

3

Minute

Motivation

20 Motivational Messages You Must Read

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(Founder of DARA LY Reading Space)

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End | Just the Beginning!

Dedication

I dedicate this book to you.

Acknowledgements

Thank to my relentless editing team from Independent Writing Club as well as the proofread team from DARA LY Reading Space and Cambodia Young Authors 111.

I want to thank a special person whose name is remained anonymous. Thanks for your motivation, for without it, this book would never have been published.

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Introduction

3-Minute Motivation! Please spend three minutes to read this introduction before you read the whole book.

I used to hate this kind of stuff. Motivation stuff. I didn't believe my life would need these groundless random thoughts to guide me. I only relied on education from schools and teachers and textbooks that I read and learned. I was very dependent, but I was safe. I was very comfortable with my life (not knowing how and when it had to change dramatically like it did). I didn't see it coming, at first. But I didn't even care, either. Because school taught me to comply and to follow the rules, the rules I didn't come early enough to set. Somebody else set these rules for me, at least for when I was so young, so immature, and so clueless.

But life hit me, and it hit me hard because of my cluelessness. Life drove me crazy. And it drove me away from real joy. All I met was sadness, and all I had was disappointment. I was wondering if my life ever had the so-called happiness like someone else, I imagined myself to be.

I believed that going to school, being the best and competing with my friends would give me safe little future. I was wrong. My belief was totally obsolete. Going to school was a good thing for me and others. But being who I am is more important for myself. Education brings me hope, but selfishness brings me chaos. Education without dedication to serve others only brings my life into uselessness.

Now time is different. I am different. But I see you. I see you being in my shoes. I see you being driven away from real joy. I see you there, lacking direction. I see you losing hope.

But one thing I see in you: Motivation. This one thing is enough to trigger me to write this book in order to fertilize your self-cultivation. I want you to be motivated to decide, to live, and to believe in your life. Here comes 3-Minute Motivation. The baby book about you and for you. It's not about me anymore. It's about you.

But please be advised that I can only give you the key. Unlock your self-motivation or not, it's your choice. Unleash your motivation or throw this book away. I do hope, anyway, you wouldn't throw this book before you finish. And I do hope, I really do, you could send me the feedback of this motivational book after you finish.

Send your feedback to me through my Facebook Page: DARA LY Books or through the store you have purchased.

Respect from DARA LY

About the Author

DARA LY is a graduate from the University of Puthisastra (UP), bachelor degree of English Literature, and the Chairman of Cambodia Young Authors 111 (CYA), working to promote reading culture and publishing industry in Cambodia and to assist the Cambodia young authors to publish more books.

As a passionate reader, he has founded DARA LY Reading Space to open the study clubs for the young generation of Cambodia. And he is determined to keep his clubs free of charge, as always.

As a CEO & Inventor of DARA LY Books, he is the enthusiast of technology and education. He has reinvented the way people read and learn.

With 6-year experiences in education and training field, he is one of the most influential public speakers that can inspire a lot of people to believe in themselves.

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Chapter 1:

Complicated Life

How It Happens

Life is complicated sometimes. The exam you failed. The relationship that didn't work out. The man who betrayed you. The competition you didn't win. The dream you couldn't pursue. The time you could never get back. The regret. The past.

At one point in life, you just want to throw everything away because you feel that it is too much. You want to be happy, but every time you do something, it only makes you suffer. You want to live a simple and meaningful life, but it doesn't go through that way. It's not simple, and it's difficult. It's complicated, but it has no meaning at all. From time to time, it's getting tougher and tougher. And just... more complicated.

Then you say, "Oh God, what a complicated life!"

Complicated situation is the thought-made problem. Your thought creates this problem. For example, when the weather is hot, you think that you could get burned under this heating temperature. You decide not to meet your friends at RUPP because home is more comfortable, and then you fall asleep. There is no problem. Not at all. But time flies so fast, unthinkably fast, and one week has slipped away, just like one day. Now what?

Now, ONE-NIGHT POLICY, period. Stressful mode is on, isn't it? What's wrong with the temperature? What's wrong with the one-week preparation? What is wrong? In fact, there is nothing wrong with anything. But it's your thought. Now don't ask why you do what, at exactly when. Because your thought is the problem. It creates complicated situation.

Causes of the Problem

More often than not, pressure is an agent of problem. When people put pressure on you, how do you feel? Now you get it, don't you? And when you put pressure on your teammate, doesn't it feel the same? Does it feel any different? The only difference at this time is that pressure is not your problem, but it your teammate's problem. Pressure could block our creative faculty, and it could make our idea become complex, obsolete and unusable.

The truth is, in our new changing world, time has become dominating factor limiting our happiness. We get a sense of urgency, always doing thing in a rush way, never satisfied with what we have done. The last thing you need is one-night policy, for example. But as far as exam is concerned, one-night policy is the first thing that comes to your mind, because you often put the priority of your study last. The last minute, so to speak. Because you don't have enough time.

Time! You can use it, but you can't keep it. You can have it, but you can't buy it. You can either run or walk with time, but you can't stop it. You can have a relationship with time, but you can't always love it completely. Sometimes you hate tomorrow. Sometimes you hate yesterday just like you hate today.

People can also make your life miserable. Your spouse. Your friend. Your coworker. Many others. How? Oftentimes, you have fallen into the sense of belonging and dependency. You have lost part of yourself when you compromise the value of your life just to please others. One day, you realize that you are not being who you are. Because he might not like your personality. Maybe it is never a good idea to show him who you really are. Maybe? You need to impersonate somebody else who is not totally yourself. In the end, you feel incomplete.

Imagine another scenario when you invest so much happiness in one person's heart only to learn that he has never truly loved you, from his heart. But look, you have so much invested in him. Your time. Your effort. You even change yourself for him. What do you get from him? Nothing. Miserable life, period.

How It Affects Your Life

We're not done yet, are we? Complicated situation is one problem, but self-hate is another problem. You still hold a grudge against yourself. Self-hate, as we call it. Who creates complicated situation? Who knows?

And who cares? You. Why? Because you choose to hate that situation, and you choose to hate yourself. You feel bad about the way your life has treated you. You hate your life. You hate everything. You hate when you fail. You hate when they fail you. And you blame. When your life gets tough, you blame yourself. But at one point when you have nothing to blame, you may truly accept yourself and decide. Problem or freedom? Some people decide to fight for their freedom.

3 Minute Motivational Speech

Topic: Fight Back

What about you?

Will you fight back with a hope or drown in the depression?

Will you fight for your life or surrender to the problem?

Will you be the master of your simple life or slave of complicated life?

Will you let your life be simple in a wonderful way? Simplicity, my friend, is the beauty of life. Simplicity is the creation of life. You can make your life simple and you can experience joy to the fullest.

If you want to relearn the concept of simplicity, you'd better learn from a little kid because he knows what it means to be simpler. Not P-L-E-R! Okay?

[Problematic, Lifeless, Erroneous Reasoning!]

Life is meant to be simpler, not complicated.

Life is well deserved for more freedom, not problem.

And life is unmistakably a decision made by you, not by others.

But in order to obtain simplicity and harmony of life, we need to take back what belongs to us.

To get the freedom that our mother Nature has given to us, we need to fight back for what we deserve.

To be able to make the decision for our life, let's make it less complicated.

Fight back. Fight for what is right. Fight for life. And fight... for the dream that we have.

Fight against... against the pressure that you've got.

Outrun time, outsmart problem, and fight... to break free, from time. You don't need to have a relationship with time.

Purify your heart, and fight for what is right. Stand up for the love and loyalty that you have. Don't let hatred overrule your soul. Don't allow self-hate to control your thought.

You can think this way: "Problem is the reason I am fighting, but I fight because I want to prove that I am better than who I was. Complicated situation? Go away." You can do it. You can be better.

I believe in you.

Chapter 2:

Loser

Because I Was a Failure

“I’ve failed you. I know I couldn’t make you proud, mom and dad. I failed that goddamn exam. It’s my fault. Because I didn’t try hard enough. I’m sorry. I made everyone disappointed. I made my Gods (father & mother) cry. The tear from your eye, it’s telling me that I’ve let you down. I’m sorry. There is nothing I can say instead of ‘sorry.’”

“I’m truly sorry for being a terrible kid. I know I am not perfect. I ain’t doing any good to make you proud. I ain’t great like the daughter of Uncle Thy. I ain’t good at all. I am bad. And I let you down. I’m sorry, mom. I wish I could repaint my picture so that nobody would look down on our family. I wish I could be a little smarter. I wish I could be a little nicer. I wish I could be everything you need me to be. I wish. But I am not what I am wishing for. I’m sorry, mom.”

Because I Was Lazy to Learn

Bill Gates has a way of saying thing that people will, later on, like to quote: “I will always choose a lazy person to do a difficult job... because, he will find an easy way to do it.”

Let’s face it. Smart people might be lazy, to a certain degree. However, there is no way we can say that every lazy kid is a genius.

I am so fed up, you know... with the things that people have said, and the words that people have used and misused. But, brother, let me remind you this. The level you have committed is not enough. Nowhere near enough.

I mean, look at you, Facebook? Game? TikTok? What a mess! The reason I’m

telling you what I'm telling you is simple. Because I care about your result for this year. I can't stand seeing my brother failing the same exact thing twice. Many people are working hard to pass this exam. But you, Mr. Gamer, you are an exception. Listen, we need to talk. Naturally speaking, I shall never ever interfere in your study decision. However, I should remind you that you need to study harder. And I'm speaking to you as a brother. Do you read me?

You've got enough time. No family business to run. No housework to worry about. No nothing. Do the math, you sleep 7 to 8 hours a day, take the classes for 4 hours, and 4 hours for the extra-super-classes. 4 more hours for other things. Alright? How many hours left?

4 hours left. For what? Study? Self-study?

Oh, okay, now you're saying that game is also self-study. Convincing, isn't it? But one problem, I've always seen you carrying that big-heavy power bank and your phone with you everywhere. And I mean everywhere. I'm just curious. How many hours do you use your phone? 1 hour? 2 hours? 10 hours? Come on, tell me. Number doesn't lie.

Long story short, here is what my brother told me when I asked him why he failed his exam: "Because I was lazy to learn."

Brothers and sisters, here is my message to you, "If you are lazy to take the same exam twice, please don't be lazy to learn." It's okay to be lazy, but never leave your homework unfinished, never keep your book unread, oh yeah, never forget to turn off the notifications from Facebook, and perhaps Instagram and other social media applications also.

Because I Was Selfish

Now forget about the exam. Forget about the power bank. Forget it. Because there is one more thing that I would like you to know. Selfishness! Education will be useless if your heart is blocked by selfishness.

There was a guy. He was the loser. Big time loser. Why? Because he was selfish. Okay, but why was he selfish? Because he didn't know how to be a selfless man. Maybe he did know, but he never really experienced being truthfully selfless in his career and life. Or maybe he just didn't care? There is a clear boundary

between knowing and experiencing. Similarly, we can always come to understand the two points: Can and Care.

Question: “Can you be selfless?”

Everybody can answer this question. But what if the question has been reversed to: “Do you care about being selfless”?

Answer #1: I do.

Answer #2: Who cares?

You got the answer already, I guess. But the second answer is interesting, don’t you think so? “Who cares?” Yes, who?

Who Are You?

Who are you? Are you one of the losers, mentioned in the previous points? Or else? Who are you? Are you the loser or champion?

3 Minute Motivational Speech

Topic: Champion

One man. One man, labelled as a loser.

One man alone, separated by loneliness, pushed by hardship, and inspired by rejection.

One man!

Are you that one man?

[Oh, okay, you are one woman.]

That one man. When he was a kid, nobody liked him. People rejected him. He was on his own. And he needed to do everything by himself because nobody would help him.

It was too big a burden for him. It was really hard. Lonely and just... unfair.

Can you imagine? How lonely? How unfair?

But that's okay. Because now that kid. Or let's say that man is the best of the best. He is the champion right now. And he wants you to know that no matter how hard your life could be, you can always become the champion.

But how?

Learn from the successful, but don't hate on them. Nobody wants to be a loser. But if you don't set your mind to become successful, sorry but I have to say, loser team is waiting for you.

You have to have more hunger and desire to become the best—to learn more and be more. You have to be hungry. You have to stay focused. Stay on top in the field.

Fighting your way to the top. But along the way, you will meet the challenges.

Today, you prove the world that you are the winner, the champion. Nobody can take what's yours. You deserve to be the best. You deserve to be the winner.

Work to become the best. When they say you can't do it, you need to prove them wrong. Show them that you can. And let them know that their opinions, simply, do not have impact on your goal at all. Tell them that you can do it and you will do it. Because you are the champion.

You have come to understand what it means to be the loser, and you will never ever go back. You will, once since for all, rewrite the history of your life. This is the one chance. And only one chance that you can prove it. You can do it.

I believe in you.

Chapter 3:

Attitude

Mental Attitude

The ability of a man to become the champion depends on his mental attitude more than his mental capacity. Mental attitude allows man to be able to work on his project, fix the problem and perfect his idea, regardless of how impossible it might appear to be. Mental capacity is a critical point in his work, but helpless in many ways. And attitude that man has towards himself is the key, defining his success, happiness and joy. Without the right mental attitude, man could become unsuccessful, unhappy and joyless in his life.

Surely, you don't want to be dreadfully frustrated for the rest of your life. Nobody does. But many people are carrying the same kind of mental attitude: Negative Thinking. This is unwise to be negative about everything around you. However, it is not unusual for you to find yourself in a situation where everything is in disharmony. All these things are linked directly from negative thinking. And negative thought is created by your own mental attitude. But without clear understanding of this matter, you tend to find something to blame. It goes in a way that is unbearable for others to hear, but it is unsurprising for you. Excuse! You make excuse.

Excuse Can Hurt You

History remembers he who achieved great result, not he who made excuse. But history also records the story of excuse maker. History will tell you why people make excuse.

Let's talk about a man, making his excuse every day. Yesterday he told himself that he would complete his task today. And today he tells himself the same thing for tomorrow.

Excuse is not a big word, but it's a big problem. Because you always lie to yourself and others. You make up a story just to make yourself look good. Inside you, you feel bad. It goes on and on like this forever.

Stop making excuse because excuse is the enemy of improvement. If you want to improve your habit, please stop using laziness as an excuse. Laziness is not the problem, but you are the problem. If you truly want to improve yourself, please stop telling others how much busy you are. Even businesspeople can afford to read book every week. Even the president of the United States still reads. They are the busiest human beings on earth. And yet they don't make excuse even if they are very busy.

What about you? Still busy? Lazy? Oh, okay, reading is not easy. That's what you think. In other words, that's your excuse.

You have to be brutally honest with yourself because you can't remain the same like this. And you need to grow up. Stop making excuse and start improving a new habit of saying: I can and I will do whatever it takes to improve myself. It is the right attitude, and restoring your positive attitude is the right thing to do.

Restore Your Attitude

You need to restore your mental attitude. First, it starts off with the recognition. But by whom? Yes, you're right. It is the undisputable recognition by you, yourself. You can change your attitude from the inside out. Start to focus on positive thinking. Turn off your negative thinking. Refocus on positive thinking. Refocus and refocus and refocus. Just like that.

There was a girl who used to believed that she could never ever have the privilege to get into one of the top universities in Cambodia. The entrance exam was very competitive, and everybody was always fighting to get themselves in. Yes, as always. It's like, every year. Some people had tried more than three years to pass the exam only to drop out on day one. However, for her, dropping out was not her concern, but getting in was her only worry.

She thought that she was unable to pass the exam. She thought that her English was really bad. She didn't have enough time to prepare. She worried about this and that. But nothing could be further from the truth.

Fortunately, she began to change her thought. She told herself that she could do it. She started to realize that she had more than enough time to prepare. She stopped using her English proficiency as an excuse. To make long story short, she is now a second-year student from that university. Congratulations! Her dream came true.

Oh, and if you really want to learn more about how she made her dream come true, you can read her book “Keep Dreaming, Keep Sleeping.” But who is she? Well, I guess you could find out about that by yourself.

Now let’s get back to you. All you need to do is to restore your attitude. But no excuse, promise me that?

3 Minute Motivational Speech

Topic: No Excuse

No excuse. Don't make any excuse.

Not now. Not today. No excuse, please!

Excuse cannot help you improve your work.

But success, however, demands hard work. Success requires you to work every time, but success doesn't need you to say that this person or that person is the reason you fail. Success doesn't care if you just had a bad day or a good day. Success only needs you to stop making excuse and start right away. Get back to work. Stop wasting your time.

But when you work on something you truly love, of course, you will need to sacrifice. You need to go through pain. Some people have experienced hell before they can reach the destiny. There is so much pain and great reward at the same time.

Pain is part of your work. But pain is not your excuse. You can use your pain to remind yourself that you need to work harder. But you cannot use pain as an excuse to stop working.

Excuse will make you feel comfortable. But the longer you stay comfortable, the longer painful you feel.

Will you be the master of your life or will you give the key to others?

It's frustrating, yes, I know. It's frustrating when you want to become successful, and set a new record for yourself, but you end up making excuse:

"I cannot succeed because of this person or that person. I am not successful because my sale manager is a lousy person."

This goes on and on and on.

It's frustrating to see the same result again and again. Again, and again. And again.

You want to become the high achiever, so you have to overcome just one thing: Excuse.

Brother, I want you to stop making excuse, but I also want you to produce the result. Great result, actually.

Do it. Just do it. You can do it. And you can be what you want to be if you stop making excuse. Can you hear me?

I believe in you.

Chapter 4:

Reinvent Yourself

Prime Creation

Great things of tomorrow are being invented by the people of today. What we have today is the result of what we invented yesterday. It's plain simple. Yesterday is the inventing, today is the reinventing, and tomorrow is the result. We create many things in our lives and for our lives. We are the creators.

But prime creation is timeless. Prime creation has always been and will always be the responsibility of man. You are the creator. You have the responsibility to create, to bring it to life, and to cherish it. But what is it? The answer is life itself.

Your life is the prime creation among all forms of creation on planet Earth, if not in the whole universe. Now you see how priceless and timeless it is. Life never ceases to exist; it only changes its form. Speaking of change, life is the invention of the man who owns it. You've got one life, and you know it is valuable, so you need to polish it. Don't let the devil mind of negative thinking take away your precious life. Never ever allow monstrous fear to rule your prime creation (life). Never ever allow the so-called treacherous excuse to hold you back from growing your life to the highest level. Don't ever permit the blame of mindlessness to poison the purity your heart. And never surrender to the hatred that could toxify your love for yourself and others.

Have Courage

If you have courage to fight against your fear, you will win. If you have courage to stand up for yourself, you will win. If you have courage to solve the problem, you will be able to find the solution.

Courage is the single best catalyst for invention. When you are born in the time of crisis, you need courage to live. A poor kid needs his courage to fight against his fate in order to get a good education like other kids. An entrepreneur who fails a hundred times can always become successful if he still has courage to go on. A girl whose happiness has been stolen by the divorce of her parents can still reinvent her happiness if she has the courage to pursue it.

It takes courage to make things right. You need to have courage to change the conditions of your life. If being alone means lonely, then why don't you become the self-made woman? You are free, so you can have more time to focus on doing something that can make your life more beautiful. It means that you can reinvent the way you live, the joy you need, and everything you want. Yes, it is permissive. And guess what, it is not expensive at all. You just need courage to do it. To reinvent your life. Reinvent your happiness. You can do it, and you will do it, I know it.

Have Commitment

My commitment to my broken relationship was long forgotten and replaced by the commitment to be the man who will never ever make anyone else hurt again. And my commitment to you is very simple: I am committed to give you the 3-minute motivation that you need.

I know, my most respectful reader, that life is changing so fast, so unpredictably, so mind-blowingly, that you sometimes have to think of way out or fall back. But, in fact, you don't need to retreat or else. You just need to switch your commitment from one thing to another. There is nothing wrong with that. Nothing wrong if everything is wrong already. I mean, if he leaves you, well, then you can switch your commitment to love and care for your family instead of trying to beg for the irretrievable relationship.

Have the commitment to reinvent your life and refocus on the things and people that matter in your life rather than the things that are doing no good for your life.

You Are the Inventor

Be the person you want to be. Not the person that someone else wants you to be. You can always invent the life you want. You can invent the personality you

need. And you can always invent everything that your mind desires to have.

Set your mind to become successful, and get all the tools you need, and then start your invention. Career invention, for example. If you are an introvert person, maybe you could become an author or a scientist? And in fact, there are many more choices available for you. Instead of faking yourself, why don't you invent yourself? Inventing is combining something that you have with something else that you have in order to create the thing you want to have. Faking, on the contrary, is taking something that you don't have to combine with something else that you don't have in order to create the thing that you can't have. Faking is an act of bragging, so to speak. You don't want to be the faking-bragging kind of person, do you? Then stop faking, and start inventing, NOW!

You've got enough time to reinvent your life, even though time has little to zero influence on your life invention. Well, I mean, in some respects time does have influence on your life, but when it comes to life invention, time is out of the picture. Many people get confused that when you have a lot of money, you will have a good time. Wrong. Some people have more money and yet still have little time to enjoy the living. Now what does it say? It's suggesting that time has nothing to do with the invention of life.

You have the responsibility to reinvent your life. And you are the inventor of your life (prime creation), so you just need courage to start inventing it and commitment to continue reinventing it until you are satisfied with your result.

3 Minute Motivational Speech

Topic: Responsibility

People say that if you want to be free, you have to go with the flow.

But I say that if you want to be free, you have to have the discipline.

If you want to be free, you have to have the responsibility. Now does it sound strange to you? I ain't talking no joke, buddy. I really mean it.

Yes, responsibility. People have the responsibility. Maybe the responsibility for their family, for their country, for their society or else. You are no exception. You have the responsibility for your life and others.

Before making a commitment to serve others, please remember that you have the responsibility to improve, to become better, and to keep improving. Yes, improving.

Set a clear goal. Draw the map. Then go for it.

But every step of the way, you need to be responsible. Because if you're not, then it must be hard to achieve this goal. And sometimes you may need to go back to the drawing board. You have to do whatever it takes to make it happen because it is your responsibility. You hear me?

If you want to save your time, take responsibility.

I have been a failure and I have been a high achiever. But I choose to take responsibility for my action and my success, every single time.

I don't blame nobody. I don't say that, "Oh, because this person doesn't do the job, that's why I fail."

I don't say, "Because they don't understand the real goal. That's why they let the team fail."

I don't blame nobody. You know me. And I am very honest with you. I've worked with hundreds of people, if not thousands, and I take full responsibility.

What about you, gentleman? Are you responsible for your action? Are you going to keep your promise? And are you going to make me proud?

You know that every time we start doing something, it is an obligation to finish it, no matter what happens.

Oh now you say, "But I am very busy. My assignments are killing me. What should I do?"

Let me tell you this. If you are not busy, it means you are not growing. Busyness is a part of your work. Why complain about it? Do you want to be the average person?

If so, then I don't want to waste your time. If you want to be like the average, the mediocre, then please stop reading this book. Because if you don't take responsibility, then nothing will happen even if you finish the whole book. Trust me on this.

Responsibility will bring you success.

Responsibility will make you become one of the most influential people in your company.

Responsibility will help you all the way to the top.

But responsibility doesn't need to beg you to take it. In fact, it is you who should beg responsibility to stay.

Responsibility is not hard to obtain, but it is not easy to maintain either. You have to have a priority.

You know you don't want to live with regret and shame for the rest of your life. You know that. And the only way to avoid that kind of life is to take the responsibility.

Take it or live shamefully. Take responsibility or regret later on. Just take responsibility and be the best.

I believe in you.

Chapter 5:

Happiness

Be Grateful

People think that when you have a lot of money, you are a successful person. They think that if you drive a nice fancy car and live in a big beautiful house, then you are certainly a successful person, living your own dream. But it depends on how you define success. Financially, you might be successful. Outwardly, it might look awesome. However, there are many people living a miserable life because they miss something. Yes, something. These people are materialistically rich people, but they cannot afford to buy enough happiness for their family. They get divorced. Their health problems are ruining their happiness. Their kids are spoiled because of the lack of good parenting.

You can change your life when you change your attitude and become more grateful. Gratitude is a key to happiness, and gratitude is a way to becoming successful also.

The successful people are grateful for everything they've got, because they know it's how the universe works. They focus on the things they have. They also feel grateful for the things they will have, sooner or later. That's why they work harder to get those things.

The successful people don't blame others. They don't blame their country. They don't blame their government. They don't blame the weather. They don't blame anything. And in fact, they do everything because they know that if they don't, they would end up blaming everything just like everyone else does.

The point is success and happiness are made possible because of gratitude. Success and happiness can coexist only if gratitude exists.

Change the Way You Think

People who see things in a positive way see themselves in a more loving way. And they love themselves as they love everything around them. They love their jobs. They love their families. They love their obstacles too, even though they know one day they will kick these obstacles out of the way.

Love brings happiness. Lack of love brings sadness. Sadness is a result of negativity. But negativity will vanish in the presence of love. And the absence of love is the absence of happiness. And hatred is the fuel to the destruction of happiness. Love is the rescue of happiness.

Your life will change in way you can hardly imagine if you change the way you see things around you. You just need to see them in a more positive way. Could you? And would you? Good that you could. Now there is just one more problem to deal: Chaos in life.

Your life gets driven by chaos. The drama. The misperception about happiness. The selfish purpose. The unpromising fame. And so on. How to deal with chaos?

Tell yourself to stop doing anything just to impress others. No more fame thirsty. No more pursuit of popularity. No more exaggeration. No more selfish purpose. Only pure act is needed. Only act of love is required. Only passion is allowed to stay. Only true belief is permitted to exist. Only you know how to start doing something you truly love. And only you can make a big difference in your life right now.

My word is loud and clear: Happiness. Everyone needs happiness, and you too need happiness. So the suggestion comes down to you. Can you open yourself for happiness to flow into your life?

In order to do so, you need to stop blaming, stop judging, stop complaining, and you need to start loving, start caring, start appreciating and start living a simple life.

Happiness will flow into your life if you love who you are and love the fact that people are different. You just learn to accept the differences and celebrate the differences among people. You just need to start caring about your thought.

Think about the good in everyone around you. Think about the good they have for you. Think about the good in everything. You just need to start to appreciate what you've got and what you will get.

You need to stop making your life complicated, and start making it simpler. Simple life doesn't mean stress-free life, but, at least, simple life can give you many ways to solve problems and to be prepared for any problem that could possibly happen. We know not of a human being who has absolutely zero problem in his life. But we know of people who decide to deal with problems fairly and make those problems less complicated. Simply put, they just simplify those problems and deal with them accordingly.

Smile

Smile can create happiness. Smile is a very powerful tool to use when you go out and meet people. Smile makes you become more beautiful. Smile gives you more energy. Smile can even make a person fall in love with you. Can you believe that? Indeed, it can. And it will make the world accept you as a person. Smile!

It's not difficult to smile. Smile if you want others to be happy. Smile if you want your loved one to smile too. Smile if you want to feel confident. Smile if you need motivation.

And don't say that you don't know how to smile. But in case you really don't know how to smile, then let me teach you. It's easy to learn because there are many ways to learn to smile. But now let's try this way. Are you ready to learn how to smile?

Good, then here are the tips:

⇒ Use your smartphone

⇒ Turn on Wi-Fi

⇒ Log in your Facebook account

⇒ Search for the names of your crushes (the more crushes, the better)

⇒ Chat to all of them

⇒ Keep chatting, but try not to flirt around too much, if you don't want them to block you again

Now what? How many times did you smile while chatting with your crushes? So now you've learned how to smile already. Haven't you?

3 Minute Motivational Speech

Topic: Happiness

What is the purpose of life? The purpose of life is happiness. But what is happiness? I ask you about life because sometimes people do not honor lives. They do not honor their purposes of living. They live day by day just to feel miserable. Depressed. And distressed.

But why? Why can't they be happy? Why do they need that drama? Why do they need to put themselves in prison (past)?

What about you? Come on, you deserve better.

Come, follow me, and I'll show you.

But who am I? I am your machine, inside your head. I am your positive thinking. I am whatever you want me to be as long as you are happy. I can be your friend.

But it doesn't matter who I am. What matters is you. And you need to be happy, from now on. And forever.

I don't want you to remain unhappy like this. Look, there are countless stories about highly successful people who fail to be happy. They are successful in their career, but they don't have enough friends. They don't have enough time for their family. They just don't feel happy.

Now what do you say?

Yes, I know, this book is about motivation for success, but happiness is a big part of life. And in fact, this book is about life. Because when you have a miserable life, success is meaningless.

Don't ever get confused that if you become successful, you will become happy automatically. It is simply not true.

If you are financially successful, but you get divorced, or your relationship is shaking and breaking apart, how are you supposed to be happy?

It can't happen.

You will say, "Oh, but at least I am successful. So I can find a new relationship. I can have a new life."

See? A new life. Not a happy life. Not 100% sure.

If you want to have a good life, you should keep your balance. If you want to be happy, you should be grateful for everything. You should share your success with others. You should share your love with others too.

I know you can do it.

I believe in you.

Chapter 6:

Stop Comparing

Unspeakable Truth

“Why is this person better than me? I’m not sure if I ever have something that I can be proud of. It seems like everything she has is way better than mine. I’ve done a lot of things that I’m not proud of, but I’ve never hated it more than seeing this person having everything while I have nothing. My life, oh, God, just a long story to tell. A boring thing to say, anyway. She is rich, she has everything, and everybody loves her. But what about me? No, nobody cares about me.

“She is smart, but I am not. She is talented, but I am not. She is very young, and yet she has made a name for herself while my name is nowhere near the term success. Nowhere, and perhaps never will. She’s got fancy education, and glamorous lifestyle while my life is getting stuck. It is unfair.

“I am sick and tired of this. This is so unfair. I wish I could climb into the head of that person and see why she is super smart while I am like a dummy. Like a potato. Why is she so famous, so popular, and everybody makes her the story while mine is being neglected? Never the one that people care about. In front of her, I simply do not exist. My work and hers are just the same. But why? Why can’t I just be better than her? Why? Why? Some stories of mine are just too true to tell, and I’m too embarrassed to speak out.”

Truth Is Revealed

You may have so many bad stories to tell, good girl. But I want you to keep calm. Yes, nice and calm. You have no idea what you’re getting into. Now I don’t really agree on what you have said. I don’t agree with your points of view.

There is one point, though, that I do agree with you. There is no easy way to say that your life is perfect. But you should make room for something new. You need some fresh air. You need some new inspiration to live. And perhaps you need motivation the most. Because you have been very upset about this problem, for a long time.

But will you allow me to say something? Just to motivate! It's the only thing I aim to do, in this book. Look, I used to be in your shoes. I also had many things to complain about how life had treated me. You know what I'm talking about. I was in isolation. No hope. No connection. Just me and myself alone. And it was killing me to see some people doing great while I was down in the dump.

I had many legitimate reasons to complain. I had every right to be depressed. I was permitted to blame. I was ready to throw my anger to everyone around me. Life was treating me badly, and I was very upset. I was very negative about everything around me, why shouldn't I? But one day, I realized that my belief was reckless, often wrong.

I started down this road, though not the one that you are on. But here is the message I really want you to read: I stop comparing myself with others, and now I am simply and awesomely a man of peace and joy.

Please, my sister. Please stop comparing yourself with others. But there is one exception, though. It is acceptable to compare yourself with who you were. It will help you find the way to improve yourself. To be better than others is out of the question. But the real question is: Can you improve yourself?

So, leave them alone, and stop comparing yourself with them because your life has nothing to do with their achievements. Your life is yours and you can improve your life.

3 Minute Motivational Speech

Title: Do Not Compare

You always feel sorry for yourself because you always think you're ugly; you're not that cute. You are this and that.

You always feel bad because your friend is better than you.

You lose confidence. You feel negative about yourself and others.

You think that this person or that person is lucky. You think that they're better than you.

Come on!

What's the point of comparing yourself with others?

Does it matter?

I mean, maybe it does or maybe it does not.

But the one thing that really matters is you. So stop comparing yourself with others.

You are unique.

You're beautiful.

Be yourself.

Do not hate others.

Do not hate yourself.

If you want to be successful, work for it.

If you want to start a business, start planning. Talk to people. Read books. Build your team.

Hard work is the key. Blaming is not.

Blaming yourself will make your life hard but hard work will make your life easy.

You need to work hard. Stop comparing.

You need self-confidence. Start working on it. You need self-motivation. And you need to believe in yourself.

I believe in you.

Chapter 7:

Decision

Choices

Your time is running short now, and the clock is ticking, so please do not delay any longer. You should decide right now.

Decide whether you will remain negative or you should change to be positive. Negative thinking cannot help you, but positive thinking can.

Decide whether you still compare yourself with others or you should focus on yourself. Comparing yourself with others cannot help you, but focusing on yourself will open a new possibility for your life.

Decide whether you want to live a life with misery or you should be happy with what you've got. Nobody loves misery, so you know the answer already, don't you?

Decide whether you still make excuse or you will take responsibility. The decision comes down to you. And you alone have to decide. Taking responsibility is and will always be the best choice. Choose it. Choose to take the responsibility.

Decide whether you keep the toxic people in your life or remove their names from your list. I know you're tired of betrayal. But there's nothing personal. It's just what it is. You can't blame them because you're not the first person they have betrayed. They don't know how hurtful it is to be betrayed. They can never be loyal to anyone.

Decide whether to play the blame game with the incompetent or leave them alone. I know you're tired of incompetent people. You can't blame them because

they never think they are ready. In fact, they'll never be ready for anything. They can't work hard like you. They have their own limit. And the real limit they have is self-limitation, but there's nothing you can do to change their mind. Therefore, you should let them go.

Decide whether to stick with the opportunists or let their names be perished in the sand. I know you're tired of the opportunists. You can't blame them because they mind their own businesses. When opportunity comes, they will go. They will leave you. That's the way it is. You need to be prepared for it.

Sometimes in life, you need to make decision after you fall down. You need to decide to get up and continue walking, even if you have to walk alone. This is the journey. This is your journey. This is your destiny that you need to fulfill.

Walk with us (the adventurous).

Fight alongside us (the fearless).

Join us in the world of entrepreneurs. And most importantly, rule this world with us. The world is your playground.

Be Decisive

In life, everything is the result of decision. Each day, you have countless decisions to make. However, the truth is there are two options, mostly. If you decide to do something, you shouldn't doubt your decision because doubt will bring about dissatisfaction.

It's okay if your decision is unlike your expectation. I mean, it happens. Sometimes, we should prepare for the worst. We should expect the unexpected.

But if we are indecisive, the price will be worse. Far worse, ladies and gentlemen. You decide to go out, for example, and then you change your mind. Then you decide to go out again. It might look just fine because at the end you still go, anyway.

In reality, can you imagine how frustrated your friend could feel? Go, and then no go, and then go. Your friend couldn't find logical reason to trust you for the next time. This happens on daily basis.

When it comes to business, people don't want to deal with you because you are indecisive. They don't want to do business with people who are slow to make a decision. In other words, they don't want to do business with the slow-motion people like you.

Be decisive and be responsible for your decision. People who are responsible for their decision are respectful people. Everything is a choice, so you should choose wisely. But be fearless, and be decisive.

3 Minute Motivational Speech

Topic: Be Like the Water

Now consider yourself the water. The water can flow. The water never makes mistake in making its shape. Because it can have many shapes. You are like water. You can't make mistake, no matter what decision you make.

But choice is a making of reality. For example, if you choose to study the major you love, then you will make this reality happen. On the other hand, if you decide to pursue scholarship to study abroad, then you might be making a new reality.

But both decisions are not wrong. You can unmistakably decide to do whatever you want to do. Or you can decide not to do what people want you to do.

Now does it make any sense?

My point is that you can decide for different reasons from different points of view because there is nothing wrong with your decision.

What matters is whether or not you keep doing and keep working on what you have decided in the first place.

Now the decision you need to make is your life.

Will you decide to be mediocre or to be great?

Will you decide to be happy or to be unhappy?

There is nothing wrong with your decision.

If you decide to be mediocre, then you can remain lazy. You can stay in that closed box. In your own little safe comfort zone. Nobody will disturb you.

But if you decide to change and to become great, it is also a good decision.

If you decide to be the winner, then you will become the winner.

If you decide to improve yourself, then you will be able to improve more.

You are like water. You never make mistake.

Trust me, you will never make mistake.

The only mistake you could have is indecisiveness. It is a big mistake.

Make a decision. Stand firm. Commit to it. And be responsible for your own decision.

I believe in you.

Chapter 8:

Be Fearless

Where Is Where

You could be little if you believed that your life deserved little. But you were wrong. Your life is big, and it is bigger than you thought it could be. Your life is as big as the universe because it is connected with the universe. No any challenge can be bigger than you. No any problem could win over you. Your life is big. It's not small. It's big. It's huge. Then why do you have to fear? Be fearless!

Where there seems to be no hope is where hope does exist. Where there seems to no chance is where chance does exist. Where fear is obviously existing is where courage does exist. There has to be more in your life that you can have. Then why do you have to fear? Be fearless!

Because there is nothing to fear and nothing to be afraid of. Just like Franklin D. Roosevelt once said, "The only thing we have to fear is fear itself."

Power of Mind

Fear is a product of our imagination, and it can cause us to panic. Prior to the time you become successful, you might encounter many times in fear and panic. But as you might know, there comes a time when you have it enough with the same sort of fear. As you have knowns, fear can hold you back from doing something you love. Fear kills your hope, and it can kill your dream. But far from fear, there lies a power that can kill your fear. It is the power of mind.

For the first time in my life, I have defeated fear. How did I do that? I used the power of mind. Let me add that in saying "You can kill your fear only if you can use the power of your mind." Why do you have to fear? Be fearless!

Live Your Dream or Live Your Fear

When it comes to living your dream, fear is the enemy of your dream. Fear can kill your dream. It is obvious to say that fear is a road block. You want to become the singer, but you are afraid of many things. You want to become an author because you want to inspire people. But you don't start writing because you don't think people would love to read your book. You fear that the quality of your writing is not good enough for them. You fear that they will not buy your book. You fear that people would steal the ideas from your book.

Sometimes you make mistake and suffer the setbacks along the way. But when you love your dream so much, it's not so easy to let it slip away. Some people can succeed while others might have a hard time dealing with disappointing results. Some people continue doing their jobs while others decide to quit. What about you?

You can't just sit and let your dream be killed by fear. You can't do that. You start out with a small idea. But the fact remains, you still have much to do and to achieve. Use your mind. Believe in yourself because unshakable belief can tackle down the fear that you have. Unshakable belief can yield the result that you want to have. Why do you have to fear? Be fearless!

Fear ain't real, but fear can be killed because fear is the product of our own imagination, as we know, from the perspective of robotic human. Why?

Because we respond to whatever situations that might harm our wellbeing. In return, fear comes into existence. It exists because we let our imagination create it. Fear can create you or destroy you. But you too can create the fear, and you can destroy it too. Why do you have to fear? Be fearless!

Focus on Solution

Fear is the negative energy. The longer you hold on to fear, the more negative

you will become. But if you focus on positive thinking, you won't need to fear again. If you focus on solution, then fear cannot turn into the problem. Fear is your choice. You either choose to fear or to be fearless.

You should be fearless because there is nothing to fear. There is nothing to worry. In fact, everything is your own imagination and thought. You think that tomorrow will be a challenging day because you are not ready today. You imagine the problems and the things in the unborn future.

The difference between the winners and the losers is that the winners are fearless while the losers are fearful. When you fear, you can't totally focus on the job, and you end up losing everything you've created. So why do you have to fear? Be fearless!

Be fearless and become successful. Be fearless and fight until you win. Be fearless and help those who are helpless. Be fearless and become the best.

Just be fearless.

3 Minute Motivational Speech

Topic: Fear

I know that you have a hard time. You are in big trouble. You are fearful. But please, let me reassure you. Fear is not real at all. Fear is just a ghost, unphysical and unable to hurt you at all.

Fear is the product of your own imagination, and it is not the real thing if you stop imagining it.

Look at you. You are not that weak to allow your fear to kill your dream. You need to fight back. Fight for what you love. Fight for what you dream of. Fight for your life. Fight against your fear.

Let the history remember who the winner is. And you are the winner.

But you have to win over your fear. Because if you don't, then fear will win over your dream.

Now you have to decide. Live your fear or live your dream.

Control your life or let your fear control you.

Let the world know who you are. Let the world know that you will become the destroyer of fear. Because you can't let fear destroy your opportunity.

Are you ready?

Are you ready to strike this monster?

Are you ready to face your fear?

The battle has just begun. Let the game begin.

And let the fear vanish.

If you fall, you get back up.

When you fall again, you get back up.

When you fall again, you get back up.

Just be fearless. Because there is nothing to fear.

In fact, you don't need to fear.

Fear is an option. But you don't need to choose it. Do you?

You are strong enough to live on your own. You don't need fear. You never did.

Just be fearless.

I believe in you.

Chapter 9:

Confidence

You forget who you are. You forget what you can be. All the bad things. All the negative illusions. You remember all of them, but you forget who you are. Please remember who you are. Please remember who you want to be.

There is so much that you can do. There is so much that you can dream of. But you have to have faith. Know your purpose. Be creative. Be who you are.

Have Faith

First of all, you have to have faith in yourself. Faith is the seed of confidence. And in fact, faith creates confidence. You need self-confidence, so you need to have faith in your own self. Stay focused on the things that matter, and never doubt yourself.

Self-doubt is not what you need. It is never a good idea to start doing something and later on throw it away because you are doubtful. Especially, when it is the thing you really want to achieve in your life. Get rid of self-doubt. Get rid now. In order to overcome this one little thing, you have to have faith. Confidence will start to grow if you have faith.

Know Your Purpose

Second, know your purpose. Why do you want to do what you want to do? Why are you the right person for the job? And why did you start it? Purpose is the water for your confidence. Purpose will take you to the right place. Purpose will help you go on, no matter how hard it is.

When you know why you want to do what you want to do, you will stop comparing your progress with others. You will start to have confidence in

yourself. You know your purpose.

When you know why you are the right person for the job you are doing, it is when you know you can do more, and you will do more. You will stop procrastination. You will start to be more proactive. You will no longer worry too much about failure. Because you are confident enough to take the road untaken. You know your purpose.

Most importantly, when you know why you started, it will energize your mind and your body. You can free yourself from concern when you find the meaning of what you do. Why you start is the beginning. When you are doing is the process. And what you have done is the result. You will stop chasing random opportunities blindly when you remember the one thing that matters most and why you started it. And you will start doing it again and restarting again and again. Because it is your purpose, and you know your purpose. And knowing your purpose will increase your confidence. Purpose is like the water, so you need to water your seed (faith) with the purpose. Water it every day.

Be Creative

Third, be creative. Creativity is like the fertilizer. First, you have faith as the seed. Second, you have purpose as the water. Now you need creativity as the fertilizer. Creativity can open up more possibilities for man if he allows himself to be creative. Creativity can have its place in his mind if he stops judging things too quickly. But creativity cannot reveal itself if he still judges and criticizes himself too often. Without creativity, you will lack confidence. Without creativity, you will become too critical about everything. Be creative, and try not to judge yourself far too early. In other words, do not doubt yourself. Be creative, and self-confidence will grow.

Be Who You Are

Fourth, be who you are. It is very important to be who you are. You don't have to become somebody else just to gain confidence from others. Be who you are. Be the person you always love and dream to become. Maybe a nice person. Maybe a humble one. Maybe a normal person. Whatever it might be, you know it from the bottom of your heart. You and you alone can do this for yourself. Nobody can do it for you. Be who you are, and you will gain more confidence.

To gain more confidence, you should have faith, know your purpose, be creative, and be who you are. It is not difficult to remember all these things. However, if you forget them, you will live a life uneasy, unhappy, and unmotivated.

Feel It

It's hard. Yes, I know it's hard. Life is hard. But you must be positive. Life sometimes meets challenge. Confidence is a big part of life. But who wouldn't want to use it to make life more wonderful? Of course, everybody does. But the problem is nobody can tell you to be confident besides yourself. Confidence is not a mastery. It is not a final product.

Why don't you start to feel it? Feel yourself. Feel the confidence in you. Confidence comes from the inside out. Real confidence is unbreakable. But confidence cannot exist if you doubt it. And self-doubt is the enemy of self-confidence. You will need to choose again.

Self-confidence or self-doubt?

3 Minute Motivational Speech

Topic: Break the Limit

Confidence is a big part of your life. But confidence is not given.

Most of us want to be confident. But most of us still get blocked inside our own limit.

Now, how about we break this limit?

How about we unleash the power?

Unleash it.

Bring it to life.

Break the limit and destroy the doubt, barrier, and concern.

You have the limitless power. You can use this power to create anything you want. You can use this power to persuade. We call it power of persuasion. You can use this power to love. We call it power of love. You can use this power.

Use it. Use it to break the limit.

Free yourself from limitation. Open up yourself for more possibilities to grow. To explore.

There is nothing more resentful than staying in the limit when we know we can break it.

We limit ourselves by language, culture, and geography and many other things when, in fact, there is nothing that could limit our minds.

It's time, brothers and sisters.

It's time to break free from limit, inside and outside.

You don't have to limit yourself.

Just because you are a kid with a funny name, it doesn't mean you are not good enough to deserve to be free and to be happy.

Just because you fail today, it doesn't mean you will fail forever.

Just because you were born poor, that doesn't mean you can't receive education like those who are rich.

With that being said, limit has no power over us, but we have limitless power over our own destiny.

You can break the limit and you can use your power without limitation.

Use it for the good.

I believe in you.

Chapter 10:

Think Big

Big Thinking Scares Small Mind

Big thinking can scare small mind. Are you the small-minded person or the big-time thinker?

There is no idea that is too big to do. No dream that is too big to achieve. No problem that is too big to solve. But don't take it too long to realize that you actually can do more, have more, and be more. You have to understand that you can think big, bigger than ever before. There is nothing wrong with thinking big, and starting by doing small. There is nothing wrong with that.

Small thought doesn't help you much in your work, but it only gets you to worry about many things that could, in fact, be avoided if you choose to think big. If you think you want to become the best in the class, small thinking is not going to get you there. If you think that the kind of thinking that you had in the past can help you improve your present situation, then you just make a big mistake. It just doesn't work anymore. And it will never work again. As powerful as that is, your thought is phenomenal because it can transform your life. But if you think big, it will transform your life into a far better future while thinking small will not get you anywhere. And you need to have confidence in yourself.

Imagination & Confidence

There was a strange man behind a closed door, talking to nobody but his shadow, trying to prove that his idea was right, regardless of how unrealistic it might be. He spent hours and hours in his room, imagining the world around him, and he believed his idea was provable. What made him believe in his untested idea? Imagination! And he had enough confidence in his idea, believing that he would solve the mystery of the universe. But who is this man? He's Albert Einstein.

Confidence can unlock your thought. It allows you to use your thinking at a far more effective way: Imagination! Imagination can bring the reality from the illusion. Imagination is limitless. It can help you to break your own limitation and begin to think big. Use your imagination. Start to think big. And have confidence in your idea.

Think Outside of the Book

Imagine that your life is a book. Every rule you follow in that book. Every step you take. Every line you mustn't cross. Isn't it boring? I bet you would say so. But life, as mentioned in previous chapter, can be reinvented. So why do you have to follow the old rules when you know you can make your own rules?

In order to break free from the old boring life, you need to think outside of the book. I'm a reader, but I never follow any advice from the book that I have read. I never will. Instead, I invent my own ways. Because I always think outside of the book.

At first, it can be a little confusing. But confusing is the process of understanding. Anyway, after reading this book, you don't have to get confused any longer. You just need to think outside of the book. Don't ever follow the rules from the book. Follow your own rules. Remember. Something is broken, so your job is to fix it. Fix it, and make it work again.

When Robert T. Kiyosaki says that your good grade from the class doesn't do any good for your financial success, you can listen to his advice, but you can also trust your own gut instinct. Maybe times are different. Maybe he is talking to a specific group of people. Maybe there are many different reasons he says what he says. But you can decide whether or not you should drop out of school. Or else, quitting your job. Or maybe you can follow his suggestion. Maybe!

When Donald Trump says that you should never ever give up, you can listen to his advice. Because it is logical enough. But sometimes you know why you need

to give up. And you know what to give up. For example, bad habit, shall we give up? Yes. How about the people who always hurt us? Should we give up? Should we let them go? Yes. Procrastination, should we give up? Yes.

When Dara Ly says that you should believe in yourself, you can listen to his advice. But if you want to believe him, surely enough, you don't need to follow his advice. You get the idea, don't you?

Think big. Think imaginably. And think outside of the book.

Start to think big today, YES, TODAY.

3 Minute Motivational Speech

Topic: Today

Today is the day.

Today.

Yes, today.

Today is the day you tell the world you are the champion.

Today is the day you are ready to become successful.

Today.

Yes, today.

Not yesterday.

It is today.

Today is a perfect time to live.

Today is a perfect time to thrive.

And today is a perfect time to be happy.

Not yesterday.

It's today.

Yes, today.

Today is the day that you celebrate the greatest victory and success.

What victory?

Today you know you are ready.

Today you know you are the winner.

Today you know you don't need to rely on others.

Today is the day.

Yes, today.

It is today that you change to become a new person. Today is the day.

Yes, today.

Today, a boy becomes a man.

Today, he will not allow anybody to talk him out of his dream.

Today, he will take back what belongs to him.

Success. Confidence. Greatness. Wealth. Peace. And happiness.

Today, he will prove that he is the best. Because he is.

Today, he will show everyone that he can.

Today, he will redefine the word "Success" by himself and for himself.

Because today is a perfect time for him.

Yes, today.

Not yesterday.

And today, he wants you to start dreaming.

He wants you to start to act. To achieve. To become successful.

If he can do it, then why can't you?

If you don't start today, then when?

Start now. Start today. Because today is the day. Today is a perfect time for you.

Stop waiting any longer. Stop waiting for tomorrow. Today is the day. Yes, today.

Not yesterday. Not tomorrow.

Start today.

I believe in you.

Chapter 11:

Change

Be the Change

Each day you might have a question for yourself: “What do I want to be?”

Be a person you dream to be. Be the change you want to be. Be honest with yourself. And believe.

People think that you are not strong enough to be independent. They believe you are so weak. They never care about you. They underestimate you. But that’s okay. Because you don’t need them more than you need to be honest with yourself. People can say anything they like. But you can’t let them fool you. You can’t let that happen.

First, it begins with the mind. You need to allow your mind to accept the change, from the inside out. Let your mind lead the way to the new reality.

In the past, people told you that you shouldn’t do it because you would fail, and you believed them. But now do you need to believe them? You don’t have any reason to believe them if your mind tells you that you can do it.

Change your mind, and everything else will take care of itself. Focus on your goal, follow your mind, accept the change, and be that reason to change.

If you change because someone else wants you to change, it’s not a real change. You are not a robot. You answer to nobody. You have your own mind. You control it. Nobody can manipulate it, and you would not allow that to happen too, would you?

In most cases, people become robotic and try to change themselves for others.

“God, how could that be?” you ask.

A woman who tries to change herself because her man wants her to do so. A student who cheats in the exam.

Be the change you want to be. Not the change someone else wants you to be.

Stop Doubting

You have good day, you have bad day, and you have somewhere in between.

Each and every day, you encounter many things. Some are new. And some are not new. From time to time, you will grow as a person. You will keep growing. But sometimes you feel unsure of the things that are changing so fast. Many strange things are changing. You don't feel good about change. Because you are not ready for it.

And then you start doubting. But let me tell you something. If you're afraid of change, it means you are afraid of yourself. Ghost can scare you. Bad luck can scare you. Poverty can scare you. Exam can scare you. Many things can scare you. But you can't scare yourself. You just can't. So don't be afraid of change. Because everything changes. The only thing that doesn't change is change itself. Be the change you want to be. And stop doubting yourself. Start to believe.

Start to Believe

Believe in yourself. Believe in the power of you. Because that power is so strong. It can transform your life. It can change your life. But you have to stop doubting it. You have to believe in it. Believe in yourself.

There is a machine inside of you, and it is the power generator. It is the major factor that changes your life. You just need to restart this machine. Reactivate the engine.

There is nothing scarier than self-doubt. But please, you have the power to turn it around. One more thing. Self-motivation. Self-motivation is the key to success. You need self-motivation.

Self-Motivation

You can't get anywhere near victory if you are not motivated. Good news is you can motivate yourself. Self-motivation. But motivation is really a scarce resource for man who doesn't believe in himself. If he wants to gain self-motivation, he must believe in himself.

What about you? Do you believe in yourself? If not yet, then you need to start believing from now. Now is never too late. But never let self-doubt stop you.

When you are down, you need to tell yourself that there are many people in the worse conditions than you are. When you are depressed, you need to remember that depression is not a good thing for good person like you. When people say that you are not good enough, you need to ask yourself: "Do I need to let the opinions of others stop me?"

You are the one. You are the one person who can make things happen. You are the only one person who can make whatever you want to make. You are the first one person who can change your life. And you are the person who will make your dream come true.

3 Minute Motivational Speech

Topic: Change

There is a possibility that I can become more than myself today. There is a possibility that I can change myself. There is always a possibility.

But the clock is ticking, and time is getting shorter and shorter, day by day. I can't allow my time to be wasted. I can't waste anymore time.

It is time to change.

It is time to improve myself. To be better. To be successful. And to be a person I always want to be.

I can't let my failure stop me. I can't allow those obstacles to block my dream.

A change has to be made. And it has to be now. It starts from me.

I will take my skill to the next level. I will change to be better. I will improve. I will make something. Something incredible. I will surprise everyone once again.

Because I can. I can change. And I will change.

My time is here. My time is now, and I am going to change my life once since for all.

This is the game-changing event. This is a great opportunity for me.

I don't care if nobody believes in me. All I need is a person who is looking back at me through the mirror. That person is myself. I am going to change.

And I am going to make a better change.

Forget about the drama. Forget about the failure. Forget about the past. Forget those obstacles.

Because nothing can stand in my way.

From now on, I am going to design a new life.

From now on, I am not making any excuse.

From now on, I am going to change.

I don't have to be told what to do or where to go because I know what I want. I can do it by myself. I can make whatever kind money I want to make. I can have whatever kind of lifestyle I want to have. I can do it. And I will do it. I will make a change. But I need to start from now on. I need to start to change to become a better person. And you too can change. You too can become who you want to be. You just need to start from now.

You can change to be better.

I believe in you.

Chapter 12:

Dream

What Is Your Dream?

After you have changed to be the person you want to be, it's time to get down to the real business: Dream.

It's your dream. But what is dream? Why do you need it? And how to define a dream? Better yet, how to make this dream come true?

There're many definitions defining this term. But, at least, you've got one of your own, right? In this case, you will need to answer this question by yourself, "What is my dream?"

You may say that dream is something you want in your life. Usually your dream is a long-term goal. Whatever definition you come up for yourself, you also need to ask yourself why you need this dream. Why is it important to have this dream? Many people do not see it like you see. It's okay if nobody sees it the same way you do. Because nobody is going to do it for you. And nobody is going to answer it for you.

Maybe you want to be a wealthy person? Or you want to be independent? Having enough freedom to travel the world? To do whatever you want to do when you want to do it?

You need to ask yourself again: "Why do I need this dream?" And you might want to answer by yourself. Because this chapter will not give the answer that you already have.

In this chapter, it's about the dream. By the way, there are three things you need to know: disappointment, pain, and hardship.

Disappointment

Dream is a beautiful thing. Dream gives a man hope to live on. Dream creates many great things, throughout the history of man. But dream cannot be realized without man doing everything from the beginning till the end. But man has to face challenges and problems.

Disappointment is one of those.

I know you feel betrayed. You feel hurt. You feel angry. You feel lonely. You even want to run away. You just want to hide in your own safe cave. Because you feel victimized by those who have betrayed you.

Betrayal! They can betray you, but you can't betray them. Because you never want people to feel hurt. Betrayal is an act that can damage your relationship, friendship, partnership and so on. But those people who betray others will receive just a fair consequence, sooner or later. Not necessarily from you, anyway.

People who lie could make you feel bad. They are the reason why you should become smarter. You can learn from them, but you cannot let them fool you again. You can understand them, but you should not bother to judge or punish them. Because they are pitiful human beings on earth. Those who lie can't have many friends. Because real friends don't lie. Friends who lie are not real friends at all.

If they respect you, they will be honest with you. Honesty is not expensive. But dishonest people usually cannot afford to be honest at all. They just cannot afford it. Those who lie are unadmired, unloved, unappreciated, and unthought of.

So I hope you don't need to be upset because of others. You just need to be honest with yourself and others. People will respect you if you are an honest person.

Respect is everything. But people who do not know how to respect others usually fail to respect themselves. You do not need to care much about them. Because their existence will soon cease to exist from your mind. You should respect yourself and others. But you should not let disrespectful people make

your life complicated. You should not.

You are a decent person. But you want to do great thing. In order to do great thing, you need to get rid of mediocrity. Mediocrity is a sure way to failure. Therefore, you cannot afford to be mediocre. I know. I know. Yes, I know.

I know you don't have enough time to make everything perfect. Well, at least you should make it better than mediocre work. If you are in business, you will know that people don't always design a product just to sell if they want to create a great brand name. A great brand cannot be a mediocre brand. And a great brand has to represent something unique and super-hot.

You should be prepared to be excellent, and you should expect people to know that you will not accept mediocrity. Set a high standard and go for it. Do not compromise.

Betrayal can hurt you, and it can make you feel disappointed. Dishonesty can hurt you, and it can make you feel disappointed. Disrespect can hurt you, and it can make you feel disappointed. Mediocrity can hurt you, and it can make you feel disappointed. But do not stop dreaming.

Pain & Hardship

Pain does exist, but it will end at one point. Only those who embrace the pain and let it go will truly appreciate and be grateful to pain. If you are in pain, you should be grateful because pain can teach you to be stronger. Pain is like your teacher also. Pain is like a lesson. Pain is not always a bad thing.

But of course, you can never learn from the same teacher forever. In case you do learn from the same teacher over and over again, it means you always fail the test. And that means you need to pass it in order to go on to learn the new life lesson. People who repeat the same mistakes will come to experience the same problems. They will have the same pain. That hurts. And the pain really could bring down a man if he lets pain control his life long enough.

Hardship is part of life. Hardship is also a life lesson. If you are careless, then your life will be hard. If you remain the same, then the same exact thing will happen and make your life even harder and harder.

To live your dream, you will need to overcome many obstacles, clearly mentioned above.

3 Minute Motivational Speech

Topic: Start Now

Dream without action is nothing. Nothing. Dream without commitment is just a dream. And dream without confidence is fragile.

If you don't like the result that you have, you can make a commitment for yourself from now on.

But don't ever, ever try to find reason.

Because reason is a parallel term of excuse.

Reason or result.

No excuse.

Result only.

And only positive result is accepted.

There is no time to wait and stand back while you know you can do more, be more and have more.

There is no reason you should be shamed about your own dream. Nobody should ever blame you. Nobody.

All the dreams are possible. All the opportunities are available. All the possibilities are considerable.

But it has to begin with the mind.

It starts from you. Start dreaming.

Start working. Start producing result.

Improve more. Learn more. Do more.

Dream big, and start today.

Keep dreaming, dream on. Go after this dream as if your life depends on it. Because it does.

Get busy on your dream.

Do what you can with what you have in order to have what you can have in the future.

Dream on, keep dreaming. Get up. Get going.

Keep dreaming, stop sleeping. Because your time to live this dream is now.

Stop finding excuse. Start taking an action.

Dream on, keep dreaming. Stop procrastinating.

Dream on, and you are getting closer and closer to success. Success comes to those who dream and work. Sometimes you have to do the thing you hate to do. Even the thing you are afraid to do.

Do it. Just do it. If you dream it, you can do it. If you do it, your dream is possible.

I believe in you.

Chapter 13:

Follow Your Heart

They Think You Are Crazy

It doesn't matter if people think or say you are crazy. After the realization of dream, it's time to let your heart guide you. You need to follow your heart.

The era of the cluelessness must end. And it must end right now. It's time to cancel the tragedy caused by carelessness. You've spent so much time worrying about the future, and yet you don't act. Sad truth. You've suffered from self-hate for quite a long time. But you're lucky enough to learn that you could change to be better if you start to live your dream. And you've also learned that dream is made possible only if you are passionate and committed to do whatever it takes to make it become a reality.

But you need to follow your heart. Because without your heart, there is no passion. You can't make your dream become a reality if you have no passion.

Many people stop growing when they start to follow others. We have a lot of copycat products. These people are the products from others. They are not the original inventors of their lives. Because they follow their parents' decisions. They follow their friends. And they can follow everything, but they just can't follow their hearts.

They want to become artists, but then their parents say 'no' and they start to doubt themselves:

⇒ What would happen if I couldn't make enough money to support myself?

⇒ I heard that being an artist is a dead-end job. I will not have any bright future.

⇒ Oh God, it seems like I'm the only one sacrificing my life for this work. Should I quit? Should I find a new job?

Follow Your Heart or Break Your Heart

When you stop following your heart, you will start to use logic and rationality. But please beware that pure rationality is not always the best path to a successful life. But it has become impossible to take both as you know that actions will have consequences. You simply can't afford to be indecisive. You need to choose: Follow Your Heart or Follow Others.

When you face the final decision, it must be hard. But you know what's right. You need to do the right thing. Many people choose to do things right because they don't want to get any trouble.

For example, there is a girl who is struggling to gain confidence from her parents. When her parents want her to study something she doesn't like to study, she has no choice but to follow them, whether she likes it or not.

Of course, when you follow your heart, sometimes it's hard. But soon enough, it'll get better and it'll become easier and easier from time to time. If it's not hard, then it's not worth it. Sometimes it takes the blood, the tear and the sweat.

The road ahead is uneasy road. You still can give up now if you want. To follow what you love is like fighting in the war. But this is your own war. To follow what others tell you to do is like you fight in someone else's war.

If you want to grow, you need to fight. But you need to fight your own war. It's better than to fight someone else's war. People who choose to follow others will stop growing.

Don't let that stop you. Don't let the ideas of others stop you from being who

you are, doing what you love and having what you should have.

Like a saying, “There is always something new under the sun.”

For those who think that there is nothing new under the sun will soon realize that the world is changing so fast, either under or around the sun. And it changes in an unimaginable speed, actually. They believe that the old rules from the old times are always good. Well, it's not that bad to follow the rules. But at least some rules have to be changed. And one of those is important to consider: Decision.

Once again, it comes down to you to make the decision. In previous chapter, you have learned already that it is unadvisable to be indecisive.

Now what do you say? For me, I would say, “I decide to do something. I decide to follow my heart.”

But let me repeat that again. If you follow your heart, please be informed that some rules have to be broken. You can break some rules, but never the law.

Lastly, let's say that again: You break their rule(s) or you break your heart. You choose!

3 Minute Motivational Speech

Topic: Dream Killer

This is a guy who wants to become one of the most inspiring people in the world.

This guy has a beautiful dream. He has an idea.

An idea that could probably make the world a better place.

But he thinks his idea comes to the wrong place.

“Maybe nobody would love my idea at all. Maybe I should give up this idea. I should, perhaps, stop daydreaming. It can’t be possible at all.”

Look, this is the guy. The guy who is a murderer. He has killed his own idea. How sad!

Now, attention, everyone. Please remember that idea cannot become reality if you refuse to work on it.

Idea is not a final product. Idea is a seed. And it needs water to grow.

Are you willing to water this idea every day?

Are you willing sacrifice your time and energy to work on your idea and make something great?

Are you willing to break the record and set a new one for yourself?

Are you?

But the question is, “Are you willing to follow your heart?”

Let me tell you something. The first thing you should remember after you wake up: Your dream. The last thing you should remember before you sleep: Your

dream.

See? It's that simple. But you need to let your life guide the way because the only way to become successful and happy is your own way.

Follow your heart. Walk on your own way. There is always a way, don't worry. There is always a better way to walk, if you are confident enough to walk alone.

Forget about the criticism from others.

Forget about the ridicule from your peers.

Forget about the rejection.

But don't forget who you want to be and what you want to do. And remember what you want to have. Follow your heart. Believe in yourself.

I believe in you.

Chapter 14:

The Power of Mind

Real Thing

When you feel real thing, real thing will come to you. Real thing doesn't have to be complicated. Real thing doesn't have to be perfect. It can be simple. It can be irrelevant. It can be something you take for granted. It can be a normal thing. But real thing can become real only if you truly realize it. That's why we call it real thing. Because it has always been there, but you were not aware of it. You cannot see it through the naked eyes, so to speak. You can only see it through your mind. Why? Because your mind has the power to see through everything (the known known, the unknown known, the known unknown, or even the unknown unknown.)

The power of your mind is the real thing. It has always been there inside you, but you were not aware of it. When you start using it, you will know how powerful it is. It can make you and it can destroy you too. That's why many masters throughout the history have suggested that you should apply the concept of love when you utilize the power of your mind. It is known as the power of love.

The Power of Love

If you want unlimited power, you need to unlock your mind. Your mind is your imagination. Your mind is your knowledge. Your mind is everything. Because your mind is limitless. Your mind is the power, and this power is available for you. Allow yourself to use it. Allow yourself to trust your mind and let your mind work its miracle. Through the tough times, man blames the mind for not taking care of him. But man forgets that he has not fully believed in his own power.

Use the power of love that you have because you are love and you are that

power. You can love yourself, and you can love others. You can love your friends. You can love your classmates. You can love everybody you know. Because love is the most powerful tool that can make your life complete. Celebrate your love with others. Share love, and share happiness with others. The more you share, the more you'll have of it. Be kind, and share love.

Love is the power that begins from your mind just like the visualization.

The Power of Visualization

Picture yourself with your success. The things you really, really love to have. The things you are proud of. The time you really enjoy yourself. The perfect moment that you wish to have.

Visualize the things you want. Visualize these things before you sleep. Visualize these things when you are alone or with people. Visualize them when you are happy or unhappy. Visualize them when you have a problem. Visualize as much as possible. Because visualization will create a clearer picture in your mind, and it's what makes you motivated to keep going.

So again. Unlock your mind. Visualize what you want. And repeat that again and again.

3 Minute Motivational Speech

Topic: Your Mind

Through the hard time, you get to understand the incredible power of your mind.

Through the failure, you get to understand the importance of positive thinking.

Through the crisis, you get to understand the value of love.

Now, you just get up once again. You just decide to walk again. Thank goodness, you didn't give up.

Now, forget the rest of the story. Please get back to work. Work on the dream that you have.

But you need to have a clear goal. What you want to do. Who you want to be.

Be fearless. Be faithful. Be the one you want to be. But if you want to be fearless, you have to use the power of your mind.

Your mind is everything. It can be your friend. Or your enemy. It can help you. Or brings you down. It can make you feel powerful or powerless.

So you need to learn to control the power of your mind. And you need to learn to use this power.

You can attract what you fear, but you can attract what you love also. Now, you choose. Love or fear?

You can attract success into your life, but you can fail and fail hard in the middle of your life journey also. Now, you choose. Success or failure?

You can attract what you want, but you can attract what you hate also. Now, you choose. Love or hate?

You can attract everything.

But please remember that your mind is very powerful. Your mind is everything.

It can make you one of the most powerful men in the world. Or it can make you a broke man in town.

It can bring happiness to you, but it can bring hell to you too.

Your mind. But how to control it? And how to use your mind for good?

Simple answer: Be grateful for everything.

Be grateful for what you have. Be grateful for what you will have. Use your mind for good.

I believe in you.

Chapter 15:

Winner

Fighter

To do a great thing is what we want to do. To become a high achiever is the goal we all want to have. To be happy is what we all want to be. And to become the winner is the real purpose.

The winners are the fighters. They fight, and they survive. But they just don't fight blindly. They know what they are fighting for. They know the way to win is to fight for something they love. Because if they truly love something, they will fight with every last breath they have. They will fight, and they will not give up. They will fight until they win. Because winners do not give up easily. They don't have to be necessarily the strongest human beings on earth. They don't have to be the smartest. They don't have to be the most special people to become the winners. But they are not the quitters. They train themselves. And they learn from zero until they become the smartest. They do thing in a great way.

Go Big or Go Home

If you don't do anything big, your life will be too small. But if you do something big, you are going to get into a big trouble. But ask yourself, can you take the risk? And are you prepared to be the winner? The winners are prepared for everything that could come in their way. And they won't let anything stop them. They train themselves for thousands of hours. They work hard all day long. And they sacrifice what they are for what they will become. But the winners are the lucky because they work hard. Just like Thomas Jefferson had said, "I'm a great believer in luck, and I find the harder I work, the more I have of it."

We have understood early on that we should think big. And in this case, it is agreeable that the winners are prepared to go big and be big, in everything they

do. They will make it to the world-class level. We have seen countless authors, speakers, and leaders who present themselves on the international stage with confidence because they have prepared themselves for years. They are the winners.

Are You the Winner?

When you take a stand in life, you have to be ready for people who will soon reject your idea. They could be the people you love. Your parents, your friends, and even your spouse. But you can't let them stop you. You might not need to fight against them, but you need to fight against their ideas. Let them know that you are prepared for whatever it takes to achieve your goal and to become the winner.

You can't quit. You can't stop fighting for your goal. You can't stop working. You can't allow the external factors to fool you around. You can't let that happen. You can't. But you can give yourself some time to prepare, to be ready and to fight back.

The winner doesn't allow anyone to fool him around. Not even his own close friend. And what about you? Do you allow your friend to trick you away from your dream? There is always a friend like that. A friend who knows nothing besides telling you that your business idea is going to fail. He tells you that you simply cannot do it. There is always a friend like that. It doesn't mean he hates you or wants you to fail. But that gives a sign: Negative Vibe. You can have negative thinking and you can have positive thinking. When you have negative thinking, it's easy to attract negative vibe. As far as friendship is concerned, you sometimes have a friend who is full of negativity.

So stop caring about what people say about your dream. Stop worrying too much. Stop trying to please anyone. And start to prepare for the big fight. Start to do everything in a great way. Start to motivate yourself. Start to think big. Start to become the winner.

You are the winner. I know you are. I believe in you.

3 Minute Motivational Speech

Topic: Winners

These people are strange people. These people always improve and find answer for their lives.

These people do something that others don't.

They set a high standard, and they always work and work and work to maintain their standard.

Who are these people?

They are the great of the great.

They are the alphas.

They are the leaders.

And they are the winners.

Are you one of them?

You can become one of them.

How?

Think differently. Work harder. Learn more. And set a high standard.

The winners think differently. They work hard. They learn every day. And set a high standard for themselves.

But they don't necessarily need to compete with others in order to become the winners. They don't need the opinions from a bunch of judges to tell them that they win or lose.

The winners never back down.

The winners are the fighters.

They know what they want, and they go for it. They fight for what they deserve. When they get punched, they will punch back, but they will punch back harder. They make sure their opponents will think twice before challenging them.

The winners don't give in. They don't give up. They keep fighting. They keep fighting until there's nothing left. But they don't give up.

They know if they continue fighting, they will win. And as a result, they win.

Do you want to be the winner? Yes? So start to change the way you think. Work harder. And learn more. Set a high standard for yourself.

I believe in you.

Chapter 16:

Improve More

Preparation

Being prepared is rule number one in anything you do. You should be prepared for the scholarship opportunity, job opportunity, business opportunity and so on. You should be prepared for the next task that can make your name be well known by many people. But you have to be prepared to improve more.

Each day, how many hours do you spend on social media? How many hours just to scroll Facebook? And how many hours for random chat? Well, I'm just asking. Maybe you don't have to answer me. You know your own answers.

But let me ask you again. Each day, how many hours do you spend on reading? How many hours for self-education? Well, I'm just asking. Maybe you don't have to answer me. You know your own answers.

Preparation is very important if you want to achieve much higher level of your work. It can take years. Or months. Or weeks. Or days. Or just a short time. But the difference between preparation and rush action is that you don't have to worry much about the result if you have prepared well while rush action can make you stay up late at night, worrying about the result. Preparation improves better performance. Preparation prevents disappointing result. Preparation inspires action.

Weakness

Weakness is a weak spot, but you can get rid of it. But how to overcome your own weakness? A person who is shy to speak will find it hard to become a confident person. A girl who thinks that she is ugly. A boy who knows that nobody likes him. A man who never believes in his ability. A woman who

couldn't win her bad habit. They see their weaknesses. They hate their weaknesses. And yet they do not do anything to get rid of their weaknesses. This carelessness becomes a root cause of every major problem for them. Because they don't do anything to fix the problems. But how to get rid of weakness? How?

You cannot solve a problem when you do not understand the root cause. But to understand the root cause of the problem, you need to go back to the actions on daily basis. I'll take mine as an example. Specifically, my reading habit.

I started reading book on April 15, 2013 (Week #1). My deadline was March 24, 2014 (Week #50). What were my weaknesses? First, I read very slowly. God, it was too slow. Or maybe that book was just too thick? I guess so. In my actual plan, 1 book had to be finished in just 1 week. But usually I couldn't finish 1 book a week. Second, I didn't really understand much from the book that I read. Again, that book was just too complicated to understand. See? I made excuse. Now what else? Third, I could hardly remember what I read. Bing, bing, bong, bong. BANG!!! That was it. Nothing in my head.

Long story short, at the end of the year, I finished 50 books, critically and accurately. How did miracle happen? Yes, how? In my previous book "Because I Was Selfish, Volume 3," I did mention about the miracle of reading, did you read that? I assume you didn't remember. Well, in that case, I am going to include this crucial point in my next book "DARABLY Reading Tips" because in this book "3 Minute Motivation," we want to focus on motivation more than reading stuff, agree? Good that you agreed, now let's finish it right here.

In conclusion, weakness is a problem, and to solve a problem, we need to understand the root cause of it. To know the root cause of it, you need to go back to check the daily activity.

Improve Public Speaking

Confidence is one of the keys to success. But how to be confident? Specifically, how to be confident in communication? How to be confident in public speaking? God, how to be confident in everything?

Now, we're talking about public speaking first. Many people are nervous on the stage. Are you? Public speaking is number one fear that people have, no matter

who they are. Public speaking is something that people hate to face because they are not confident enough to speak in front of many people. Why does this problem matter to you? Because public speaking problem is your problem. And you can't afford to have this weakness longer than this. You need to unfold the secret to becoming a confident public speaker. Learn to become a motivational speaker. But how?

Here are some tips:

- ⇒ Join public speaking club
- ⇒ Listen to some motivational speeches from great speakers
- ⇒ Read books
- ⇒ Practice speaking with your friends as much as possible
- ⇒ Watch talk show programs

If you want to dig up deeper into this subject, you can read "Selling Peanut" by Dara Ly.

3 Minute Motivational Speech

Topic: Start from Reading

Start from reading.

Now you have a chance to improve. Will you try it?

It might be your first time to put yourself in reading. By this, I mean you start to believe that reading can give you tremendous benefit.

Your job is to learn. Learn every day. Learn from people. Learn from a little kid. Learn from everyone.

Self-education is the key. You have to unlock it.

Unlock your potential.

You have control of your day.

You have control of your hour.

You have control of your minute.

Don't let your day slip away.

Don't ever let Facebook control your time.

Don't you dare.

Spend more time with book. Read a little bit more. Read a little longer. Read more books. Share with more people about what you read.

Spend more time to invest in yourself. Learn from webinar. From YouTube. From everything you could.

But remember. Great opportunity is waiting for you. Are you prepared for it?

Or are you going to say, “Oh, I’m not ready”?

How about you say, “I have prepared for a long time ago”?

You take the time to improve yourself. And sooner you will be able to use what you learn to apply in your study, in your business, in whatever you do.

Improve your reading. Read more books.

Improve your communication. Attend training programs.

Improve your public speaking. Join speaking club. Speak more often. Practice more. Talk to more people.

You are the one. You can make this happen.

You can improve.

You need to improve right now.

I believe in you.

Chapter 17:

Success

Keys to Success

Success is not just a word. Success requires hard work and effort. And success requires focus. Because without focus, you will most likely fail. And if you don't learn from your failure, you can never succeed.

Many people are careless about their works, but you are not. You work hard. You focus on the tasks at hand. You learn from everyone you could. You learn everything you can. And make sure you will not repeat the same failures too often.

Because you have a goal, and you fight for your goal. No matter what happens, never lose sight of your goal. You always want to make your parents proud, even when sometimes you have to disagree with their ideas. You want to prove that you are a grown-up person, not a kid anymore. That's why you work hard even if they want you to take care of your health. That's why you don't stop learning even if they ask you to take a short break during the weekend. Sometimes you know you have to skip family dinner because you can't afford to let your work left undone within the week. You will always continue doing until you succeed, even if they want you to stop doing something unpromising.

Love Your Success

You don't want to be upset because of the same sad things. That's why you understand the importance of success. Because success brings change (better change) in your life, and your success can reassure your parents. Your success will show your parents that you don't let them down. You make them proud. You make them happy. Because they love you. That's why you need to love your success.

But remember. Success doesn't come easily. You need to be prepared for it. Don't be like a fly. This insect is an opportunist. Opportunist can't get anywhere near success. Not a true success, just so you understand.

If you truly love something, you will be successful. Because when you love something, you will work hard for it. When you love it so dearly, you will put attention and effort to make it real. What's the proof?

The proof of that is your study result. Just like other students, you go to school. But something you have always had is discipline. Your discipline gives you Grade A from high school. Your discipline doesn't allow you to use one-night policy. Your discipline will fight alongside you and help you become outstanding, not necessary an outstanding student in the class, by the way. But in your mind, you know, for sure, that you are uniquely qualified for the work you do.

Because you love what you do, and you do it with passion. Your passion creates your discipline. Your discipline creates your habit. Your habit stays with you longer than anything else. The good thing is you don't let your habit control you. You let discipline control all aspects of your life. You let your life shine.

Work hard, do the right thing, and success will come. Repeat doing it again and again and make it become your habit.

You work hard. You fail. You work harder. You fail. Then you work harder. You fail again. But you keep going. You don't give up. You keep working harder and harder. Now you are successful. Because you are awesome. You are great. You have reason to work, to focus, to fail, to learn, and to succeed.

If you want to be successful, you need to work hard, focus, and learn from failure.

3 Minute Motivational Speech

Topic: Work, Work, Work

Success doesn't come to the person who is lazy. It doesn't come to the person who is too busy. It doesn't come to you if you are incompetent.

But success is not forbidden to anyone. It never hates anybody.

Don't get me wrong. Just because success is available to everyone, that doesn't guarantee 100% chance for you.

If you are lazy, surely enough, you will never be successful. But you will be successful if you are lazy enough.

If you are too busy, surely enough, you will never be successful. But you will be successful if you know how to be busier.

If you are incompetent, you will never ever become successful. But you will become successful if you start working.

Work. Work. Work.

Work every day. Work every time. Work. Work. Work.

Success is the result of your work.

Work if you are lazy.

Work if you are busy.

Work if you are not good enough.

Just work.

Work when you feel pressure.

Work creates discipline.

Discipline leads to success.

Work brings luck.

Luck is high chance for success.

Work. Work. Work.

Yes, work. Work to become successful.

But don't lose your focus.

Focus on the things that matter.

Focus on big picture. Focus on wholeness. Focus on details. Focus on the right things.

Balance.

Balance is also important.

If you want to become successful, keep your life in balance.

Be healthy. Be focus. Be proactive at work.

But one more thing. Balance between laziness and busyness.

How?

You know when you are lazy. You know when you are busy.

But you need to know how to balance these things.

Keep balance in check.

Again, work, focus, balance.

And become successful.

You can become successful if you start working from now on.

You will work longer than ever if you focus on the goal.

But you need to keep balance.

You can do it. You will become successful.

I believe in you.

Chapter 18:

You Are Awesome

You Are Unique

You will do whatever it takes to make your idea become reality, you know that. You have a big beautiful idea. But nobody will ever care if your beautiful idea can survive or die. But you have a duty to bring your idea into life. Why?

Because you are uniquely qualified to be the chief architect of the beautiful empire of your dream. You are the grand master. You are the queen. But now you have to fight like a warrior. Fight with your skills, fight with your heart, and fight for your dream. Fight against your obstacle and problem. Defeat them. You can defeat them. One by one, or all at once.

An awesome warrior stands still and fights. He has lost some battles. But it is okay because he still survives. He still fights. And he is ready for the final battle. When he wins this decisive battle, everything will come to an end for the good. And surely enough, he can win, and he will win. Because he is awesome.

You always have questions for yourself, “Why am I different from others?” or “Why can’t I get along with them?”

You Are You

Because you are who you are. You can’t fake yourself just to please others. They might think you are weak. They might judge your personality, believing that you are an arrogant person, whatsoever. But do you have to please everyone? If you think you can, then, sorry but I might need to say that your life is a mess. To try to please everyone is a waste of time.

Don’t be like a mango seller. When one man asked her, “Are these mangos

sweet?”

“Yes, Bong, they are so sweet,” she replied.

“Oh, I see. But I want to buy some sour mangos,” the man said.

“In fact, these mangos are also sour, Bong,” said she.

Some people try to fake themselves in order to impress others. They fail. They fail to be who they are. And no wonder about that. If you are introvert, you are introvert. Why do you need to borrow extrovert’s personality?

You invest so much time, but you don’t know who you are. You don’t know how much beautiful you are.

You Are Beautiful

YAB! Yes, I mean it. YAB, in Khmer, means, er, what does it mean? Can anybody tell me what it means? Nevertheless, in this book, YAB means “You Are Beautiful.” And I mean that. I really believe you are beautiful. Why?

Because you are beautiful in your own way. You are your own queen. But you need to stop faking yourself. You need to embrace yourself. Of course, you can improve yourself, but you shouldn’t try to impress others too much. Because too much simply means messy.

You have to know that you are great because you can survive many hard times and many life obstacles. There’s no reason to be afraid anymore.

Be creative. Be positive. Be great. Be awesome.

3 Minute Motivational Speech

Title: You Are the Queen

I know you can be great. You can be awesome. But you don't have to be depressed. You don't have to blame yourself.

You don't have to hide yourself anymore.

Show yourself.

Reveal yourself.

Unleash the Beauty Queen inside of you.

Be who you are.

Forget your past.

Forgive your present.

Be happy with your present. Be happy with it.

Just because you failed that exam, that doesn't mean it's over.

Just because you broke up with that guy, that doesn't mean you cannot live a better life.

Just because you failed yesterday, it doesn't mean you'll fail today or tomorrow.

Are you willing to forget your past?

And are you ready to live a better life from now on?

We all are prisoners of our past.

But we can be free, only if we think we are ready. And in fact, we can always be

free.

There's only one thing that matters in life. It is life itself.

But in this life, you must forget your bad, ugly past.

You must embrace the present. Because it is beautiful.

Be the Queen. Be great. And be awesome.

And I believe in you.

Chapter 19:

Nothing Is Impossible

Commitment

When you change your attitude, everything will change. Your life. Your relationship. Your work. Your friendship. Everything. Bad attitude brings bad result. Good attitude brings great result. It's that simple. Mental attitude is everything you need to care about because if you don't, then you will pay the price. Big price.

Commitment is not just a word. It is an act of a man endorsed by God. Commitment is a pure creation of a man. Commitment is one great thing that every man has. Commitment doesn't discriminate anybody. It means everybody can have and use the commitment to become successful in life. Without commitment, there is no good result. Commitment is your own responsibility, for nobody can give it to you. You and you alone can give it to yourself.

Discipline

When you practice good discipline, you should repeat doing it because this repetition is the key to successful habit.

Each and every day, when you wake up, you need to know this. Discipline must be obtained and has to be preserved. You might find yourself losing slowly to time when the task is so daunting, but you need to keep doing it. It is the

challenge, but you are up for this challenge. You're in it to win it, so you need to climb to the next ladder.

When you don't feel like working, you just need to keep working. How?

Simple: work, work, work. Sometimes you might find yourself hooked up with some unproductive activities, but you need to put your discipline first. Build a good habit and get rid of the bad one.

Discipline is a choice, by nature. But those who are naturally disciplined are generally capable of carrying out many challenging tasks. We call them the High Achievers.

And you can become the high achiever as well if you possess discipline. Look at Elon Musk. Look at Donald Trump. Look at those amazing entrepreneurs and powerful leaders. They have a strong work ethic. In other words, their work discipline is on top of everything.

Obstacle

Obstacle can pause you, but it cannot stop you if you persist in doing what you love to do. You need to be passionate about what you do. If you are truly passionate about it and if you truly love to do it, then nothing can stand in your way. Nothing is impossible.

You just have to make up your own mind, and go for it, no matter what. You can do it and you will do it, for it is not impossible. It is possible. It might be difficult, but not impossible. It is just an obstacle along the way. So you and you alone can set a new record. Do it with your heart, head, passion, discipline, and commitment.

Success is awaiting ahead of you.

3 Minute Motivational Speech

Topic: Life Goal

You think you shouldn't follow your heart because you are afraid. You are afraid. You are scared. You think your mom will not allow you to follow your dream. You think it's impossible. Hey, wake up. Nothing is impossible.

I say that because I've been there and I've done that. And I want to remind you that nothing is impossible. It might be difficult, but it's not impossible. It might be difficult to tell your parents that you don't want to work for somebody else. It is difficult when they still think you're just a kid. It is difficult. I know that. Let me tell you the truth. It is not difficult. But it is just an obstacle.

Ask yourself; are you willing to challenge this obstacle? Are you willing to take control of your life or are you going to let someone control your life?

Now you have 2 options:

⇒ Follow your passion; or

⇒ Follow your parents

For me, I followed my passion. And three years later, my parents follow my decision.

Yes, 3 years. 3 DIFFICULT YEARS.

3 years, they thought I was crazy.

3 years, they tried to talk me out of my dream.

But now my parents follow my decision. And now they're happy because they

know their son is not a kid anymore.

Do you know how I keep my dream alive?

One word: ACTION.

I'm talking about doing it every day. Reading every day. Working hard every day. Learning every day.

Reading is my action. Working is my action. And learning is my action. I'm telling you, my sisters and brothers.

I'm telling you to:

- ⇒ Follow your passion
- ⇒ Challenge the obstacles
- ⇒ Give yourself options
- ⇒ Make a clear decision
- ⇒ Then take action
- ⇒ Do it today. NOW!

I believe in you.

Chapter 20:

Do Again, Restart Again (DARA)

Journey

Life is the journey. It is the journey of a million kilometers. It is the journey from inside and outside. It is the journey of rough and smooth ride. It is the journey of joy and misery. But life is the journey. You can travel through time, as you can travel through space. But you never stop the journey. It can be the journey in your mind or the journey in reality. It is the journey, unstoppable and unpredictable, only taken by free will or by force. Somebody could choose by force while others may follow their own free will and journey through this life. Life is the great journey.

Decision

In life, you make many decisions. When the result is good, it is a good thing. But when something goes wrong, you need to take a few steps backward before you can move forward. But, in every decision you make, you should be cautious because the decision you make may change your life forever.

Meaning of Life

Sometimes life seems to be meaningless and, also, unappreciative. A rich man goes poor. A happy girl gets depressed. A lovely boy becomes lonely.

You don't love your life. You hate yourself. You blame your sin. You lose hope. You allow your life to be drowned. Depression. But do you know how many people, except you, really love their lives? 7 Billion!

You only live one life, so why don't you make this life meaningful? Consider your life a gift. At least, the most precious gift for your parents. On behalf of

them, allow me to ask you:

Can you restart your life again?

Can you start believing in yourself again?

Can you love yourself more than this?

Can you make your parents proud again?

From now on, can you promise to make your parents happy?

Can you do it?

Brother and sister, your life is your choice. So choose wisely. Choose life or choose something else. You could choose DARA (Do Again, Restart Again.)

DARA

Regardless of how far you think you have gone, there is so much more you can go and need to go. Interestingly, if you think you are still far from your goal, chance is that you might be closer, but it might seem so far. There are two possibilities: You are closer to your goal or you are far from your goal.

First of all, you might be closer to your goal. You have come too far. It is common if you feel very tired of this life journey. It is very common for you and everybody. But you ask one question: “Am I like everybody?” It is not the right question you should ask. Then you ask again, “So which question is the right question to ask?” Good question. But before you want to find the right question, you should find the right purpose of this life journey. Ask yourself, “Why did I start this journey?”

You don’t know? Okay, I get it. You don’t even know why you are reading this last chapter. In fact, this is not the end of the chapter in your life. It is just the beginning. Because in life, you can restart again and again. The only hope I have is you won’t make the same mistake again and again.

Motivation! Why do you need motivation? You need it because you want to go on to become successful, to find happiness, to become the winner, to win your fear, to make the right decision, and so on. But you want to achieve your goal, don't you? Some of the things mentioned in all these 20 chapters are not new to you. You have done some of them, or even almost all of them. That's why I said that your goal might be near. You might be closer, but you don't see it. So how to reach your goal? That's the right question you should ask. Answer: DARA.

Do it again. All the positive things that you've been doing, keep doing again and again. Do again. You can do it. And if you think it is hard to do, then you should read "She Can Do It" by Dara Ly.

Restart it again. All the negative things that you've started, you should erase them all. Erase them from your thought system. After that, you can restart your thought system again. Start it again and install positive program into your system. If you don't know how to be positive, then you should read "DARA LY Keys to Positive Thinking" by Dara Ly.

Second, you think you are far from your goal. It's okay. At least, you have come one step closer to your goal. It is perfectly normal if you feel absolutely clueless. Many people do not know what their dreams are. They do not have the clues of how to complete their goals. They are left behind, far from their goals. You think you are one of them? If so, you should restart your life again. Do it again. That's all you should do from now on: DARA.

3 Minute Motivational Speech

Topic: You Can Do It

What is the purpose of your life? To be happy? To make your parents proud? To be an independent person?

What is the biggest obstacle that turns your life upside down? Lack of education? Lack of help? Lack of motivation?

“Lack of cr...”

Lack of what? Brother, you didn't mean 'crush', did you?

What is the biggest regret in your life?

The fact that you didn't believe in yourself? The fact that you failed that exam? The fact that you left that person?

Brother, I'm being serious, you have a long way to go in this journey. In this life. You have an opportunity to create your life. And you have choices in your life. The question is: “Which choice will you choose?”

To remain regretful or to restart your life and do something good for your life? It's your choice. To stay in negative life or to live positively? It's your choice, nobody can choose it for you. Not even Dara Ly (your brother).

You cannot allow your life to be driven by negativity. You cannot let that past mistake ruin your present. You just can't. Not gonna happen. You have come too far to quit, and you should not quit right now. Well, there are some things you should give up.

What are those? They are: Mediocrity. Misery. Loser Mindset. Excuse. And so on.

But some things you need not and you must not give up. They are: Dream. Happiness. Responsibility. Commitment. Passion. And many more.

You need to work harder. Stay up longer. And put effort. Start to do the thing that people say impossible. It might be impossible for them, but not for you. It might sound crazy to them, but not to you. It might take much time, but you have enough time. Don't worry.

You just need to do it. Do it now. Do it again and again. Because if you don't, then nobody is going to do it for you. Only you can do it. Many people have become very successful because they are willing to accept the challenges. They don't say, "Why me?"

They say that "I'm gonna do it. I'm gonna make it happen."

What say you now? I say that you can do it.

I believe in you.

End

Just the Beginning!

Similar Self-Development Books

by DARA LY

- Education for My Sister
- Why You Should Give Up
- DARA LY Keys to Positive Thinking
- Inventing Life and Business
- Book And Crush
- Because I Was Selfish, Volume 1
- Because I Was Selfish, Volume 2
- Because I Was Selfish, Volume 3