know you’re still very vulnerable, then use this as a reminder not to be selfish and not let others experience what you went through. Set an emotionally mature example not only for others but for yourself. Now, if it’s the people who actually hurt you, well, it’s normal to have an urge to make them suffer as well for what they did to you. That would be satisfying, yes (temporarily), but would it also be worth it? Because in the long run you’d just feel miserable knowing that you stooped to their level, and this in turn would hinder you from having inner peace. So, before you do something out of getting hurt, always consider its long-term effects, because if you want to really heal, then the best way to is to be a better and mature person. And this takes time, so focus on this instead of other people, they’ll eventually get what they deserve anyway.

263

“You either get bitter or you get better.” And how you turn out depends on what you do in the present and how you process everything you go through. That’s why you have to pay attention and be careful not to get all carried away by your negative emotions, especially anger, because everything you do while being high on raw anger would just be all reckless and regrettable. It’s fine to get your thoughts accompanied with negative emotions, but you don’t have to follow them all, just filter them and keep the ones that benefit you. Nobody wants to be bitter, but you’ll only end up as one if you let all those negative emotions and bad experiences influence your life badly. And you won’t be able to deny or hide it unlike having a tail, because your bitterness will always manifest in how you react to situations, it will take center stage like an annoying attention-seeker. So, learn how to go through whatever life throws at you maturely and make the most out of it (as much as you can).

264

“Don’t explain your philosophy. Embody it.” Because having to explain it to everyone would just be exhausting and pointless. It would also seem that you’re only trying to prove to them that you are what you say you are. Don’t say it, live it. How you live your life is best shown and explained by actually living it. Because most people don’t really “practice what they preach.” In this instance, words won’t mean anything unless you put actions to them. So, don’t preach it, just be it and live it. What you want to preach will just manifest on its own anyway, with you embodying it, making it a part of your life. And making it a part of your life takes a lot of time, so you also have to be consistent and persevere until it becomes a part of your life and that you also become the embodiment of your philosophy.

265

“Some people around you will not understand your journey. They don’t need to; it’s not for them.” Always remind yourself of this whenever you can’t stop thinking about other people’s opinions about you. They don’t need to understand you and you don’t need to give a shit about them. Just keep doing what fulfills you, because the more you enjoy your life unbothered, the more it makes your life whole. And, you may have already noticed (if you have also read the previous chapters) that focusing on doing what makes you happy is a recurring subject in this book, as this subject bears repeating. Everyone is given the chance to do what makes them happy, but not everyone has the courage to really do it. And don’t misunderstand the “given the chance” part to mean that it will be handed to you, no, you have to work on it yourself. The chance here is the time that you have. And what you do with it sets up your journey, so make use of the time that you have, especially since you won’t have it forever.

266

“What they call you is one thing. What you answer to is something else.” An extension to the previous chapter’s subject, this is another reminder for you to prepare yourself as some people (maybe even the majority) will give snap judgments of you just because of how you look, among other shallow things. But what they call you clearly does not and will not define you, but will only define them, specifically how narrow their minds are. So, learn and then practice not to let them and their opinions get under your skin, because if you do, you’ll just end up losing. Just focus on the things in your life that matter, the things that are worth your while. And, even if some of their opinions about you are actually true, your life still goes on, so, continue to live and live your life the way you want to.

267

“Never miss a good chance to shut up.” Because only when you shut up can you really think clearly. Nobody is forcing you to keep talking, so chill. If you know it’s not worth your time and your saliva, then just shut up. Shutting up and only speaking when you need to is also a sign of maturity and intelligence. Immature people often talk as they think this makes them interesting, when in fact, this only makes them annoying, so don’t be annoying, learn to be mature instead. Another reason why most people talk so much is to get attention, but you won’t get anything except more annoyance. Put talking about the same thing over and over again like a pirated, broken record to the same category of annoyance as well. If you are one of these people, why? Do you have an overproduction of saliva that compels you to just keep talking, otherwise you’d drown in your own spit? Save your saliva, it’s not only for talking. Shutting up does not only apply to not talking, but it can also apply to shutting your thoughts up, especially the ones that are a distraction and useless. But this is really hard though, because unlike talking, you can’t control your thoughts, so you can’t stop them in an instant. But, you don’t have to shut all of them up, just filter them. Acknowledge the unwanted thought and determine where it’s rooted from so you can deal with it from

there. Apply this as one of your principles and you'd be one step closer to finding inner peace, now you'll only have to take a thousand steps more.

268

“Boredom: the desire for desires.” That’s how unproductive getting bored is. And you’re only bored if you allow yourself to be. You can do so many things in your day, you’re just too lazy to start one. So, learn to break free of this bad habit, because you’ll only be the one to suffer. And even in suffering, you’d still get bored. That’s how great an influence your laziness and procrastination would have on you. Don’t let them take over your life, it will only suck knowing you could have done something rewarding but then you didn’t because you chose to give in to your laziness. And this might also be tied to having a fear of success, or failure for that matter. Again, it’s normal to feel fear, but still do it. Regretting not doing something is worse than regretting doing something, as with the latter, you’d have a learning experience to improve yourself in the future, while the former is just meh, you won’t have something to look back on.

“In the end, we will remember not the words of our enemies, but the silence of our friends.” Because this stings even harder, because by default, friends should offer each other’s support no matter what happens, with the only exception being when you’re the asshole or you did something a complete asshole would do, then you shouldn’t be tolerated by them, and you shouldn’t expect anything from them. But, if you did something that deserves anything but silence, but then what you receive from the people who should be there for you is the exact opposite, then ask yourself if they’re really your friends. This does not mean that they should back you up in everything that you do and that you need their validation, this just means that being a true friend means offering each other’s support, either through words or actions or both. Yes, they might also be dealing with their own stuff, and this is all the more reason why you should be there for each other. And if you’re lucky to be part of a supportive and toxic-free friendship, treasure it, don’t let your ego block you from enjoying each other’s company and support.

270

“Love does not consist of gazing at each other, but in looking together in the same direction.” Because it isn’t founded on shallow reasons like appearances, but on how your goals complement each other, or how you understand each other and make compromises if it doesn’t. Love is then strengthened by supporting each other, which is also how you show that you care. Words don’t really have an effect without actions, as what you say might just be different from what you actually feel, so translate them into actions, not because you have to prove your love, but because you sincerely want to do it and also because you care. You may not always be on the same page, but as long as you both know what matters in the long run and focus on that, then you know your love is genuine, otherwise it isn’t, so stop wasting each other’s time.

271

“Everyone goes through adversity in life, but what matters is how you learn from it.” Because how you learn from it also indicates how you survive from it and how you use that circumstance to your own advantage. All people go through shit, but not all go through it amazingly well, since most just give up along the way. Don't be most people, toughen yourself up and don't succumb no matter what shit is thrown at you (not literally). Look not only at the present but also ahead to the future. Think of the long run and envision yourself in the future if you give up now. Use all your experiences and what you learned from all of them to really persevere. Screw all the bullshits, you're stronger than they all are. If at first it may seem that you can't win over them, then recuperate, try to think of a better way. And if it isn't enough, then rest up and then proceed with the backup. You will never really lose as long as you keep going.

272

“You are imperfect, permanently, and inevitably flawed. And you are beautiful.” It’s just really up to you how you use and embrace your flaws to your own advantage. You won’t be able to exude beauty if your perception of beauty is based on the shallow and outdated standard set by society. You’ll only be able to feel and be beautiful once you also accept your flaws and embrace them in a way that makes them one of your strengths. Your imperfections, together with your assets, make up your whole being. It is only when you accept them that you can do really great and realize your full potential. So, don’t try to hide them or pretend they don’t exist (like an unpaid debt), as you’ll also hide a part of yourself. And this is not being true to yourself. You also won’t be able to improve if you don’t acknowledge your flaws, because what’s there to improve if you have no flaws in the first place? Once you accept them and make them a part of yourself, then that’s also the moment that you become whole.

273

“Reputation is what strangers think of you. Character is what your friends think of you.” So, you should not care what a bunch of strangers think or say about you. That’s all they are and that’s all they’ll ever be. So, never let them provoke you by giving a shit to what comes out of their mouths or what they think about you. That’s their own time that they’re wasting anyway, so carry on and focus on building your character instead, as this is what matters. Your character defines who you are, and this is also the foundation of how the people you care about see you. So, focus on the right things and you’ll be able to continue doing your best and live your life in the most fulfilling way possible.

274

“If you aren’t in the moment, you are either looking forward to uncertainty, or back to pain and regret.” Nothing’s wrong with this though, just don’t overdo it, because if you do, you won’t be able to really live in the moment, and hence, you won’t also be able to appreciate the present. Just remind yourself that you can no longer change the past and the only way to be certain of your future is by focusing on your present. Use your past to guide you and your anxiety of the future to motivate you to do your best in the present. Because it is only in the present that you can do so much in your life (unless time travel becomes possible in the future). Don’t use your past as a way to escape your present, because this is procrastination. If you want to escape your present, and it being your current situation, then change it. Muster the courage to face your present and then swerve to the path that you want. Obviously, this won’t be easy, so just be prepared to act accordingly no matter what happens.

275

“The day we stop exploring is the day we commit ourselves to live in a stagnant world, devoid of curiosity, empty of dreams.” Now, this is scary, because this is not what life is about. Life is about having dreams and doing your best to make them happen. And you can only have dreams if you have curiosity, which is the desire to explore and to learn. The moment you stop having this is also the moment that you stop improving. And will your life be meaningful if that happens? No. So, keep dreaming and learning. They’re both free, so nothing’s really stopping you from doing them but yourself, specifically your fear of success and/or procrastination. And you’re stronger than these two combined, so break free of them. Just think of how much satisfaction you can get from dreaming and how much you can improve yourself by learning.

276

“The greatest of follies is to sacrifice health for any other kind of happiness.” This happens if you get too high on whatever makes you happy that you lose sight of what still matters, which is your health, and hence, sacrifice it for the sake of your “happiness.” The happiness is in quotes as this type of happiness is not real, and not permanent, which means it is not worth it, especially because you’re putting your health at risk just to get it. Genuine happiness means an overall satisfaction in all aspects of your life, with your health still prioritized. You might argue that you are genuinely happy, but if your body is saying otherwise by showing the opposite, then that’s not real, and thus, not worth pursuing. What you might have developed is a bad habit, and since it has now turned into a habit, then breaking free from it won’t be easy. So, always seek help, help will always be there as long as you also put in the work to be better by first helping yourself. This will then allow you to be open and accept help from others. So, always consider your health first in everything you do to help you determine if something is worth doing.

“Logic will get you from A to B. Imagination will take you everywhere.” That’s how powerful imagination is. It may be a form of escape, but one that also gives you ideas that normal logic can’t. Having a vivid imagination is also the key to thinking outside the box, which in turn helps you to be creative in coming up with fresh and effective solutions. Just don’t do too much of it that you’ll no longer be able to do actual work, because this is procrastination. Imagination is also as important as logic, as it relaxes your mind, allows you to just be somewhere else, unbothered, and away from all the stress in your life, even for just a short period of time. Plus, it’s free, so if you want to travel but then you’re completely broke, say hi to your imagination as it won’t disappoint, just make sure you’re also working and saving so you can actually travel in the future. Use your imagination and logic together to help you with whatever it is that you’re working on, that will double the chances of you getting the job done effectively (and amazingly).

278

“It all starts from within. If you fix your inside, the outside works.”

But not in an instant, obviously. This requires time, so be patient. Don't expect things around you to work out the way you want them to or for them to change if you're also not putting in the work required, unless you have a magical lamp with a genie inside, then don't do this. If you want to change your surroundings, start by asking yourself what needs to be changed within you first, and then work on changing them. Just do it slowly, because if you rush it, you might only half-ass and screw things up. Doing it slowly means that you're being thorough and careful not to miss anything. And once you see progress, it will be so satisfying and worth it.

279

“Life is not a having and a getting, but a being and a becoming.”

Exactly. This is the difference between short-term happiness and long-term happiness. Having and getting will only result in temporary happiness, yes, it's still happiness, so they're still valid, but being temporary, these won't really satisfy you in the long run. On the other hand, being and becoming will give you permanent happiness, as you're directing the happiness to yourself not through getting material things but by doing the things that fulfill you, and in turn you become more of yourself. So, don't be blinded by materialism and lose sight of what really makes you happy in the long run. The happiness that you get from having material things pales in comparison with the happiness that you get from doing the things that fulfill you, the things that you're passionate about, as these things will also help you in your path to self-improvement and in living a meaningful life.

280

“Only the boring are bored.” Well, every human being that is breathing gets bored at some point, so, following the quote, then everyone is boring. And there’s nothing wrong with being bored, what’s wrong is if you take your boredom as it is and do nothing. It depends on what you do with your boredom, so, don’t succumb to it, do something worthwhile and break free of it. Try to see boredom from a different angle. For instance, boredom is an opportunity for you to be productive. So, don’t waste this opportunity, the moment you feel bored, then get up and do something productive. Boredom also acts as a messenger that tells you when you need to do something new and exciting in your life. There are tons of ways of dealing with your boredom that do not involve you getting more bored in the process. So, don’t succumb to the mundanity of life, either do something productive or fun or both.

281

“Life shrinks or expands in proportion to one’s courage.” Having courage dictates your trajectory towards really living your life, while the lack thereof makes your life stagnant, that you’ll no longer be able to really enjoy your life. And this is a terrifying prospect. The point of life is to live it, you won’t be able to when you’re hindered by your fears, and you alone are the only one who can control it. Remind yourself that you’re bigger than your fears, so screw them. Don’t let them stop you, you should stop them instead. Learn to be courageous by thinking that no matter what happens, you’ll just gonna end up dead eventually anyway, so it will be better to do your thing than not to and then regret it later when it’s already too late. Courage is one of life’s driving forces, which means having it is a requirement for you to live a full life. Courage is indeed required for you to be better, without it, you won’t make any progress and you will just be stuck in the same state that you are now (assuming you’re still not in your best and favorable state now, otherwise good for you).

282

“Avoid things the best version of yourself will regret.” It’s easy to remind yourself of this, but what’s hard is to actually follow it. So first, identify what’s the best version of yourself by envisioning what you want to become in the future. Second, list the things that you are currently doing and rationalize if they are really worth doing, because if you would just end up getting annoyed at yourself just thinking about doing them, then don’t bother doing them in the first place and don’t waste your time on them. Third, measure the things that you do by productivity. If it isn’t productive at all, then minimize doing it until you stop doing it eventually. If you think doing those things relieves your stress or gives you satisfaction, then make sure it does not also harm your body or any other aspect in your life, because if it does, then they clearly do not relieve your stress, they just reroute it to another part of yourself, you’re only blinded by the shallow satisfaction it gives you. And don’t make excuses just to justify doing those things, no, who are you trying to fool? Try to strive for things that give you long-term satisfaction instead, as these things are way more fulfilling and will also genuinely relieve your stress. And this is how you start your journey to become the best version of yourself.

283

“There is intelligence when you are not afraid.” Yes, because this means you finally managed to control your fears and you are now above them. And you can only do this if you have enough intelligence. Your fears will always remain in you, but that does not mean you should always be afraid of them. Try to find a good use for them, either to remind you not to do something regrettable or to motivate you even further to accomplish something, as accomplishing it would be so satisfying, knowing that you have also conquered your fears in the process. Be creative in how you handle all your fears, so as not to be afraid of them. This is also a way of acknowledging them, but not letting them run your life, because most of the time, your fear is just all in your mind, so, also use your mind to counter it, to deal with it. And this is where your intelligence will be tested, to see if you even have one, because if you don’t conquer your fears, you’d be the only one to suffer, and you’d just end up regretting it in the future to the point of hating yourself. And this is not healthy. So, really try hard to muster your courage and don’t be afraid.

284

“You should not lead one life in private and another in public.”

Unless you work in espionage (the movie version one), then don't. You're only causing yourself more stress that you can easily avoid by not living a double life in the first place. Most only lead a double life if they have unresolved issues in the past or within themselves, and they think that living another life solves it, when in fact it does not. This only adds more issues to the ones that you already have. If you do this as an escape from your current life, then you're being a coward. Whatever it is that is troubling you in your life should be dealt with head-on. Yes, it will be very hard, but living another life won't solve it, you'll only waste your time instead. You can always seek help, as there will always be help around you. Now, if you're living a double life because you're afraid of being judged by people, remember this: fuck those people. If what you're doing with your life does not harm you or any other person in any way, and doing it makes you more alive as you get to be your true self, then that should not be hidden like it's something to be ashamed of. If it makes you happy, then that's in no way shameful, only beautiful. Don't hide a life as beautiful as that (or has the potential to be beautiful). You can do and enjoy so much more with your life if you're not afraid to live your truth. It will take a lot of effort and

courage (especially courage) from you to do this, but it will be so worth it once you actually get to do it. Whenever you feel afraid of what other people might think, remember that you are not living your life to please them, so why should you care about them? So, be you, not just a part of you, but the entirety of you.

285

“If you lose someone for being yourself, then you never had them to begin with.” These people don’t even deserve you, not even an inch of you. This means they’re not the right people for you, so, it’s not really a loss for you, but a gain since now you know the people whom you should value. And they are the people who are always ready to be there for you in a heartbeat to support you, your true “you.” It might hurt losing people that you’ve created wonderful memories with, but if the memories that you created together do not reflect you being your true self, then that’s not really wonderful. Yes, you might still have had fun, but that’s because you’ve been used to hiding your true self, only displaying a façade, that you have also learned and managed to trick yourself into having fun. And this is really not how you should have fun, you’ll only lose yourself more if you compromise yourself just to be accepted by these people. Know that you are so much more than this and if they turn out to not accept you (and it’s not just your overthinking) for finally being your true self, then distance yourself away from them, there’s no point in having to explain or even defend yourself. You should not live your life having to always explain or defend yourself to everyone. The right people won’t need any explanation from you for just being you. So, you should remember that.

286

“If you’re struggling, you’re learning.” This is why you should not miss out on the opportunity to learn and improve yourself whenever you go through any obstacle in your life. They’re obviously going to be a pain in the ass, but if you also look at it in a different light, you’d be able to see things that you can use to your advantage. And these things will help you survive any obstacle as they make them a bit bearable. But, in the event that you don’t see anything worth learning or taking advantage of in your struggle, then maybe you’re the reason why you are struggling in the first place. Either you are being too hard on yourself, or you’re more talk/complain and less do/persevere. If you’re one of these, then stop, take a moment to either change your mindset and not punish yourself for things you have no control over, or to gain enough energy and determination to start working hard. It’s normal to struggle, everyone struggles, so don’t feel like you’re just the only one, some people might just be good at hiding theirs. So, embrace every obstacle thrown at you, so you can thrive.

“Freedom lies in being bold.” And being bold obviously means taking risks. You can’t really enjoy your life and make the most out of it if you limit yourself to what’s only comfortable to you. You’ll never improve this way, you’ll only miss out on what you can still be capable of. Also, you’ll just be bored doing and being the same shit over and over again, won’t that be exhausting though? So, never put shackles on yourself by sticking to your comfort zone all the time. If the only reason you’re staying in your comfort zone is because you’re afraid of failing or losing, then the joke’s on you, because the moment you did not do something out of this irrational fear, is also the moment that you failed. Being able to take risks no matter what the outcome may be is already an accomplishment. Of course, you still have to draw the line at life-threatening situations, because you could die, and preserving your own life should still be your number one priority. In conclusion, take (non-life-threatening) risks to be free and really enjoy life.

288

“Opportunities are like sunrises. If you wait too long, you miss them.” If you are the person who tends to wait, what are you even waiting for? If the opportunity is the one that already presented itself to you and the only thing you need to do is to actually take it, then don't wait for anything like the world revolves around you, as it clearly doesn't. So, take it while you still can, especially because this does not happen often. If you have doubts if you even deserved the opportunity, pause on the self-doubt first and take the opportunity, just continue the self-doubt after you secured it so as not to waste any time. You can always figure out how to work on that once you get the opportunity anyway, you just have to work even harder. If it turns out that it doesn't work for you at all (considering you've already made all the necessary efforts to make it work), then that's fine. That's still an experience, specifically a learning experience, so taking it would still be worth it.

“Control your own destiny or someone else will.” Who could that someone be? Maybe that’s not actually another person but just another part of yourself, specifically the part that likes to self-sabotage. This part is also the one behind your fear of success. And what’s annoying is that most of the time, this part is the one that usually prevails. So, you really have to muster every bit of courage to break free from this part of yourself, and you can only do this by believing in yourself first. Even if you cannot really do it at first, if you believe enough that you can, then learning how to do it won’t be as hard as it will be. Believing in yourself does not mean that once you do, everything will now be possible for you, no, this is just wishful thinking. It means that you are readying yourself and that you are willing to learn so you can eventually do what you believe you can do, as long as you put your mind and hard work into it.

290

“The future influences the present just as much as the past.”

Maybe not the exact future, because that would entail defying the laws of physics (which would be awesome if that’s the case). But maybe the part of the future that influences your present is the part of how you want your future to be, in other words, your outlook. Everything you do in the present is influenced and also motivated by your outlook. Because a crappy outlook also leads to a crappy future, and this isn’t what you want obviously. Develop a great outlook and let all your decisions be based on that outlook to increase your chances of having a great future. Also, one thing to remember is that your journey towards a great future will not be smooth sailing, no matter how bright your outlook may be, so always be prepared to deal with any situation accordingly.

291

“It all depends on you. You can go on sleeping forever, or you can wake up right this moment.” There’s nothing wrong with sleeping forever—wait, there is: you’re already dead. And that is only one (literal) way of interpreting the quote above. The main point of it may be to not be stuck in your life where you’re not making any progress, as this will no longer be a life but only a blank existence. This is why everyone is given a purpose and you either find it or you create it yourself. It’s really all up to you whether you want to help yourself improve by searching for or creating that purpose, or you want to settle on a meaningless existence. And don’t argue that you’re already at the point of being hopeless by giving all kinds of excuses to give up, because as long as you’re breathing, you always have hope. What you need to give up is your cowardice, as this only hinders you and you know that. The longer you tolerate your cowardice, the more time you waste, so ditch it. Think of it as a poison to your own self-improvement, so don’t hold on to it, your life clearly doesn’t depend on it. It depends on you, taking charge of your own life, all aspects of it.

292

“Acceptance is the road to all change.” If this is still not clear to you, the first step to change is to accept the things that you can’t. Because you’ll only be wasting your time if you don’t, so use this time instead to work on the things that you can change in yourself. This is where you will need to have discipline, so you won’t give up easily. And when you feel the urge to give up and resort back to your old, unproductive life, just ask yourself (rhetorically) if it’s worth it, because it isn’t and it won’t be. This will be hard since it has already become a habit for you, and to break it, you need enough dedication, which you can either get by setting a reward system for yourself or by just training yourself to have a realistic & hopeful outlook. Although the former won’t always be effective, because the reason would now be mainly to get a reward, and this is not the point. If you want to change a part of yourself for the better, then do it because it will fulfill you and improve yourself, not as an excuse to reward yourself for some material thing or among other shallow sources of rewards. Now, for the things that you can’t change, all you have to do is embrace them, as it is only when you embrace those things that you can see the good in them and in turn, take advantage of them.

“Impressing people is utterly different from being truly impressive.” And you should remember this. You can’t be really happy if your reason for doing anything is to seek other people’s validation.¹⁴ This only means you haven’t figured out who you really are yet, and you won’t be if you keep on trying to impress others. You really have to come to terms with the fact that most people don’t care about you as much as you care about yourself, because they are also pre-occupied with caring about themselves. So, instead of seeking for their approval, just do things because it makes you feel good. The more you live your life this way, the more you also become comfortable with expressing yourself, and the impressiveness in you will manifest on its own through the confidence that you exude. Learn to be less self-conscious, because you won’t really get to enjoy the moment if you spend too much time worrying about yourself. If you happen to screw up, then make light of the situation by making fun of yourself. This way, you’re not allowing others to laugh at you (assuming they will), but you are allowing them to laugh with you, because

¹⁴ This really bears repeating, hence, the “author” did.

you're also enjoying the moment, no matter how chaotic or ridiculous things turn out.

294

“The next evolutionary step for humankind is to move from man to kind.” And lucky are those who have successfully taken this step: not too selfish to be mistaken as a soulless prick, but not too kind either to be labeled as a pushover. Just the right balance between the two. To be able to achieve this perfect balance, you have to apply the “author’s” made-up system called “It Depends”, which means you have to develop the ability of discernment, so you’d know when to be kind to people. Okay, the phrasing just makes it seem selfish, because it is, and that’s okay. Remember that not everyone deserves your kindness, so don’t just easily give/show it out to everyone. Because if you do, you’ll no longer have authority over yourself, making it easy for others to abuse your kindness. And don’t mistake a free-for-all kindness as being selfless, because the latter means doing something out of pure sincerity without expecting anything in return, the former only means you have no self-control. So, learn how to judge a situation really well and act accordingly.

295

“Saying no is more important than saying yes.” Uh, not always the case though. Following the made-up system introduced in the previous chapter, it always depends. But everything you say won’t mean anything if what you’re feeling within is the complete opposite of the words coming out of your mouth. In other words, “yes” and “no” are just words, and neither is more important nor more special than the other. What’s more important is the emotion that you feel when saying these words, or any word for that matter. Because in some cases, what you’re saying only contradicts what you’re really feeling, and in a way, this is lying. Either be honest or just don’t say anything at all. Not everyone is entitled to an answer anyway, so you don’t have to respond to everything asked of you. But, with the quote above, it might pertain to saying no to doing something that you don’t want to do, so don’t do it. Don’t let anyone pressure or even coerce you into doing something you don’t want to. This is why having a sense of dignity is important, so others can’t easily manipulate you. So, don’t let them by saying no.

296

“We don’t laugh because we’re happy – we’re happy because we laugh.” But not every laughter is caused by happiness, because sometimes, laughter is just a façade to hide how miserable people are on the inside. And masking the pain that you’re suffering, instead of really feeling it, will only make you more miserable. Feeling negative emotions is not a bad thing, it’s just a part of living. Because there are lots of things that you can learn from these negative emotions that you can’t from the positive ones. They both have their own advantages, so focus on those advantages instead. Find the parts of your sadness that you can still enjoy (and yes, those parts exist, you just have to look at a different angle and not always focus on the bad parts). Happiness is not the only feeling worth seeking for, that’s why you live to explore and feel all kinds of emotions to learn and help you become stronger and emotionally mature.

297

“Life doesn’t care. And so should you.” Exactly. But the thing is, are you able to really not care at all? Obviously not, as there will always be a tiny part within you that cares about what happens to you, because it’s your life, for heaven’s sake, so you should still care. Maybe just learn and train yourself to only care about the things in your life that matter. So, learn to identify which things are those and shift your focus to only caring about those things. If you still feel the urge to care about a petty thing, then tell yourself this, “Don’t be shallow.” Because you’ll just be stressing about things that are not worth stressing, and thus, waste your time in the process. And will this be productive? No. Just remind yourself that life will put you in shitty situations and will make you feel shitty, but this does not mean you should give up, this should instead give you more reason to carry on and work even harder. This also works as an effective middle finger to life. So, don’t succumb to the bad things life throws at you, thrive despite them instead.

298

“Envy is pain at the good fortune of others.” And an unnecessary pain at that. Although it’s normal to feel envy, what’s not normal is to do things because of it. You are using your envy the wrong (and pathetic) way, use it instead as an inspiration, yes, a different form of inspiration when you use other people’s success to motivate you into thinking that if they achieved it, then you also could. Don’t let your envy control you into making bad decisions, because those bad decisions are very much avoidable and also a complete waste of time. Just focus on working for a better life and add your envy to your determination so that whenever you feel like giving up, you’d still persevere (considering you’re also taking good care of yourself by allowing yourself to rest and still enjoy your life). If you tolerate your envy, the only person that would be miserable is still you and nobody else. And, you might not realize it, but those tiny comments that you say about other people and their successes, specifically pointing out the flaws or something that is bad about them are just pure envy. You’re only confirming how inferior your life is to them if you do this. So, if that person and their success have nothing to do with you, then leave them alone, don’t try to point out what’s wrong in them because that will never make your life better. Don’t be annoying and pathetic at

the same time, maybe you can be one separately, but not both,
because you're so much better than that.

299

“Accept what is, let go of what was, have faith in what will be.”

But if you can still change the things around and within you for your own good, then change them. Don't just accept them as they are when you know you can still make them better, and you can still make yourself better. Don't easily settle when there's still so much room for growth and for improvement. Only accept the things that you have no control over, because that's the only thing you can do about them, anything else would only be a waste of time. So, just accept them, then you can carry on with your life. Accepting those things will then help you let go of the past, specifically your regrets and mistakes—mainly your regrets and mistakes. Because if you are really working hard to avoid doing the same mistakes, then there's no need for you to get stuck in the past and worry about what already happened. Focus on what you can do to redeem yourself in the present instead. This way you'll also be able to look ahead into the future. You might get all sorts of worries and wishes for your future, but remember that those are all uncertainties, now what you can do is to have faith while also putting in the work. Having faith does not mean you have to stubbornly believe that you'll have a great future, because that's not how it works. You also have to pair it

with actual hard work, while also being open and prepared for the possibility of setbacks and your plans falling through.

300

“You make mistakes. Mistakes don’t make you.” But they will once you keep repeating them. Mistakes should not be made intentionally, if you happen to mess up the first time, then redeem yourself by learning how to be better so you could avoid making the same mistake. And if you mess up again, that’s fine, especially if it’s unavoidable, as this is still part of learning and improving yourself. It would no longer be fine though if you intentionally keep on messing up. Why would you do this? This is only a complete waste of time. There might be an underlying issue that urges you to keep on making the same mistakes, hence, you always find yourself making them. So, determine what the underlying issue could be and then fix it from there. You might just be doing the same mistakes as though to fill a void, like treating it as a rebound. And that’s not worth it, because it will eventually turn into a bad habit. So, if you want to do something to fill a void, at least try to do something productive and still enjoyable.

301

“The adventure of life is to learn.” And this is the greatest adventure because there is so much more to learn not only in this world, but in the whole universe that it’s impossible to run out of things that you can learn. Most people often mistake learning as something that ends once you finish school, but (again) it clearly doesn’t. Learning continues and only a few really take advantage of it. It gives you the power of knowledge and it does not stop at that. It also enables you to develop skills you didn’t know you could actually have. So, don’t take your life for granted and miss out on learning new things. It’s also how you make your boring life exciting and also productive. It does not have to cost you anything, but even if it does, it will still be worth it. But, if you don’t want it to cost anything, there are always free alternatives. If you find learning to be a hassle, then you’d also be closing yourself for any improvement, so don’t be lazy and uninteresting like this. Learning won’t be a hassle if it’s in line with your interests. And it does not have a minimum amount of time, so start learning new things whenever you’re free, no matter how short your free time is. And then try to work your way into putting it to your schedule, but don’t let it take too much of your time that it would feel like an errand, just the right amount where you won’t feel any burnout or an overload of

information. Learning does not only mean taking in information from any material, or learning a new skill, it also means learning about yourself, what traits you need to improve and the ones that you need to change. Remember, learning comes in all forms and in all ways, so choose what suits you best.

302

“Don’t mourn over your bad decisions. Just start overcoming them with good ones.” Because mourning will not change it, it is what you do to turn the tables that will. Maybe just use the memory of your bad decisions as a cautionary tale to guide you as you work on making good ones. Don’t beat yourself up too much about things that have already happened, as doing this will not change it. Remind yourself from time to time, yes, but only to motivate yourself and also to learn from it. And, if you know from the beginning that what you’re about to make is a bad decision, then why would you still do it? A bad decision here means that only bad results come out of it, and it does not have a silver lining, but even if it does, it won’t be enough to compensate for the terrible outcome. In other words, it won’t be worth it, so stop yourself from making avoidable decisions. If you can’t stop yourself, then ask a friend to stop you, and if this still won’t work, then consider paying a stranger to stop you. Just the thought of wasting money on this should be enough to stop you from making such decisions. On the other hand, if the bad decision is unintentional and a result of trying to do your best, but it fell through, then that’s fine. Apply the quote in this chapter to remind yourself, and then get back to doing your best as soon as you recover.

303

“Real friends celebrate your wins. Fake friends downgrade them.”

So, learn how to distinguish the real ones from the fake. The real ones will celebrate your wins with you no matter how small they might be, these are the friends that you should keep. The fake ones are only there under the false pretense of fake supporting you, but then they specifically point out the flaws (to the point of even making up one) when you actually succeed at something. They are fueled by their overwhelming insecurity that they project to other people. And this is toxic, so you should stay away from these people. They will never help you and will only suck the energy out of you, as being around them is exhausting. Don't worry about it being a loss, because it isn't. Think of distancing yourself from these people as decluttering your life, with them as the clutter. Once you do, you'd now have more space to welcome the ones that are real. But if you haven't found those people yet, that's fine, still dissociate yourself from the toxic ones. And then just live your life the way you want to and the people who celebrate you for it are the ones you should keep and value as your real friends.

304

“Your edge is your willingness to do the work that others won’t.”

And this trait will take you places. So, hone this if you already have this trait, but if you don’t, develop it. Start by setting aside any unnecessary worry because this usually blocks you from taking the risk. The risk, in this case, is just an opportunity with a scary mask on, and all you have to do is to be brave and remove the mask by taking the plunge. It would be worth it and much more satisfying once you take the opportunity, knowing that you are also taking the risk. The riskier it is, the greater the opportunity it will be. This may not guarantee you success in every risk you take, but the experience alone of taking the risk is accomplishment enough. Plus, it strengthens your will to keep going and to move forward, no matter how many setbacks you deal with, now that you’ve gotten accustomed to taking risks.

305

“A great man is always willing to be little.” Humility always beats ego, no matter what other people say, with “other people” being the egotistical ones who don’t want to get rid of their egos, thinking it makes them great. Yuck. Pathetic, yes, but great, no. What ego does is poison your mind into thinking that you’ll always be right no matter what you do. It hinders you from working with other people and from being a team player. Now, which part of this makes you great? Your ego will only set you up for humiliation. So, never tolerate your ego, so you also won’t miss out on the actual things that will make you great, the things that make you a better person. Being humble, on the other hand, doesn’t mean you don’t value yourself, and that you’re willing to think of yourself as inferior to everyone else. No, it means that you don’t think of others as inferior beings to you, so you treat them the same way as how you want to be treated, no matter what their status is in their life and how successful you think you are. Because at the end of the day, success is not only measured by your accomplishments, but also by how you act around and treat other people.

306

“The pain of yesterday is the strength of today.” But it would only turn into strength once you allow yourself to let go. And letting go means that you stop punishing yourself for the pain you’ve experienced in the past. This is for the healing process to start. If you’ve already learned your lesson from it, then there’s no point suffering anymore. Be kind to yourself so you’ll recover. And you won’t be able to recover if you still choose to suffer. Yes, suffering, in this instance, is a choice. So, always choose to be better. You’ve already learned your lesson from your past anyway, now use it to improve your present. Getting stronger starts only when you allow yourself to heal, and you can’t heal if you’re still stuck in the past. Even reminiscing about the good memories in your past is still suffering, especially if it’s connected to your pain. Train yourself to not let your past be a distraction to your present, so you can make the most out of your present life, strengthening it in the process.

307

“You will not be punished for your anger, you will be punished by your anger.” Yes, giving in to your anger is punishment enough, one that is regrettable, humiliating and a complete waste of brain cells. Regrettable because you’d soon realize that you could have acted better to deal with your anger, but then you chose not to, only making things worse for you. Humiliating because if you try to see yourself from another person’s perspective, your first reaction would be “Yikes!” because of how ridiculous you look. And a complete waste of brain cells because this is not productive, as you’re only using your anger’s raw form, when you can process it and turn it into something you can take advantage of. The reason why you immediately give in to your anger is because you always do the first thing that comes to your mind when you get angry. Yes, this might calm you down and is also preferable to bottling up your anger, but, if you’re also making more damage in the process, then dealing with your anger this way is definitely not worth it. Just try as hard not to let your anger get the best of you, because you’ll just be the only one to suffer regretting and hating yourself once you realize you did something awful out of anger.

308

“If they’ve injured you, then they’re the ones who suffer for it.”

Always remind yourself of this whenever someone hurts you. Yes, the thought of taking matters into your own hands for revenge sounds very satisfying. But then, it won’t be worth it in the long run. You’d only be setting yourself up to more suffering. If you know (without any bias) that you haven’t done anything wrong, and people still hurt you, then let that be their own problem. Continue living an amazing life and just let karma do its thing. Yes, it will still bother you, so try really hard not to let it affect you, and if it still does, then process it in such a way that helps you improve yourself. Because living a better life is much more satisfying in the long run and a very effective middle finger to the people who hurt you. These people must be living empty lives, so don’t stoop to their level because your life clearly isn’t empty. Let them suffer for their own pathetic lives, while you celebrate your own life for having meaning.

309

“Much suffering, much unhappiness arises when you take each thought that comes into your head for the truth.” So, learn to filter those thoughts and remind yourself that not everything you overthink of is true and will happen. Don’t be the cause of your own suffering. Train yourself to limit these thoughts by taming them and not letting them control you. As the boss bitch of your life, you can always do this, your overthinking just tricks you into thinking you can’t. This does not mean you should stop overthinking though, because who are you kidding? You’ll always overthink, so only deal with the ones that are really plausible, so as not to waste time. Because sometimes the cause of your sadness is that you think too much and not in a productive way. And you can tell that your overthinking has gone overboard if it also distracts you from having a clear mind. So, learn how to limit your overthinking, or at least find a diversion, so it won’t sabotage you and you won’t sabotage yourself in turn.

310

“You’re offended when you fear that it might be true.” This definitely and exclusively pertains to something terrible said about you. And there’s nothing wrong with being offended, but what you do because of it is another story. If you’re the person who thinks revenge is the best response, then the joke’s on you because it isn’t. If the terrible thing that other people are saying about you is true, then instead of wasting your time thinking of a better comeback, why not use that time to redeem yourself and be better, so that terrible thing, which is true, will eventually lose its power and no longer hold true. Now, if you’re the type of person who denies and lies just to save face, then the joke’s still on you, because the truth will eventually come out, no matter how great of a liar you are. You’ll only increase the amount of humiliation you’ll face once you’ll also be outed as a liar. Again, if you’re so bothered by something about you because it’s the truth, then change and improve yourself so that it will no longer be.

311

“The ones who say ‘you can’t’ are too afraid you will.” And these people are what you usually call insecure losers. Being insecure is one (normal) thing, but also being a loser (at the same time) by bringing others down, because they’re afraid you’ll surpass them if you succeed, is another thing, and one that is just awful and pathetic. If you happen to be around these people, don’t listen to them, their only motive is to see you fail, and they’ll say anything just to discourage you from ever succeeding in your life. That’s how they manipulate you, so don’t let them and still do your thing. Even if it turns out you couldn’t do it, then that’s fine, at least you still tried and did it. And now you know where and how to improve so you can actually do it the next time you try again.

312

“A man who wants to lead the orchestra must turn his back on the crowd.” Full disclosure, the “author” does not have a clear idea what this quote means but would still like to put his two cents in, based on what he understood (or didn’t). If you want to take the path to success, you must free yourself from any distractions, especially ones that are easily avoidable, because these will only consume time, time that you could use to make a progress on your journey. Now, for the not-so-easily avoidable distractions, i.e., other people and your tendency to be a people-pleaser and care what they say and think about you, what you need to do is to master the ability to give zero fucks. But this will be hard and one which might also be impossible, because a tiny part of you will still care. But what giving zero fucks means is to filter out the parts that won’t really help you improve yourself. And you can do this by knowing your value, and not just your value but also your flaws and your weaknesses as they also define you together with your strengths. Because when you already know yourself, other people’s words about you would no longer mean anything, whether what they’re saying is good or bad. If it’s good, then you have something to be thankful for and then maintain and improve what you’re doing. If it’s bad, then check it first if there’s truth to it, and if so, then work on fixing it so you can be better.

All of this is possible if you put actions to your words, so stop making empty promises to yourself and start putting in the work.

313

“The highest sign of intelligence is doubt.” Does this also mean that you now have to always doubt everything just to prove you have intelligence? Well, obviously not. What this means is you have to make sure that you understand what’s given to you and you can do so by raising questions, and this is where doubt comes in. Because if you accept something as it is without even having a sliver of doubt, this will only make you more prone to be a victim of a pyramid scheme. And that is not something a person with intelligence should easily fall into. Doubting, in this instance, means that you just want to make sure you are not doing something stupid and one that also puts you in danger. This also shows how keen you are to learn and understand something, because if you only nod all the time, this will only show how clueless you are, which you are confirming by nodding. That’s why you doubt and ask questions to fully understand something. Doubting is therefore a part of the learning process, and oddly enough, also a part of protecting yourself from people who want to take advantage of you.

314

“The first sign of maturity is not reacting to others’ immaturity.”

Because you’d only lump yourself in with all the immature people if you do. If you want to improve the quality of your life, start by learning to be mature. Because if you are still immature, you’ll easily get distracted and react to shallow things, things that do not help you in any way in your life. If someone is trying to bother you with their immaturity, it’s normal to have the urge to respond with immaturity as well, fight fire with fire, but always think ahead and think in the long run, because this is not going to be worth it. This will also not make you a better person than the other. If you gave in to their immaturity, you’d only let the other person win, which is what they want in the first place. So, learn to approach things in the mature way as much as possible, and the feeling of satisfaction you’d feel after would be so much more than stooping to other people’s immaturity.

315

“The world belongs to optimists. Pessimists are only spectators.”

Again, what about the realists? The world is too big to only accommodate optimists and pessimists. Realists exist, too. Optimism is not always the answer, and people who usually resort to suggesting this do not have an idea how to come up with an actual solution. And realists, on the other hand, often do. You might argue something to support optimism, but again, it is not enough. Saying the world belongs to optimists is a bit of a stretch, because while optimists hope for the best, the realists are already putting in the work to deal with any situation. Hope is not enough without actual work. Optimism without action is just wishful thinking. But then again, it all boils down to what suits you. Always remember that your outlook will always depend on what you want in your life, or maybe it's the other way around, nevertheless, one affects and influences the other and vice versa. So, if you want to be an optimist, then be one. If you want to be a pessimist, go ahead. If you want to be a realist, then, yes, please, it's the way to go. Okay, that's obviously biased, but whatever outlook works best for you to succeed in life, then lead your life with it.

316

“No one outside ourselves can rule us inwardly. When we know this, we become free.” It’s a matter of knowing your true self, because once you do, other people’s (often ignorant) comments on how you should live your life will no longer mean anything to you. Being your true self not only gives you freedom but also the strength to not let anyone dull your brightness in expressing your true self. This is why knowing who you really are is important, otherwise it will be easy for other people to dictate the way you should live your life. And you should not let this happen, because you’re the one in charge of your life and nobody else. If you let that happen, you won’t be free, you’ll only feel miserable in your life, and this is not how you should live. So, know your true self and live your life freely with this in mind.

317

“Without a goal, you can’t score.” Yes, because if you have no purpose, then what’s the point of your life? Everyone has a purpose, so always remember that. Having a purpose (even just the thought of fulfilling it) is enough to add color and meaning to your life. And don’t stop at just thinking about it, you have to actually make it happen, because it will be so much more fulfilling once you get to actually do it. Don’t let anything or anyone hold you back from fulfilling your purpose, just also make sure that it really is your purpose, otherwise, you’d only be wasting your time and effort. Finding your purpose might be hard, but if just thinking about doing something that leads to achieving it makes you happy, then that’s your purpose, or one of, because yes, you can have a lot. Also, don’t mistake something as one if it in turn harms you or other people in any way, that’s not a purpose, that’s projection (or might be). So, know your purpose and then do it to live a meaningful life.

318

“Don’t cry because it’s over, smile because it happened.” This should not always be the case. This only sends the wrong message that crying is a bad thing, when it isn’t. If you’re so full of negative emotions, or any kind of emotion for that matter that you could just cry, then cry. Don’t repress it by smiling, because it will always find its way out, the repressed feelings, not the tears, or maybe both. And rather than be caught off guard by it when that happens, why not be in charge of your own feelings and deal with them the moment that you feel them? Because it’s not healthy to bury your feelings down, they’re not dead bodies, for starters, so deal with them head-on. That’s why they’re called feelings, because they’re meant to be felt. Okay, that just sounded cheesy, but that’s true. You can even cry and smile at the same time, why limit yourself to just one reaction at a time? Multi-react, which is a word the “author” made up (combined) which means a version of multitasking, but for reactions. That clearly does not make sense, but again, so what? The important thing is you are able to freely express and feel all your emotions the healthy way: by letting it all out (considering you’re not harming yourself or others in the process).

319

“The best way to pay for a lovely moment is to enjoy it.” A massive YES! Most people often take moments like these for granted, preoccupied with worries and other stuff, that they lose sight of what matters in the present, which is to just live it and enjoy the moment. This is not to discourage you from worrying, because of course, you can still worry, but don't let it take up so much of your day, because you'll only miss out on being really alive. Set a schedule for worrying, so you can still do other things, without having to compromise them by worrying too much. Any moment can actually be a great and beautiful moment if you really take the time to just be present and (as much as possible) clear your thoughts so you can really appreciate what's around you. Practice this until it becomes one of your principles, because moments like these might never happen again. This is a way to show that you treasure and are thankful for the moments that make life worth living. If you're too grumpy and argue that there are no such moments in your life, then change your outlook and see things from a different perspective. If you still can't see those moments, then create them. You also have to put in the effort to make those moments, so you can experience and enjoy them. Bottomline, be present to make and enjoy the beautiful moments in your life.

320

“The reward for conformity is that everyone likes you but yourself.” So, don’t compromise yourself just so other people will like you. Fuck those people. If you have to even cover a part of yourself just to be with and accepted by them, then they don’t deserve your company. You are and you can do so much better than those people. You’ll only lose yourself if you pretend to be someone other than yourself just to be liked by everyone. Plus, you’ll also just be miserable. Remember, you don’t exist to be liked by everyone, you exist to live your life the way you want to. Because it is only when you are living truthfully that you can embrace yourself and really enjoy your life. Not everyone will like you, and that’s okay, still carry on being amazing with your life, because that’s what matters. Don’t lose sight of this just because you want to please others, this isn’t your purpose, this shouldn’t even be anyone’s purpose. So, be you not for other people, but because it’s who you really are and who you want to be.

321

“Your problem isn’t the problem, it’s your attitude about the problem.” How you deal with the problem is indeed the issue often. Because most people blow it out of proportion by getting carried away after just knowing the problem. And this will not help you think clearly. So, be different from them, if you encounter a problem, instead of giving in to the urge of panicking, just pause. Give yourself some time to think. And then once you do, analyze the problem, what’s causing it and what are the ways you can solve it. You can still panic, yes, but just a little bit. Limit yourself from panicking too much, otherwise you’d only make things worse if you do things influenced by your panic. Before you deal with a problem, keep your attitude in check first, as your attitude sets your mood in dealing with it. You won’t be effective in solving a problem if you have so much anger in you. Try to pair your anger with another attitude that will complement it, like willpower, for example, so that you’ll be able to use your anger to your advantage and be effective in turn. It’s easy for you to give in to impulses if you have so much of just one emotion, so have two or more, and then blend them well, so you can really make the most of them.

322

“It pays to be smart — but it pays more to be determined, disciplined, dependable, and driven.” Being smart alone is not enough. If you rely so much on how smart you are and don’t put in the actual hard work to achieve your goal, then might as well say goodbye to achieving it, as you won’t even make any progress to get closer to your goal without actual work. That’s why being determined, disciplined, dependable and driven are more important, because these four will keep you going. They will help you to be consistent with the effort and hard work that you put in. If you’re on the verge of giving up, being smart won’t help you as much as these four will do. This doesn’t mean that being smart is a bad thing, being smart is great, obviously. You just also have to complement it with these four, so you can be more effective in making progress to achieve your goals.

323

“Losers quit when they fail. Winners fail until they succeed.” So, don’t beat yourself up if you fail at something. You never actually fail unless you give up. Don’t try to rush things as this is also one of the reasons why one fails, just do it at a slow and steady pace, but not too slow that you’re no longer seeing any progress, because this is just laziness. Don’t get too worked up on getting the goal as you’ll only lose focus on the present, which is to keep working until you get it. Even if you don’t, you’ll always learn something from it that will help you improve. Then use what you learned to try again. If you keep on “failing,” remember that you also keep on learning, so there’s always something to look forward to. And if you don’t get your goal, try a different strategy. If it still did not work, then also consider the time, as it may not be the right time for you yet. But this shouldn’t stop you though. Yes, this will be so annoying when it seems like the circumstances you get involve in are trying to tell you that this isn’t for you, but fuck that, defy those circumstances. Although, if it’s not your time yet, you should still keep on working, even if you’re only making a small progress, because that still counts and often makes a difference. So, don’t see your setbacks as failures, because this is just part of the process, and it will only be a process as long as you keep working.

324

“Always do what you are afraid of doing.” But if what you’re afraid of is dying, then please don’t, just let it happen naturally. Also, don’t always do what you’re afraid of doing, just do it from time to time. Because there’s this thing called gut instinct and sometimes it’s best to follow it as it only exists to protect you. But don’t overuse it as an excuse to get out of doing anything interesting, because you know what this makes you? A total bore. So, stray away from the path to total boredom and do things outside your comfort zone instead. This is good for your wellbeing and adds depth and color to your life. Also, the level of fulfillment that you’d feel after being able to do something that you’re afraid of would be immense that it will be an accomplishment. But if you keep on making excuses to get out of doing these things, you’d only look back and regret not doing them when you had the chance, and in turn feel miserable. So, don’t let this happen to you, because you can always prevent yourself from being miserable in life, kind of. Set a goal by starting from the small things that you’re afraid of doing, and then work your way up to the big ones. You don’t have to pressure yourself, and also don’t let others pressure you into doing them. Just hype yourself up to loosen yourself up, and once you’re relaxed, then take the plunge. By conquering your

fears, you'll also be living your life to the fullest, adding memorable and beautiful moments that you can treasure forever. Even after death, yes, that's how powerful these moments are, because most will remember you from the fears that you conquered and, in turn, your bravery will forever be immortalized in their memory.

325

“An angry man opens his mouth and shuts his eyes.” And while we’re talking about the parts of the face, one true measurement of outer and inner beauty that is not commonly known is how you get angry. If you’re so easily angered by anything that you also easily give in to your anger and distort your face in doing so, then you’re ugly—inside and outside. Even the word itself, “angry,” is ugly. Well, for starters, it rhymes, and saying it does not really sound good. Try to say it quickly ten times, and you’ll easily be misheard as saying “ugly.” Also, you won’t be able to think clearly if you easily give in to your anger, and if you can’t think clearly, obviously you’d just end up doing something stupid, which you’d only regret afterwards once your anger dissipates. Of course, don’t bottle your anger up, just find a healthy and good outlet for it, because there are ways that you can use it to benefit you. To do this, practice self-control, then once you get used to it, it’d be easy to tame your anger. This should stop you from saying the first thing that comes to your mind when you’re angry. Now, learn to see things from other people’s perspective, so that you’ll be able to have a bigger view of the situation, and in turn, think more clearly. And once you conquer your anger, it will then show on your appearance because you’ll glow, although not literally. The inner peace that

you'll have after beating your anger will then reflect on the outside by how unbothered you are, making you beautiful. So, if you want beauty, don't be angry (this makes total sense because it rhymes).

326

“The future is always beginning now.” Because what you do now greatly influences and affects what your future will be. So, if you worry too much about the future, when that future becomes your present, you’ll still just end up worrying. And that’s not how your future should be. Worry, but not all the time, because how can you really live your life if you do it all the time? Your future depends on how you live in the present, not on how you worry, so be less on the worrying and more on the living. Because if you really live your life, you’d also be able to work on your plans, learning and improving in the process. So, if you want to secure your future, focus on what you’re doing now.

327

“Try.” You’ll never know what it would feel like to you if you don’t really do something you’ve been wanting to do. Don’t just let an idea exist in your mind, if you’re so inspired by it, then execute it. It will be so satisfying once you get to see it in reality. Don’t get too worked up on whether it becomes successful or not, because it is already a success the moment you finally do and finish it. You’ll always learn something out of it anyway, so try and do it rather than think of the what-ifs and be bothered by not doing it. It may not happen the way you imagined it would happen but focus on the satisfaction you’ll feel once you finally manage to do it, as this is an accomplishment in its own right. And keep doing it, and eventually you’ll get better and be able to do it the way you imagined, maybe even better. But still don’t lose sight of what matters, which is to just enjoy and learn something from it.

328

“The heart will break, but broken live on.” Always remember this. But when you heal, always do it at your own pace, don't pressure yourself to rush the process, just feel and embrace it. Because only by feeling your pain can you carry on with your life. You'll also get to know yourself more, your vulnerable self, which you don't always get to feel. There's always a lesson after every heartbreak which also teaches you to become smarter, stronger, and better at identifying potential assholes and protecting yourself against them. However, be careful as well and don't let your vulnerability be used against you, because it's a double-edged sword. This means if you feel the urge to do something stupid and you're also already aware doing it would just hurt you again, then by all means, stop yourself from doing such a thing. Being vulnerable also makes you prone to sabotage yourself, thinking that doing something is the right thing to do at the moment. It is not, especially if you're still hurting. You know it's not the way to heal, and if you really want to heal, then help yourself first. Don't do the opposite, because at the end of the day, you'd just end up being the one miserable. So, always do the smart thing to heal yourself from a broken heart, because that's always the right thing, and doing the right thing will always help you to keep going in your life.

329

“Desire is a contract that you make with yourself to be unhappy until you get what you want.” And this is very true. You are unhappy because you desire too much. And while nothing is wrong with desire, if you have too much of it though, you’d only be miserable knowing you still haven’t gotten what you desired, that you lose sight of just living in the moment and enjoying your life. Your desires will only restrict you to only see what you don’t have and overlook and not appreciate what you currently have. It’s subtly destructive. But it shouldn’t have to be. Use your desires to drive you into working harder to attain them and still live your life by embracing and enjoying the little things in it. Just don’t let your desires ruin your outlook and your life in general, because how are you going to succeed if you’re always in a bad mood? That will only set you back even further from getting what you want, so, manage your attitude towards your desires.

330

“Many seek to refute before they seek to understand.” Because they believe this makes them a better person by disproving someone immediately without trying to understand first. So, don’t be like them. Doing this does not and will not make you smarter than the person you’re trying to refute, it just confirms your condescension, ignorance and sometimes prejudice. Combine the three and you’ll end up pathetic. If you are indeed smart, then don’t be stupid to do this. Don’t be too close-minded to quickly jump to conclusions without even considering and giving a small amount of time to understand. Understanding is not that hard, unless you’re one of the three things mentioned above. But if you are, this does not mean you’re already doomed for life, of course you can always redeem yourself by learning to be understanding. Open your mind and accept that you don’t know everything, and you are not always right, so don’t be too quick to refute someone without understanding them first.

331

“Be thankful for your failures. They reveal the winning strategies.”

This couldn't be any truer. So, don't feel down if you fail, you might just miss the lesson it's trying to teach you. If you fail, look for the areas that you need to improve on and work from there. A failure just means one way didn't work out, so try another way. Failing allows you to be better the next time you try again, so don't let it discourage you from trying again. See failures in a different light and you'd be able to recover from it quickly. Also, if you see failures this way, you'd be able to do almost anything since you'd no longer be held back by your fear of failure, unlocking a new kind of outlook in the process. So, don't be afraid to fail, be afraid of not doing anything instead.

332

“Learn to be indifferent to what makes no difference.” Don’t get worked up and waste your time on things that don’t really matter. If it does not help you in any aspect of your life and you can still live without it, then that thing does not matter. Once you get rid of these things, you’d then be able to save your time and energy and use them to do the things that actually matter. It just takes a matter of discipline and a goal-oriented mindset to successfully do this. This can also be applied to opinions you hear about yourself from others, they clearly don’t matter, so don’t waste your time on them. Know which of the things in your life matter and put all your time, energy and even your life for that matter, into them, because they are the things that make your life great and who doesn’t want a great life? Again, if it doesn’t matter, don’t bother yourself.

333

“If you haven’t the strength to impose your own terms upon life, then you must accept the terms it offers you.” If you’re unhappy with the current state of your life, then muster the courage to change it by working hard. This is how you fully take control of your own life. Don’t just accept things in your life as they are, especially if they suck and they can still be better or replaced with something better. Don’t be passive if it’s about your life, you won’t be able to make a progress like this, be assertive instead. This makes you driven to achieve the life that you want. Think of your life as a brand-new phone, you’d always want to change its default settings to the ones that you prefer, right? So, you should also do this to your life, don’t just live by default, that’s just blandly existing, it’s not even living. This does not mean you’re being ungrateful, it just means you just want to improve your life and everything around it. So, work hard for it to be better.

334

“Love is a trap. When it appears, we see only its light, not its shadows.” This should not stop you from loving though. Just use this as a reminder to not be blinded by shallow feelings, otherwise you’d just be the one who’ll suffer in the end. In its simplest terms, this means don’t get carried away by your feelings, still be smart, so you can avoid being unnecessarily hurt. And you can’t do this if you’re blinded by your feelings, because if you are, then no matter how many red flags that person raises, you’d still see them as perfect, incapable of making any mistakes. And this will not be healthy for you, so don’t let your feelings make you stupid, and don’t even argue that you’re only accepting their flaws. There’s a huge difference between a person’s flaws and their red flags, so don’t confuse one with the other. Always be on the lookout for signs, and if the situation calls for you to develop trust issues, then embrace the trust issues, but don’t overdo it, because having too much of it will only backfire on you, so just have the minimum amount, just enough to identify the red flags, not only of the other person but also your own red flags. Yes, don’t be biased, you might also be the problem, so be impartial, have trust issues on both of you. Always question both your actions and feelings, if they are valid, if they are right, and if doing them is the mature thing to do.

Bottomline, love is indeed a trap, so brace yourself by being smart to avoid falling into the trap.

335

“The material possessions aren’t the problem; our attachment is the problem.” Correct. So, learn to let go of your attachment to material things, because they won’t really give you the long-term happiness that you’re looking for. You’d only end up wanting more and then an attachment is formed, an unhealthy one. But, if you just want short-term satisfaction, then treat yourself, nothing’s wrong with that. Just don’t use it to replace a source of long-term happiness with it as material things won’t be able to. And always pair your materialism with self-control so an attachment to it wouldn’t form. Nothing good ever comes out of being attached to material things, it only makes you immature, and not in an interesting way. It only hinders you from finding actual sources of long-term happiness and contentment in your life, so don’t let that happen.

336

“Decide that wherever you are, is the best place there is. Once you start comparing, there’s no end to it.” What if it’s not really the best place? You’d only lie to yourself if you’d still believe it is. If you’re surrounded by toxic people and a totally bad environment, then it’s not the best place for you. You’d just be miserable if you stayed, as it also impedes you from ever becoming successful and happy. So, if you know you are in a bad place, move to a better one. Either you work hard or ask for help. It’s not impossible, so don’t think that it is. You can do so much more and be so much better if you are in a place free from all toxicity, a safe place. This is what you can actually call a home and the best place to be (until you find an even better one). And if you are now in a safe and healthy environment, don’t compare it to any other place, as you won’t be able to appreciate living in it as you’ll only see what it does not have, this only makes you part of the problem. So be part of the solution instead by making it better and asking yourself what you can contribute to it so it can have what it doesn’t.

337

“No great thing is created suddenly.” That’s why there’s patience, which is something you need if you want to achieve something great. Don’t worry and don’t be uncertain if something great will ever happen to you, it’s not something that should happen to you, but something that you should create yourself. And you can do so by working hard, and you can only keep going if you pair it with patience. Remember that greatness is honed through time, that’s why patience is necessary. Don’t ever be discouraged if other people did something that made them overnight successes, because they, too, put in a lot of hard work and patience and endured a lot just to become an “overnight success”, so it’s not really overnight. It’s a process that you have to go through. If you lack patience, you’d only search for the wrong thing, which is a shortcut to success, and this will only delay you even more because there are no real shortcuts. This only shows how lazy you are if you think there is and go looking for one, instead of actually working hard. So, don’t be lazy. The only way to be great is to work hard and be patient in doing so.

338

“Indeed, man wishes to be happy even when he so lives as to make happiness impossible.” So, do some soul searching and if you find yourself to be this, then by all means don’t be counterproductive. If you want to achieve happiness, do something to get closer to it, not further from it. Don’t sabotage yourself and be a hypocrite. You want to be happy, so make a plan to achieve it and work on that plan. Sulking and then whining about not being happy but wanting to won’t change how you’re feeling, you’ll just stay miserable or maybe even feel worse. Happiness is not something that can be felt as fast as flicking a switch. It’s not something that you can summon just by whining about your life. It does not work that way, so muster the courage to break free of your laziness (and also procrastination) and make an actual plan. Put all the energy that you normally waste on sulking and whining into making an actual plan and put it into motion by working on it. You can always ask for help if you need to. Also, if it’s your environment that makes it impossible, either the people around you or the actual place you’re living in, then stay away from them or move out, respectively (or do both). Although moving out won’t be easy, so endure it at first while you’re working and saving on moving out. Happiness is not just

something that you wish for, it's something that you should also work hard on.

339

“Our anxiety does not come from thinking about the future, but from wanting to control it.” Wouldn't it be awesome and great though if you can control your future? But then it wouldn't be exciting if you already knew how it turns out, and that's not the point of living. You always live in uncertainty, not knowing what your future will be, and that's how it should be. But then there's actually one way to control your future, and that is to focus on your present, because what you do in the present shapes your future. Don't stress yourself over something that hasn't happened yet, because that won't influence how your future will turn out to be, plus you'll only be stressed out (unnecessarily). Be hopeful when thinking about the future, but if you can't help yourself but worry because you want your future to turn out exactly like what you envision in your mind, then prepare to be disappointed, because it will never look exactly the way you picture it. So, manage your expectations so you won't be disappointed. This way you'll still be able to enjoy the moment and if you do, you'll be able to do great work in your present, which then results in a favorable future.

340

“There’s only one thing more precious than our time and that’s who we spend it on.” And also, what you spend it on. Spending time with other people is not the only precious thing you can do with your time, it’s also doing the things that you love to do, your passions, as they make you appreciate and be thankful for your life even more. They fulfill you in ways that being with someone can’t. This shouldn’t discourage you from being with someone though, as this also is a special thing to do as this makes your life even more beautiful if you get to spend time with others, doing the things that you love. Both are special in their own right. So, being with someone is not really just the one path that makes your life worth living. You can also live a life doing the things that you love. And you can also do both. It’s not an either/or situation, it depends on what you love in your life. And always strive to follow what you love, as long as it makes you happy and it does not harm you or others in any way. So, always find the time to do these things as they are food for your soul.

341

“Death is not the opposite of life, but a part of it.” Yes, because life goes on beyond death. Don’t be limited by what your physical body can do while you’re alive, as there will be so much more beyond it once you become a ghost. Just imagine the possibilities of what your ghost can do that your (boring) physical body can’t. For starters, not being held back by gravity, so you can go anywhere you want (hypothetically). You may not be the same form as your physical body, but it does not mean you can no longer enjoy your afterlife existence. This goes to show that death is not the end. But if you worry about what you’ll leave in this physical world once you die, then create something out of your passion, because that will become your legacy. Live your life filled with creativity, but if you are not leaning towards being creative, then make an impact through your generosity, but don’t do something just because you want people to remember you by it, that won’t be sincere, it only invalidates your effort to make a real impact. Just change your outlook toward death, it’s not something to be feared (although being afraid of it is normal, but just keep in mind that everyone is headed there), it is something to be prepared for. But not in the way that you look forward to it, because you’ll no longer be able to enjoy your life

and live if you're always on the lookout for death. Be prepared by living a fulfilling life every day.

342

“Keep it simple.” This is boring. If you think you can do something in a great way, then do it that way. If you want to make a splash and be amazing, then go make one and be one, respectively. If you’re just filled with inspiration and passion, then don’t hold back, because you’ll only regret it and be sad if you do. Keeping it simple does not really have to apply to all things in your life. Because that will only make your life bland, and this will no longer be a life, but just an existence, a bland one at that. Everyone is always capable of going beyond and doing something great, so don’t limit yourself. You want self-improvement? Then strive for greatness. You want to be memorable? Then strive to be amazing. You want to stay boring and invisible? Then always keep it simple. It’s as simple as that.

343

“Memory and identity are burdens from the past preventing us from living freely in the present.” But they don’t have to be burdens, they are not even burdens at all, it’s how you treat them that makes them one. If a memory is good, then cherish it, think of it when you feel down to lift your spirits back up. Just don’t do too much of it because you’ll form an attachment and then just procrastinate if you do. If a memory is bad, on the other hand, then let it guide you not to experience and suffer the same thing all over again, use it to help you become stronger and more resilient. Don’t let it develop into an immense fear which will then hinder you from ever living your life and doing the things that you love. Now, how is identity a burden? And why is it from the past? You are your own identity. What you go through in the past might have helped in forming it, but your identity should always be with you in the present. You’d be lost without knowing who you really are, but your memories, specifically how they influence your life in the present, shape your identity. Having identity, therefore, is connected to having a life.

344

“You can’t force someone to respect you, but you can refuse to be disrespected.” And you can do this by learning how to stand up for yourself while still having an air of giving zero fucks. Yes, marry those two and you’d be formidable. Learn how to determine situations that are worth standing up for, so you won’t unnecessarily waste your time and energy, and then apply your zero-fucks-given attitude to situations that are not worth it. If someone is bothering you and you can’t help but be affected by it, then muster the courage to stand up and speak up. But if your efforts of standing up and speaking up for yourself are still outweighed by the other person’s stupidity, then learn how not to be affected by it, and this is where giving zero fucks comes in. Giving zero fucks is what you can actually do instead of forcing someone to respect you. Just carry on with living an amazing life where your main focus is to enjoy your life, and where you also find parts to improve it in the process. This means you refuse to be disrespected by not giving any of your attention, time, or energy to anyone trying to disrespect you, and that no matter what someone says about you to disrespect you, if you don’t give a single shit about it, then you can’t be disrespected. However, it would be an entirely different story if the person will now do anything that can harm you physically, as giving zero fucks no

longer applies to this situation. If something escalates to that level, then call the authorities or curse the person through bad witchcraft before you get hurt.

345

“Understand: You should be radiating confidence, not arrogance or disdain.” Don’t confuse the former with the latter two, as confidence comes from having a sense of self-respect, while arrogance and disdain come from bitter insecurity. To elaborate, having self-respect means you know your worth and value, which would then allow you to be comfortable and confident in expressing yourself. And if you are able to express yourself this way, you’ll also learn to treat others respectfully, so they can also express themselves. Now, if you are bitter and insecure, you’ll always think of yourself as above everyone else, thinking that as long as they are inferior, you are the better person, but this could not be further from the truth. If you think this way, you’re only confirming how little value you see in yourself that you project it into seeing others as inferior, and this only makes you pathetic. If you exude confidence, you’re inspiring others to be confident as well, by creating a safe space for them to be one. On the other hand, if you only display sheer arrogance, you’ll only intimidate others, creating a toxic environment in the process. Confidence inspires, arrogance discourages (and also annoys). Learn and understand the difference between the two if you strive to be a better person.

346

“The main thing is to keep the main thing the main thing.” Okay, that’s a lot of main things. What this quote might be trying to say is to not get distracted by unimportant things and focus on the most important thing in your life. But first, you have to know what that is. Once you do, the next thing is to find the inspiration to begin working on it as it sets up your entire mood, which then helps you get off to a good start. The next part is to keep motivated, so you’ll stay consistent in working on your “main thing”. Taking a break is fine, it’s even recommended so you won’t feel burned out. You can also do other things on the side, so you’d still experience and learn from doing a variety of other things, just don’t let these other things keep you from working on your main goal. If something contradicts your main goal, then don’t pursue it, because it won’t be worth it. Yes, it’s hard to stay focused when you are surrounded by a lot of distractions, but if you learn and master discipline so you won’t stray away, while also learning to manage your time productively, then you’ll be able to stay focused on what matters in your life. But if you think discipline and time management aren’t enough, then think about death, specifically its inevitability that it will happen to you someday. You don’t want to leave this world with nothing

to show for your life, right? So, chop-chop, get started and stay focused.

347

“Act with kindness, but do not expect gratitude.” This is the purest and most selfless form of generosity. This should be the standard in how kindness should be. Be kind to others not because you want something in return, that’s not being kind. It might as well be bribing if this is your attitude in giving and/or helping others. So, don’t confuse this with kindness. If you want to do something good for other people, do it without expecting them to return the favor. If they are kind people, they will gladly return the favor either directly to you or pay it forward to others. Unless you have some form of barter agreement, then of course it’s fair to ask others to keep their side of the bargain as well. But if it’s a pure act of kindness, then do it without having any other motive other than just wanting to help. You’d just end up unnecessarily disappointed if you don’t get something you expect in return. So, get rid of your expectations, not just when giving something but also in everything, as they only lead to disappointment.

348

“Honesty is a very expensive gift. Don’t expect it from cheap people.” Though this might be a bit harsh, this is true. Being honest and not being afraid to be one are signs of being mature. This also makes you one step closer to becoming a fully realized person, as you’ll no longer be held back by your fear of being honest. A healthy relationship is always founded on honesty. And this does not only apply to relationships with other people, but also your relationship with yourself. You can’t live your life based on a lie, so don’t. Be brave to live your life, your true life. You also won’t succeed by lying. You might think you can get away with something by lying, but always remember that it will eventually backfire, so why not deal with it head-on? If you’re being honest with yourself, it will also be easy to be one for others. Honesty is indeed a precious attribute to have. Real honesty, just to be clear, so don’t confuse it with the fake one you use as an excuse just to say terrible things to others to bring them down. Honesty should come from a place of respect and compassion, not from wanting to embarrass or undermine other people (which is just toxic and purely immature). So, stay away from toxic and immature people, because they will never be honest to you, or to anyone else for that matter. And if you

realize you are one of those people, then learn to be honest, and start to live your life like a mature person would.

349

“Attitude is a little thing that makes a big difference.” It’s not a little thing, it takes years to develop since it’s honed by what you experience over the years. Your attitude in life dictates how far you’ll go and how you’ll get to where you want in your life, that’s how big and important it is. Therefore, having a bad attitude towards life won’t get you anywhere close to success. If you want to achieve something, get rid of your crappy attitude first, because that will only hinder you from accomplishing things. And you can get rid of it effectively by using it to your advantage. Whenever you think of something influenced by your terrible outlook in life, use that to think and formulate a plan to avoid it, and also make a contingency plan on how to deal with it in case it actually happens. Don’t just wait for it to happen without doing anything, it’s your life that you’re dealing with here, so, don’t be a passive and a clueless passenger, take control and be the captain of it instead (also read *Invictus*).

350

“Another person will not hurt you without your cooperation.” Yes, as long as you don’t give a shit about them, their efforts to hurt you will all just go to waste. And this will piss them off more, so keep being unbothered by them, it’s how you win against them. This also makes you the bigger person, not stooping to their level. Because the moment you give them even an ounce of attention, you’re already opening yourself to get hurt. So, don’t give them a chance to do this to you by not letting yourself fall victim to their pettiness, because that’s all they’ll ever be, petty. Plus, it would also be so satisfying knowing that you chose to be smart by not giving in to them. Because if you stoop to their level of stupidity, that will also make you stupid and be on the same level as them. You could argue that you will still get affected somehow, and although this might be true, how you react to what you feel is what matters. If you still get affected, then maybe it’s because what they’re saying (or a part of) is true. But don’t take it out on them, change that part of yourself and be better instead, so the truth in what they’re saying will no longer be true (as what you’ve read in Chapter 310). And this is how you win against them.

351

“When you want something, all the universe conspires in helping you to achieve it.” Okay, but use this to inspire you to start working, not as an excuse to be lazy and then just wait for something to be handed to you. Don’t be stupid like this, the universe doesn’t revolve around you, so stop thinking that it does. It may seem that the people and circumstances around you are helping you, but that’s only because you are working, so, them helping you is actually just one of the indirect results of you working hard. Achieving something you want is not an easy feat, it is a product of hard work. Don’t rely on signs because they’re not really signs, you’re just the one who sees them as such because you want to validate the part in you that thinks the universe revolves around you (again, it doesn’t). So, instead of wasting your time looking for signs, just use it to put in the actual labor, the hard work, because this pays off. You will be able to see actual results from working hard, rather than from waiting for signs.

352

“It’s easy to stand in the crowd but it takes courage to stand alone.” But that courage will be rewarded by a perfect tandem of freedom and calmness once you get comfortable being alone. Just to be alone with your thoughts and process them in a way that only being alone allows you to, that in itself is satisfying. Being with others won’t give you this level of satisfaction. So, don’t be afraid to be alone. There’s beauty with being alone. You can get to know yourself better when you are alone. The only reason you don’t want to be alone is you’re afraid of getting pitying looks from others if they see or know you are alone. One, you’re probably just overthinking as other people don’t really care whether you are alone or not, they’re busy thinking about themselves as well. Two, you’re probably just being a potential hypocrite as you’ll probably also feel sorry if you see someone being alone, that’s why you’re scared to be one. The amount of independence you have when you are alone will be so immense, hence the satisfaction. There’s nothing wrong with being alone, so don’t think that there is.

353

“Hide your craziness behind a smile. And relax.” No, show it. How can you relax if you bury your real feelings down, and cover them up with a smile? You’d only end up gritting your teeth or biting your tongue if you do. Don’t smile if you don’t want to, don’t give yourself another reason to be annoyed at yourself. Also, how can you relax knowing that you’re hiding a part of yourself? The quote obviously contradicts itself. Remember, craziness is just misunderstood potential. It’s what people often use to describe something that they don’t understand. If you’re just being amazing and you’re labeled as crazy, accept that as a compliment, as this also confirms how narrow minded the people calling you as such are. If you hide a part of yourself, you’re only blocking yourself from really living your life. You won’t be able to enjoy your life this way, especially if it’s something that actually makes you great. Although, if it’s something bad, then always seek help, as it is always available. You’ll only be able to relax if you’re living your life without lies and without hiding anything.

354

“Nothing ever goes away until it has taught us what we need to know.” Everything you experience is indeed a learning experience. Whether it’s good, bad, boring, or interesting, it always has a lesson that it’s trying to teach you (whether directly or indirectly), because it will help you become a better person. It’s up to you to find out what the lesson is and how you’ll use it in your life, but always use them to your advantage. Because they will just go to waste if you don’t apply what you learned in your life. You experience things for a reason, so you also learn things for a reason. You learn so you can improve, not the other way around where you make yourself worse. So, always find the lesson in every bad experience, as that’s also how you find the silver lining.

355

“We must accept finite disappointment, but never lose infinite hope.” Remember that disappointment is not permanent. And as long as you still keep going, there is still hope, or maybe it’s the other way around, that as long as you still have hope, you can still keep going. Either way, you need to have both to make progress and be a step closer to achieving whatever you’re trying to achieve. Take some time off and unwind, so you can recover from a disappointment. Also, try very hard not to do something that will only set you back further. Once you recover, seek inspiration as this ignites your hope and motivates you to keep going. Also, the only way to go is to move forward, because who wants to be stuck in their lives? People with no ambition probably, and this is just sad and a wasted potential, but also one that’s avoidable. So, keep hoping and keep going to stay on the right path, which is the path you want your life to take.

356

“I’m sorry.” The number of times this phrase has been said without actually being meant is ridiculously disappointing, as it’s almost all the time. This phrase might have even lost its power, with most only saying it out of habit, taking it for granted in the process. Remember that saying sorry does not immediately entail forgiveness. It is not a reset button that also gives you an excuse to do the same thing that you’re sorry for (in the first place) again. Saying sorry and being sorry are two different things, so learn to distinguish between the two. Saying sorry is just not enough, that’s why you also need to put in the action to support your words, to add truth to them. Yes, it’s human and normal to mess up and make mistakes, because you will always learn something from them. But if you keep making the same mistake over and over again, try to ask yourself, “Am I a piece of shit?” Because the answer is always yes. And you have to acknowledge being a piece of shit, because (1) you are one (for making the same mistake over and over again), and (2) it is only through owning your shit can you take responsibility for it and start doing the right thing, the mature and responsible thing. And once you do this religiously, you’ll also then start to become a better person.

357

“Fuck my life.” This is clearly not a quotable quote you see posted everywhere, being obviously not inspirational. But, this phrase deserves its own chapter, especially since most people feel like this at some point in their lives. And this feeling sucks, really sucks, especially if you’re already doing your best and your life is still shitty. Now, you won’t read anything commonly inspirational in this chapter (e.g., you have to look on the bright side, still carry on, etc.), because that’s what the previous chapters are for. This chapter is all about letting you know that your “fuck my life” feelings are valid, except when you’re just being a spoiled brat whose life is just okay, but you overlook it, having entitlement mentality. For the spoiled, entitled brats, the world does not owe you anything, so inculcate that to your mind until they sink in (the idea, not your mind). For the ones that are legit suffering from the harshness of life, know that what you’re feeling is also legit. Yes, you may also get the urge to also be done with life by giving up altogether. But don’t give in, you’re only letting it win. Just experience it, let it sting and hurt you. And then use your pain to make you stronger and, in turn, keep you going. So, if you’re being fucked by life, then fuck it as well, by being resilient and pissed (which can be converted to useful energy).

358

“Time flies.” It does indeed. It does not wait for anyone. So, if you think about slacking off, please think again. Think of the many possibilities you can do if you avoid slacking off. Slacking off only attracts procrastination and unproductivity. You’ll only miss important moments in your life if you do. So, try very hard not to go down that path to slacking off. Don’t wait for anything because time doesn’t, you might just realize and regret one day how much time you wasted, time that you can no longer get back. But this also does not mean you no longer have the chance to redeem yourself by improving, because as long as you’re still alive, you can still change yourself through self-improvement. So, don’t lose hope, but if you are on the verge of losing hope, then seek inspiration through anything, people, animals, your passions, other people’s passions (okay dial it down a notch). This is for you to build your hope back up, and then start your self-improvement process, making the most of your time, in other words, you fly with time.

359

“*A happy ending.*” Is this really what life’s all about though? In a way, yes. Because if you’re not happy, then you’re still not at the end. Although doesn’t it suck to only be happy just when you’re already at the end? That would be a bummer and also unfair if that’s the case, but it isn’t (plot twist!). Obviously, the “ending” the quote is talking about is not death, it just means the point of your life where you’re settled, and you finally feel content. Remember that you can’t fake happiness, but what you can do is work hard for it (or win the lottery). Even winning the lottery still requires you to work hard to achieve the highest level of happiness, and that is contentment. Because if you’re not content and don’t know how to be, then no matter what you do or get, you’ll still feel that there is something missing in your life, creating this void that no material thing can fill. So, strive for true happiness and don’t wait for an ending to be happy.

360

“It gets better.” It’s usually what you say when you run out of things to say to someone going through a tough time. And it’s true, although it’s also like saying, “yes, it gets better, but for the meantime, suffer.” That’s totally blown out of proportion, since if you really analyze it, it means that whatever you’re feeling when going through a tough time is valid, just feel it until it makes you stronger and disappears on its own (just like acne). Because it indeed gets better over time, although it’s normal to rush the healing process, it’s best to just let it run its course, so you’d heal naturally. But if you can’t wait, then don’t wait, divert your attention to doing other things in your life, if you can’t do that as well, then wallow in the pain, try to see if there’s anything worth salvaging in it, or if there’s something good in it. There might be, but if there isn’t, then you’re not looking hard enough. There will always be something good that comes out of your suffering. You might not even be suffering at all, you might just be seeing things around you very negatively, and if this is the case, change your outlook. But if there really isn’t, then make something good out of it yourself, and this is how you take the path towards emotional maturity, imagine how fulfilling that will be. Very!

361

“How dare you?” This is what you usually say to others when they say something insensitive about you. But don’t just say it, exclaim it. But enough about others, they don’t deserve your time and energy, so still be the bigger person by being unbothered. What this phrase can also do is to stop you from being mean to yourself. When you think or say something bad about yourself to beat yourself up for failing to do something or even for just being yourself, then exclaim this phrase to yourself (preferably mentally, because you’d just look weird exclaiming it out loud). You won’t be able to help yourself get back up if you’re also the one bringing yourself down. Never sabotage yourself and then whine about being miserable afterwards. Don’t be ridiculous this way. Use this phrase to stop you from being too hard on yourself. You won’t be able to do your best if you’re also cruel to yourself. Don’t, just don’t. How dare you do that to yourself, your precious, has-the-potential-to-do-great-and-be-amazing self?

362

“*No man is an island.*” Correction, no man is as big as an island (that we know of). But this actually depends, as you can survive being alone, if this is what you really want. And what you really want is what should matter in your life, not conforming to society’s outdated view that you have to pair up with someone to spend the rest of your life with. This is a beautiful and special feeling, yes, and so is being alone. As long as you are living the life that you want, then it will be beautiful and special. That’s it, it couldn’t be any clearer than that. If you want something clearer, there isn’t one, because again, it couldn’t be any clearer than that!

363

“Don’t steal my thunder.” Never let anyone steal what makes you “you”. It’s none of their business in the first place, plus they will only reek of pathetic insecurity if they do. Some people are really terrible sometimes, so be better than them. All of us have our own time to be great and to excel, so don’t steal other people’s time (to shine) by making their thing about yourself. Narcissistic much? No, don’t be like this. This quote also has a similar essence to the saying, “don’t rain on my parade”, in that you should not let anyone ruin your mood. Shut them down quickly either by calling them out for being an insensitive buzzkill and/or by carrying on with being and doing amazing, as this in turn makes you happy. Because once you’re filled with pure happiness, not even an ounce of misplaced negativity can affect you. And also, don’t invalidate other people’s moment by pointing out something negative in it, if you have nothing good to say, then just shut up, keep your negative thoughts to your mind, where they should only exist and eventually disappear.

364

“Learn your lesson.” Because what’s the point of your life then if you don’t learn anything out of everything you experience? If you insist that you didn’t learn anything, this just means you’re not looking hard enough for that part where you learn at least a thing or two. Every experience teaches you something, you might just be focusing on the wrong things that you miss them. Remember that you’re not always given the chance to learn, so don’t take it for granted and then regret it later, because regret is the only thing you can feel after intentionally missing this kind of opportunity. And it will just go downhill from there. So, before that happens, always try hard to squeeze something good out of everything you experience. And this is how you use every experience, whether good or bad, to your advantage.

365

In conclusion, life will always try to chew you up and spit you out, and this isn't a bad thing. Think of living your life as being washed in a washing machine. You first undergo the washing stage, which hurts really bad, because this is the stage where you experience almost every kind of obstacle, but then just as you are on the verge of giving up, it stops and gives you a rest period. This is when you recuperate, to get your energy and lift your spirits up. Then there's the rinse period, which tests you to see if you actually learned and improved from those obstacles you survived from. And then the final spin to remove the water, which means finally letting go of the parts that will only bring you down. This process will always be different from one person to another, so don't compare yourself to anyone, just live your life at your own pace (without slacking off, obviously). You can only do this if you cooperate by also helping yourself to live the life that you want. Trying, failing, learning, improving, trying again, then failing again, learning some more, then improving some more, then trying again, then—you get what the “author” is trying to say, right? — are all just parts of life. One part doesn't define your life completely, so convert the surplus of your worry into something that is actually useful. So, live. Live your best life, it's yours and no one else's.

Leap Day - an extra, demanding day corporations conspicuously added to the calendar every four years to have their employees work more without extra pay. Just close/cross your eyes, point randomly at the figure below and go to the number your finger lands on.

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92	93	94	95	96	97	98	99	100	101	102	103	104
105	106	107	108	109	110	111	112	113	114	115	116	117
118	119	120	121	122	123	124	125	126	127	128	129	130
131	132	133	134	135	136	137	138	139	140	141	142	143
144	145	146	147	148	149	150	151	152	153	154	155	156
157	158	159	160	161	162	163	164	165	166	167	168	169
170	171	172	173	174	175	176	177	178	179	180	181	182
183	184	185	186	187	188	189	190	191	192	193	194	195
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248	249	250	251	252	253	254	255	256	257	258	259	260
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274	275	276	277	278	279	280	281	282	283	284	285	286
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326	327	328	329	330	331	332	333	334	335	336	337	338
339	340	341	342	343	344	345	346	347	348	349	350	351
352	353	354	355	356	357	358	359	360	361	362	363	364
365												

Acknowledgements

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Chapter 1 - Aristotle

Chapter 2 - Every fitness instructor

Chapter 3 - Osgood Fielding III

Chapter 4 - William Shakespeare

Chapter 5 - William Shakespeare

Chapter 6 - Every "Real Housewife"

Chapter 7 - Violet Fane

Chapter 8 - Every self-help book author

Chapter 9 - Emily Dickinson

Chapter 10 - Every person asking for a bite of their selfish friend's lasagna sandwich.

Chapter 11 - Every motivational speaker (fraud or otherwise)

Chapter 12 - Every person invited to a free eat-all-you-can buffet.

Chapter 13 - Sidney Sheldon

Chapter 14 - Every mature person

Chapter 15 - Your hard-working side, pleading to your lazy side.

Chapter 16 - Everyone

Chapter 17 - Heraclitus Ridens

Chapter 18 - Benjamin Franklin

Chapter 19 - Confucius

Chapter 20 - Every contestant in Big Brother

Chapter 21 - Jesus

Chapter 22 - The Bible

Chapter 23 - Every overcharging, semi-competent fitness instructor

Chapter 24 - Leo Robin

Chapter 25 - Dale Carnegie

Chapter 26 - Sun Tzu

Chapter 27 - Aristotle

Chapter 28 - Benjamin Franklin

Chapter 29 - Paul the Apostle

Chapter 30 - Every struggling person, lazy and privileged people not included.

Chapter 31 - Eddie Stone

Chapter 32 - Every friend who's either high on weed or too lazy to come up with any solution.

Chapter 33 - The Bible

Chapter 34 - Every person on the path to self-improvement

Chapter 35 - Old Proverb

Chapter 36 - Every entitled Karen
Chapter 37 - Meher Baba
Chapter 38 - Every person who
can't afford/too lazy to buy a real
medicine.
Chapter 39 - Miguel de Cervantes
Chapter 40 - Scarlett O'Hara
Chapter 41 - Corrie ten Boom
Chapter 42 - Nick Vujicic
Chapter 43 - William
Shakespeare
Chapter 44 - Mary Ann Evans (as
George Eliot)
Chapter 45 - Margaret Wolfe
Hungerford
Chapter 46 - Samuel Lover
Chapter 47 - Plato (?)
Chapter 48 - Lao Tzu
Chapter 49 - Thomas Bertram
Lance
Chapter 50 - P. Hamilton Myer
Chapter 51 - Jordan Peterson
Chapter 52 - Emperor Augustus
Chapter 53 - Mahatma Gandhi
Chapter 54 - Solomon Ortiz
Chapter 55 - George Herbert
Chapter 56 - Mark Twain
Chapter 57 - John Ray
Chapter 58 - Isaac Newton
Chapter 59 - John Heywood
Chapter 60 - Oscar Wilde
Chapter 61 - Edward Bulwer-
Lytton

Chapter 62 - Every bully (human
or otherwise).
Chapter 63 - Paul the Apostle
Chapter 64 - Andrew Murray
Chapter 65 - Walter Scott
Chapter 66 - William Watson
Purkey
Chapter 67 - Mark Twain
Chapter 68 - Indira Gandhi
Chapter 69 - Kahlil Gibran
Chapter 70 - George Washington
Chapter 71 - Napoleon Hill
Chapter 72 - Susan B. Anthony
Chapter 73 - Walt Whitman
Chapter 74 - George Orwell
Chapter 75 - John Galsworthy
Chapter 76 - Aldous Huxley
Chapter 77 - Mahatma Gandhi
Chapter 78 - Jesus Christ
Chapter 79 - Lao Tzu
Chapter 80 - Edith Wharton
Chapter 81 - Voltaire
Chapter 82 - Henry Ford
Chapter 83 - J. R. R. Tolkien
Chapter 84 - John the Apostle
Chapter 85 - Anne Frank
Chapter 86 - Milton Berle
Chapter 87 - Edmund Burke (but
then not really)
Chapter 88 - Mark Twain
Chapter 89 - Margaret Mead
Chapter 90 - Plato
Chapter 91 - Robert H. Schuller
Chapter 92 - Mother Teresa

Chapter 93 - Walt Disney
Chapter 94 - Aristotle Onassis
Chapter 95 - Joseph Campbell
Chapter 96 - Audrey Hepburn
Chapter 97 - Robert Louis
Stevenson
Chapter 98 - Buddha
Chapter 99 - Ralph Waldo
Emerson
Chapter 100 - Winston Churchill
Chapter 101 - Og Mandino
Chapter 102 - Norman Vincent
Peale
Chapter 103 - William Arthur
Ward
Chapter 104 - Eleanor Roosevelt
Chapter 105 - Theodore
Roosevelt
Chapter 106 - Soren Kierkegaard
Chapter 108 - Robert Lloyd
Chapter 109 - The Dalai Lama
Chapter 110 - J. P. Guilford (sort
of)
Chapter 111 - James Dean
Chapter 112 - Elbert Hubbard
Chapter 113 - William Wallace
Chapter 114 - Rainer Marie Rilke
Chapter 115 - Aeschylus
Chapter 116 - Aristotle
Chapter 117 - Dr. Seuss
Chapter 118 - Every person on
the verge of giving up.

Chapter 119 - Unknown
Chapter 120 - Socrates
Chapter 121 - Chris Grosser
Chapter 122 - Russian Proverb
(?)
Chapter 123 - Aesop
Chapter 124 - Thomas Browne
Chapter 125 - Abraham Lincoln
Chapter 126 - Oscar Wilde
Chapter 127 - Every person who
tends to be an ingrate.
Chapter 128 - Thomas Fuller
Chapter 129 - Winston Churchill
(Part 2)
Chapter 130 - Albert Einstein
Chapter 131 - William
Makepeace Thackeray
Chapter 132 - Every person who
is a downer.
Chapter 133 - Winston Churchill
Chapter 134 - Walter Anderson
Chapter 135 - Every person
shallowly blinded by love.
Chapter 136 - Glennon Doyle
Melton
Chapter 137 - Anne Lamott
Chapter 138 - Jessica Ennis-Hill
Chapter 139 - Every person who
can get anything.
Chapter 140 - Dan Zadra

Chapter 141 - Robin Sharma
Chapter 142 - Frederick Douglass
Chapter 143 - Dolly Parton
Chapter 144 - Paulo Coelho
Chapter 145 - Herman Melville
Chapter 146 - Jim Rohn
Chapter 147 - George Eliot
Chapter 148 - George Lorimer
Chapter 149 - Sakib Tamboli
Chapter 150 - Every supportive,
no-nonsense person.
Chapter 151 - Anonymous
Chapter 153 - Yanni
Chapter 154 - Maxime Lagacé
Chapter 155 - Dr. Seuss
Chapter 156 - Richard Diaz
Chapter 157 - Haruki Murakami
Chapter 158 - René Descartes
Chapter 159 - Neil Gaiman
Chapter 160 - Jack Butcher
Chapter 161 - Maria Popova
Chapter 162 - Mark Manson
Chapter 163 - Mark Manson
Chapter 164 - @dailyzen
Chapter 165 - Angela Jiang
Chapter 166 - Mark Twain
Chapter 167 - Benjamin Franklin
Chapter 168 - Walt Disney
Chapter 169 - John Lennon
Chapter 170 - @dailyzen
Chapter 171 - Miguel de
Cervantes
Chapter 172 - Jon Acuff
Chapter 173 - Zig Ziglar
Chapter 174 - Frank E. Peretti
Chapter 175 - James Clear
Chapter 176 - Paulo Coelho
Chapter 177 - Maxime Lagacé
Chapter 178 - Rig Veda
Chapter 179 - Friedrich Nietzsche
Chapter 180 - Albert Camus
Chapter 186 - Every
dentist/dental hygienist after oral
prophylaxis.
Chapter 188 - Robert Frost
Chapter 189 - Audrey Hepburn
Chapter 190 - Every person who
still uses #YOLO as a hashtag
(also every person who still uses a
hashtag for that matter).
Chapter 192 - Duke Ellington
Chapter 193 - Maxime Lagacé
Chapter 194 - William J.
Bowerman
Chapter 195 - Confucius
Chapter 196 - Lao Tzu (but not
really)
Chapter 198 - Sam Hinkie
Chapter 199 - Lao Tzu
Chapter 200 - Seneca
Chapter 201 - Seneca
Chapter 202 - Lao Tzu
Chapter 203 - Every company
that manufactures statement T-
shirts.
Chapter 204 - Maxime Lagacé
Chapter 205 - Richard Wagner

Chapter 206 - Washington Irving
Chapter 207 - Elbert Hubbard
Chapter 208 - Christopher Reeve
Chapter 209 - Robin Sharma
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Chapter 211 - Albert Pike
Chapter 212 - James Pierce
Chapter 213 - Julie Johnson
Chapter 214 - Confucius
Chapter 215 - Aung San Suu Kyi
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Chapter 237 - Guillermo Maldonado
Chapter 238 - Wayne W. Dyer
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Chapter 255 - Ed Latimore
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Chapter 258 - Epictetus
Chapter 259 - Jordan B Peterson
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Chapter 262 - St. Ambrose
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Chapter 265 - Paulo Coelho
Chapter 266 - Lucille Clifton
Chapter 267 - Will Rogers
Chapter 268 - Leo Tolstoy

Chapter 269 - Martin Luther King Jr.
Chapter 270 - Antoine de Saint-Exupéry
Chapter 271 - Lou Holtz
Chapter 272 - Amy Bloom
Chapter 273 - Ricky Gervais
Chapter 274 - Jim Carrey
Chapter 275 - Neil deGrasse Tyson
Chapter 276 - Arthur Schopenhauer
Chapter 277 - Albert Einstein
Chapter 278 - Kamal Ravikant
Chapter 279 - Myrna Loy
Chapter 280 - Joshua Fields Millburn
Chapter 281 - Anaïs Nin
Chapter 282 - Shane Parrish
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Chapter 284 - Publius Syrus
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Chapter 288 - William Arthur Ward
Chapter 289 - Jack Welch
Chapter 290 - Friedrich Nietzsche
Chapter 291 - Osho
Chapter 292 - Bryant H. McGill
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Chapter 298 - Aristotle
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Chapter 300 - Maxwell Maltz
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Chapter 302 - Joyce Meyer
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Chapter 306 - Paulo Coelho
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Chapter 331 - James Clear	Chapter 351 - Paulo Coelho
Chapter 332 - Marcus Aurelius	Chapter 352 - Mahatma Gandhi
Chapter 333 - T.S. Eliot	Chapter 353 - Paulo Coelho
Chapter 334 - Paulo Coelho	Chapter 354 - Pema Chödrön
Chapter 335 - Joshua Fields Millburn	Chapter 355 - Martin Luther King Jr.
Chapter 336 - Sodo Yokoyama	Chapter 357 - Every person on the verge of giving up (Part 2)
Chapter 337 - Epictetus	Chapter 358 - Virgil
Chapter 338 - Saint Augustine	Chapter 359 - Every grown-up who still believes in fairy tales.
Chapter 339 - Kahlil Gibran	Chapter 361 - Every character in a soap opera
Chapter 340 - Leo Christopher	Chapter 362 - John Donne
Chapter 341 - Haruki Murakami	Chapter 363 - One lightning to another lightning (?)
Chapter 342 - Kelly Johnson	Chapter 364 - Every person's conscience
Chapter 343 - Naval Ravikant	
Chapter 344 - Unknown	
Chapter 345 - Robert Greene	
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Huge thanks to these websites as well for compiling some of the quotes I used in this book:

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About the Author



Chris Justin is a 27-year-old work-in-progress who apparently has loads of interests and hobbies and has an overwhelming fear of jinxing his plans. This is totally not the type of material you'd expect to read on an author's page, nevertheless, it perfectly describes the self-proclaimed author. So, there you go.

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All Words Are Made-Up

A collection of 365 short essays about life and how to win at it, which is by making fun of it. This is my take on famous sayings by some literary figures and other influential people (dead or alive), and then how I take it out of context and stray away from the actual message of the quote itself. Hence, this should not be taken seriously. But if you do, that's your problem.

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