

## PETER NG TRAINING CONSULTANCY

Asia Pacific Representative for SERVICE QUALITY INSTITUTE, USA



### AWAKENING THE POWER WITHIN YOU (Enjoy Your Everyday Prosperity)

*Self-Development and Motivation series ...*

Everyone can be prosperous! The achievement of our prosperity blessings has to do with our levels of peace and joy. A person who is always angry, aggressive, passive, and perpetually negative in every circumstance will not achieve success and prosperity. Granted that most people have desires, goals, or dreams for their lives, but there are some people who are so focused on where they are going that they do not enjoy the journey that gets them there. They allow themselves to become so consumed with tomorrow they completely miss the joy of today. They do not see the fulfillment of their dreams and visions simply because they do not understand the importance of waiting well and enjoying their journeys.

Recently, I met Joel, who is so self-consuming, that if you ever sit down with Joel, he will be talking about one person and the person's dreams, problems, and challenges – his! Everything else and everyone are his problems. The truth is he was making bad choices, ill-discipline, and having a 'poor me' attitude. It is foolish to think we can see change if we keep doing the same things over and over.

It takes real courage and commitment to say, "I'm ready to take responsibility and get my life straightened out, and achieve the success and prosperity I deserved!" Avoidance, or not facing the issues, is a major problem. Wrong attitudes or behaviors do not go away just because we refuse to acknowledge them. Before your life can change, your mind had to change. Much of our thinking is habitual. We cannot simply change our thoughts but we need new thoughts to replace the old thoughts, and here's is the PEACE for your mind to help you achieve the success you have always desired.

**P – Patience.** Many people are so impatient for success that they expect it to happen to them immediately, with little or no effort. While waiting for their dreams to come through, they did nothing! One of the secrets of enjoying today and embracing tomorrow is learning how to wait. By this term 'wait', I do not mean simply passing time or wasting time. True patience is not merely the ability to wait; it is the way we think and act while we are waiting. When we are 'waiting' for the fulfillment of our dreams or goals, preparation work must be done in our lives to equip us with the knowledge, skills, and plan of action. Preparation is a process that requires time. If we understand that waiting is an important discipline and learn to wait with positive attitudes, we can actually enjoy the 'waiting' periods and learn the lessons we need to learn during the times of 'waiting', which will eventually reap the success we are wanting.

**E – Emotions.** Emotions are fickle, fluctuating frequently sometimes for no apparent reason. What we need to learn is how to manage both high and lows of the emotional spectrum. When I was young, my mum would always remind me, "He who lives by emotion, lives without principle and control." Emotions urge us toward haste. We need to be able to make decisions based on what we know rather than on how we feel. Control your emotions; don't let them control you. Allowing emotions to lead our decisions will definitely prevent us from having a life filled with peace and joy. If we choose to sow discipline and right choices, we will reap a life of joy and peace. We cannot always control how we feel, but we are in control of our response and decisions. Since we all have the privilege of free choices, we must take responsibility for our lives and no longer blame circumstances and other people for all the things that went wrong.

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**A – Appreciation.** When our minds flow with thanksgiving and praise, we develop immunity to passivity and negativism. The more we complain, the worse life gets, and the more defeated we feel. Joy and peace is found in appreciation of good things in our lives, not in murmuring, grumbling, finding faults, or complaining. Develop an attitude of gratitude toward the people in your life, be it the waiting staff who is serving you, a stranger who holds the elevator for you, your spouse who took time out to buy you a gift out of no reason, your children's gift of their not-so-perfect handicrafts, etc. Showing appreciation is one of the best ways to improve relationships. Mediate daily on things for which you can be thankful, and has the habit prior to going to sleep of focusing on at least three things that went well that day. The things to be thankful for are really too many to count, but sadly we miss many of them simply because we took all good things for granted.

**C – Contentment.** People who are idealistic usually do not enjoy life. They want everything to be perfect, and when it does not turn out that way, they become disappointed and frustrated. One of the dynamics that really complicates our lives often without our realizing it, is that, we are so driven and consumed by our idealistic desires. Unfulfilled desires can torment us, and certainly keeps us from enjoying our lives. Most of us can list many things we would like and if we are not careful, we will begin striving to attain them in a way that is out of balance. When we cannot reach them, we will begin to lose our peace and our joy, and become upset and emotional. I am not suggesting we should not be aggressive in trying to reach our goals, but when we lose our joy and peace because we cannot make something happen, and becoming angry with ourselves and making other people around us become miserable, then I would suggest adjusting our desires or review our discipline and commitment of working toward those goals.

**E – Energize.** Quit daydreaming and get on with action. When you are physically or mentally exhausted, your mind may be tempted to daydream or to wander. It is amazing how the mind tries to escape from reality, thus making you lethargy and feeling tired and sleepy all day. Rather than to let yourself float away on a cloud of fantasy or sleeping your life away that does not help you fulfilling your dream, isn't it time for you to take some action working towards your goal? Accomplishments require both concentration and commitment. If daydreaming can make dreams come true, there will be a lot more success people in this world! I would urge you to stand by Walt Disney's famous 4-step of accomplishing dreams – Dream–Believe–Dare–Do! He did not said, "Dream, dream, dream, dream." It is time for you to wake up, focus, commit, learn, discipline, and energize in achieving your dreams, and be prosperous!

To enjoy today and embrace tomorrow, we must approach life with a renewal of mind and develop new thoughts – a deliberate decision to enjoy your living and whatever you are doing. Taking a quote from John Petit-Senn, "Not what we have, but what we enjoy, constitutes our abundance." When you step into a new way of living, you can enjoy whatever you decide to enjoy – enjoy your ordinary, everyday life; I believe you will blossom a life of abundance and prosperity. Enjoy your everyday life; and usher in your prosperous life!

Your Success is My Rewards!

Your Favorite Author & Speaker – Peter Ng