



AWAKENING THE POWER WITHIN YOU
(Enjoy Your Everyday “Kryptonite-free” Life)
Self-Enrichment and Inspirational series ...

Beware of your ‘Kryptonite’ in your life!

As everyone who is even remotely familiar with the DC comic knows kryptonite can weaken the otherwise indestructible Superman. Kryptonite is a frictional substance which is the ore form of a radioactive element or compound from Superman’s home planet of Krypton. As the Superman mythos developed, kryptonite was discovered to come in many different forms, each having their own unique effect on Superman. One form removes his powers and makes him human, another makes him utterly reckless, yet another gives him animalistic superpowers. We know that Superman’s power comes from Earth’s sun. His photovoltaic cells can store energy from the sunlight and convert these storages into his superpowers. When light comes into contact with his cells, electrons are released and an electric field forces them to flow in a particular direction, producing an electric current that gives him the superpowers. Kryptonite interferes with this process. The radiation from kryptonite interferes with and overpower the solar radiation providing Superman with his powers.

What is the one thing in your life that hinders you from living your best life? Every person has some kind of kryptonite that can adversely affect their life. Your kryptonite may be issues with finances, relationship problems, the fear of failure, past regrets, procrastination, overly committed, or self-ego.

Unfortunately, all of us have our own ‘kryptonite’ in our lives. That is, something or someone who makes you weak, even if you are a very strong person. Our ‘kryptonite’ not only weaken us but it could also interfere with and overpower our successes and achievements in life. The kryptonite in our lives can make us timid and meek (fearful at all time and of all things); or it can make us agitated all the time, becoming reckless and easily lose focus; or it may make us lose our peace and joy, tendency to go into a rage frequently; the worst effect of kryptonite presence in our lives is low self-esteem and low self-image. But the worst kryptonite is actually ourselves, people who are self-absorbed are always heading for self-destruction.

First, let me share with you about the “kryptonite of self-absorption”. Thus, the question you may be asking is “How do I know if I am a self-absorbed person?”

Paying attention to our wants and needs is appropriate, even necessary. But whether we’re feeling extremely bad or nervous about ourselves, worriedly ruminating about how others perceive us, or indulging in grandiose thoughts about our ‘specialness’, we are descending into a state of toxic self-absorption. Here’s are signs of self-absorbed people:

-) They are always on the defensive – they do not see the world from another person’s eyes. They would rather see it from theirs and protect their flaws and image. They frequently use words like “should” or “must”; and having a tendency to use very strong dominating phrases or words.
-) It’s Simply About Me – A self-absorbed person thinks the world is just about them. Thus, the world, from their point of view, is a place comprising them and perhaps a few persons around them. How the world affects other people really doesn’t concern them.
-) They feel insecure – they are always having something to worry about, and always have a missing gap in their world – finding fault with their talents and gifts; find fault with their body; thinking that the world is always going to get them, or that people are trying to take advantage of them; etc. The truth is that no matter what sort of success they have, they will always feel inadequate internally. While they may appear successful or confident based on appearances and external achievements, internally, their fears relating to self-esteem.



- J) Lacking sense of empathy – Since their display of sympathy or compassion is usually conditional, it is difficult for them to understand the depth of true empathy or what this concept really means. Self-absorbed people only think about what they need, how they can get what they want, and how they think others make them feel. Without the ability to understand others, they struggled in most social relationships.

Letting go of Self-Absorbed Behaviors:

1. Start paying attention to how people respond to you. If you take a second to stop focusing on you, you will be able to tell if someone is feeling upset, annoyed or just plain bored.
2. Stop hijacking conversation. Say you are out with someone for coffee, and you are telling the person about the bad day that you had. Would you want that person to hijack the conversation and make it all about them? Would you want that person to ignore everything that you just said and bring up a completely unrelated topic? Would you want that person to scoff at what happened to you and boast about how they overcame an even more traumatic day? Doesn't sound too pleasant, right? Well, that's exactly how others feel when you try to make everything about you!
3. Stop wanting or expecting praise. People who are self-absorbed are usually waiting for people to compliment them. If you not only love compliments but live for them, then you may be self-absorbed. Compliments should be happy "extras" that give you a boost, not expectations.
4. Be flexible about different ways of doing things. If you have trouble accepting other ways of doing things, you may believe that you are the only one that knows best. Don't let your ego get in the way of your progress.
5. Let go of jealousy over others' accomplishments. People who are self-absorbed may have trouble feeling happy for others who are receiving praise or recognition. Don't compare yourself to others. Just allow yourself to be yourself!
6. See if you remember birthdays, milestones, or other important events in other people's lives (not those whom you consider in your circle). If you routinely forget birthdays, or other important events in your friends' lives, but still expect others to remember your personal milestones, then it may be because you are too focused on yourself. Being aware of how you wish to be treated – and treating others the same way – can help smooth your social relationships and the way others perceive you.
7. Give Compliment and Always to Give Thanks. We can only give a compliment because we are grateful for the person who have helped us or assist us in one way or another, thus, when you give a compliment, you are activating your attitude of gratitude. The last thing you want is to be thought of as being ungrateful because the more ungrateful you appear; the less people will be willing to do things for you.



Superman had a fear of kryptonite so he revered it but did not let it stop him from saving people in distress. Here is a suggested seven step process that you can follow to help yourself to put a lead over you to stop the radiation from your kryptonite:

) **Change the way you view your kryptonite**

In order to change your view of your kryptonite, i.e., turn it into something that motivates you instead of disabling you. To convert the paralyzing effect of the kryptonite into motivational energy, you need to acknowledge and identify your fear; and rationalize your fear. Fear only becomes crippling only when it becomes a phobia. It can be challenging to overcome a fear if you do not truly understand its magnitude, thus, the step to defining how it affects you and your life is an important one. Having fear is a positive thing and it should not always be disregarded as something you should not feel – it is an emotion just as happiness or sadness is. After all, without fear, there would be no courage. In other words, turn your fear into your personal challenge.

) **Refrain from procrastination**

As written in my book “Resiliency Quotient”, we procrastinate when we have *disconnected from our innate ability to accomplish* what we have decided to do. We put off or postpone action because we believe that we are not ready or prepared. With procrastination, we forfeit our ability to overcome life’s challenges. Procrastination occurs when courage is weak. To be productive and successful in our lives, we do not wait for everything to be perfect to move forward. We do not wait for all the problems or obstacles to disappear or until our fear subsides. Successful people take initiative – **momentum** is our ally. As soon as we take that first step and start moving forward, things become a little easier.

) **Rise above others’ opinions**

Everyone has an opinion. People will tell you what you can and can’t accomplish. They will express what you need to do and how you need to do it. They will give you instruction based on what they were able to do or not do. Don’t let others opinions drown out your life’s vision. Don’t allow what they think is right for you devalue what you know is right for you to do. It is up to you to rise above their opinions and walk to the voice of your heart.

) **You are responsible for your life**

It is your responsibility to make the effort to live the best of your life. Your parents, teacher, mentor, boss, or friends cannot live your life for you. It is up to you! When you start taking responsibility for your own life, you will begin to make momentum, becoming more discipline, and be able to respond to all situation with your abilities.

) **Refocus your thoughts**

Start by asking the right questions, that is, instead of asking pre-suppose negative questions such as “Why do this always happen to me?”; “Why am I always having financial issues?”; etc.; you should be asking questions that leads you to a possible-insight, such as, “What can I learn from the circumstance and mature from it?”; “What can I do now to minimize my debts?”. Your questions determine the type of life you want, because your mind will always search for answers to your questions, and keep your focus on either empowering you or disempowering you in your own life. You must make the effort to refocus your thoughts on your potential possibilities. When you refocus your thoughts on what is possible for you, your life will change in a more positive and progressive direction.



) **Stop making excuses**

Excuses are self-build barriers that hold you hostage from living life at the highest level. If you continue to persist with making excuses, your life will always remain stagnant. A stagnant life does not produce positive results. It only produces frustration, and affecting your self-esteem as well as your self-image.

) **Live life with a non-attachment attitude**

We can love people or your job but do not create an attachment over them. Holding on to your emotions to someone or something takes an enormous amount of energy, and can divert your focus away from achieving your life's best. Attachment creates fear that gets in your way. Your belief that everything must work out exactly as you want it to with no glitches creates enormous pressure.

Do not confuse a non-attachment attitude with not caring. In actuality, the two are completely different. Not caring suggests apathy, "I couldn't care less." Non-attachment means, "I'll do everything possible. I'll put the odds in my favor; I'll work hard and concentrate. I'll do my best to succeed. But, if I don't, that's okay too." Non-attachment allows you to have fun in your efforts, and to enjoy the process. It helps you succeed at whatever you are doing by giving you the confidence you need. It takes the pressure off. The act of not worrying helps you focus and stay on course. Having a non-attachment attitude, you know in your heart that even if things don't work out the way you hope they will, everything will be all right. You'll learn from the experience. You'll do better next time. This attitude of acceptance helps you move on to the next step in your path. Rather than being lost or immobilized in disappointment or regret, you simply move on – with confidence and joy.

As we conclude, let me remind you that Superman's weakness was kryptonite. In the same way, when we entertain our own weaknesses (i.e., when we routinely allow them to take control our lives), we become weak, and start losing focus on becoming better in your own life. It is time for you to take control of your kryptonite and live the life you deserved. You need to believe in your abilities, believe in your potentials, believe that you are able to love more, believe that you are able to connect well with other people, becoming more generous in your compliments and praises, have more joy, and walking in peace, believe that you can do a difference in your life and in the lives of others, and believe that this world is beautiful! Starting today, begin to focus on the beautiful things around you, adopt an attitude of gratitude to the beautiful people that helps you grow or served you well, and speak possibilities into your own life whilst doing a difference to others. Let's look forward every day to a beautiful day, and you will be surprised, when you looked back one day, your 'kryptonite' are vaporizing away, and you are becoming stronger, better, and victorious in life!

Your Joy is My Inspiration! Your Success is My Reward!

Your Favorite Author & Speaker
Peter Ng