THE POWER OF POSITIVE ENERGY

Powerful Thinking, Powerful Life

9 Powerful Ways for Self-Improvement, Increasing Self-Esteem, & Gaining Positive Energy, Motivation, Forgiveness, Happiness & Peace of Mind

ANDRIAN TEODORO

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The Power of Positive Energy by Andrian Teodoro
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Introduction - The Power of Positive Energy

Hey everyone, I am Andrian and I am the author of this book *"The Power of Positive Energy: Powerful Thinking, Powerful Life."*

First of all, I would like to thank you for buying my book.

I've created this Christian book, *"The Power of Positive Energy: Powerful Thinking, Powerful Life"* knowing that it will help a lot of people undergoing negative thoughts on their minds, and want to change their lives by learning how to cultivate a habit of thinking positively and live a positive life.

Yes, I know sometimes it is very difficult, because there are lots of negative thoughts coming through our minds that seem automatic. Do you know why that is happening? I believe there's always a reason why things are happening, and here in this book, I will show you how to become more positive every day.

First, let me give you an idea. Your thoughts are very powerful. As the Bible says in Proverbs 23:7, "*As a man thinks in his heart, so is he*."

Meaning, whatever you think about, you will become.

So the question is, "what are we thinking about all day long?"

Or you may ask yourself these questions, “Am I thinking positively? Am I thinking negatively? How would I know? And why is it happening?”

The answer is simple: Your Thought Pattern Is Automatic (either Positive or Negative.)

Yes, you've read that right. The reason why it is sometimes very difficult to think positively is because our mind has been accustomed to think negatively. It seems that this has been passed on to us by different factors like: our environment, our childhood life, the people we associate with, the "words" that come out of our mouth, the books we read, the TV show we watch, the music that we listen to, and many more factors.

Our mind is like a garden, whatever we put into it, we will reap and we will harvest.

If we put positive things into it, in due time we will reap positive rewards.

If we put negative things into it, we will then reap negative consequences.

As the Law of Attraction suggests, "Like attracts like."

Our mind is like a magnet, attracting everything that we attach into it.

For example: In your life, have you ever had an experience when you have thought of a friend or someone you haven't seen for a long time, and then suddenly, after a few days or few minutes, you met them? And then you were a little surprised, and told your friend "Wow, I've just thought of you recently."

Or have you owed someone money, then you hide from him/her, and then suddenly he/she appears in places exactly where you are at?

Yes, because what you think about all day long, you will attract.

That's the power of your mind. It's like pulling in whatever you put into it - like a MAGNET.

And now, here in *"The Power of Positive Energy: Powerful Thinking, Powerful Life"*, I'm gonna help you learn how to become a positive person every day. I'm gonna give you insights and ideas on: how your mind works; how to attract the things that you want; how to have an automatic positive mindset; how to make a habit that could change your entire life; how to be more confident in life; how to motivate yourself every day; how to use the power of prayer to get what you want; how forgiveness can change your life; how gratitude can attract the things that you want; how successful people become successful; and how to live a happy life every day.

My best wish is that you learn a lot from this book, and that it helps you live your life at a higher level. And I'm always here to help you and guide you.

Should you have any comments or suggestions that you would like me to implement or add on this book, I would be very happy to hear that too.

Just simply add your comments and reviews on Amazon, and I would love to keep you posted.

Thanks a lot and *'Have a Very Wonderful Day.'*

Enjoy reading. :)

To Your Success and Happiness,

Andrian Teodoro

The Founder and Author of *"The Power of Positive Energy: Powerful Thinking,*

Powerful Life”

Positive Energy Power #1: Positive Thinking – How to Think Positively

One of the best books that I've read in relation to positive thinking is *"The Power of Positive Thinking"* by Norman Vincent Peale. This book totally changed the way I think, the way I talk, and the way I do things.

Actually, it's also one of the reasons why I started reading a lot of books in relation to positive thinking, how to think positively, the power of mindset, the power of subconscious mind, the power of thoughts, happiness, peace, motivation, visualization, inspiration, self-development, success, goals, and many more.

At first, I noticed when I was in my first month or two that even though I had already read a lot of books, my mind would sometimes still go to the negative side. But I still continued reading… reading more, learning more, so that I could grow more and that my mind would become more positive.

And now you may ask this question, "Andrian, so how can I really become a positive person? How can I really think positively always? How can I be happier, peaceful, and always calm?"

The answer for that is: Positive Thinking Habits.

Yes, your thinking is also a habit. You might either have a habit of thinking positively or negatively but not both.

But, the good news is that everyone can acquire positive thinking habits.

Here are the 4 Habits that We Can Acquire to Have a Positive Thinking:

1. Pray

Yes, you might find it a cliché, but it's true. When you pray, it seems that all your worries are being gone. You are naturally having a peaceful mind. And some of you may ask me,"But Andrian, I don't know how to pray." Yes, you can. Praying is just like talking to a friend, but this time, you're talking to God.

The Bible says in Matthew 7:7-8, "*Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds, and to him who knocks, the door will be opened*."

You may not have it yet, maybe because you haven't asked for it yet. So ask God, He is always there for you. He is always listening to you. You will notice then that your mind is now starting to become more positive.

2. Read Great Books

Will Smith said that there are two keys to success - Running and Reading. But here, let's focus more on the reading side. He said that there are billions of people who have already gone what you're going through right now. Whatever that might be, the answers to your problems have already been written in a book, an article, a blog or somewhere else (especially we already do have an internet now) where you can find a solution to any problem. And he is right. You may now "Googlized" everything that you want to know.

Also, did you know that reading great books is also one of the habits of the rich? Here's an excerpt from an article on BusinessInsider.com for a proof:

Tom Corley, in his book, "*Rich Habits - The Daily Success Habits of Wealthy Individuals*", researched and studied that rich people have different habits from less financially people. Less financially people tend to read more for an entertainment, while rich people read more for self-improvement.

Here's how the numbers break down:

- 11% of rich people read for entertainment, compared to 79% of poor
- 85% of rich people read two or more education, career-related, or self-improvement books per month, compared to 15% of poor
- 94% of rich people read news publications including newspapers and blogs, compared to 11% of poor people

Take note: what I'm referring here about "Great Books" is not the kind of novel type, entertainment books.

The *great books* we are talking about are those books that enhance you, nurture you, develop you into becoming a better person - those are Self-Improvement books, Success books, Biography of Successful People, Motivational books and many more great books.

If you read a great book for just 20 minutes a day, you will accumulate 120

hours great learning in a year. (At the end of this book, you'll find my compilation of "The Top Self-Improvement Books of All Time" that I have personally read and they have drastically transformed my life in a new way. I highly recommend these books to you as well.)

As Jim Rohn said, "*Success is something that you attract by the person you become."* So if you want to have more, then you must become more.

Also, reading a book changes the way you think. You'll notice that your thinking will be more positive now than ever before. That's one of the secrets of successful people.

3. Listen to Faith-Building Messages / Motivational Messages

Every morning, I always listen to faith-building messages. It really changes my mind into a more calm, peaceful, and positive mind. When we hear something repeatedly, we eventually believe in it. So it's very important that we hear those things that motivate us, that give us faith, that give us hope, that nurture us, that develop us into becoming a better person.

Now, I personally listen to Terri Savelle Foy YouTube podcasts. I stumbled upon her about 3 months ago. And I really like listening to her because of her sound advice in different areas of life like goal-setting, dreams, organizations, soul ties, financial, faith, and many more. You'll definitely learn a lot from her. I also love to listen to the "*Top 10 Success Rules of Highly Successful People"* on the YouTube channel of Evan Carmichael. He features the Top 10 Rules of Successful People we may all know like Bill Gates, Warren Buffet, Mark Zuckerberg and many more.

You might also have heard the so-called "*Automobile University.*"

Yes, most of the successful people I know of grow their minds by listening to great audios during their travel time to work and back home every day. They are using the time spent in the automobile to put positive, faith-building, motivational, inspirational thoughts into their minds.

So in your transportation time, make sure to have something that you can listen to that can inspire you, motivate you, encourage you, and build your faith, and you will notice that your mind will now be more positive than ever before.

4. Say Positive Words / Use Affirmations

Yes, one of the most effective ways to train your mind to stay in a state of positive thinking is to speak positive words always or declare an affirmation on

yourself. Your words are very powerful, so always use your words for good.

The Bible says in Proverbs 18:21, "*Death and life are in the power of tongue; and they that love it shall eat the fruit thereof.*"

So use your words to empower you, to motivate you, to inspire you, to bless you and others. Inject every positive word in every conversation. Stay positive, always think positive.

Those are the things that we can acquire to cultivate a habit of positive thinking. I'm sure that if you start doing them, then within a month, you'll already see yourself more peaceful, calmer, happier, and more positive person.

Again, for a recap, here are the 4 habits that we can acquire to have a positive thinking:

1. Pray
2. Read Great Books
3. Listen to Faith-Building Messages / Motivational Messages
4. Say Positive Words / Use Affirmations

I've been doing these habits, and my mindset now is tuned into a more positive vibration. You will notice that you will be a lot happier now than ever before. So remember, Friend, to think positively at all times. By changing our thinking, we change our lives. :)

Positive Energy Power #2: Confidence – 7 Ways on How to Gain Confidence and Self-Esteem

What has always been the question and problem of most people in the world today? Low self-esteem and low confidence.

Yes, this one aspect of life has a major impact on achieving success and attaining our goals. But why do you think most people are having such kind of low self-esteem? And have you ever asked yourself of this question before, "how to gain confidence and self-esteem"?

Maybe once in your life, or until now, you still experience this kind of feeling, an awkward feeling, that you may not know why this is happening to you - a feeling of anxiety, a feeling of low self-esteem, a feeling of low confidence toward yourself.

Why? Well, I may not know the answer for your question - 'why'. But I have found an answer to that loving question - 'How'.

Let's See. Let's Tackle 7 Ways on How to Gain Confidence and Self-Esteem:

1. Take Action

Have you ever experienced that when you want to do something that you think is difficult, it can be very hard for you to start doing it? You've been procrastinating doing it, because your mind thinks of so many things to do to get it done. At the same time, the longer you put it off, your confidence shrinks, your self-esteem lowers. Why?

Because your subconscious mind is continually telling you that you have something to do, to get done, to finish, and until you complete it, you will have this emptiness in you that lowers your energy.

Did you know that once you've done bigger tasks, and completed them, you would feel lighter? As if you have lifted up something big in your life that you

would be able to tell yourself, "Wow, I'm very proud of myself, I have completed it." "Yes, Success." “Completed.” “Done.” “Let's celebrate."

That sense of feeling, that sense of relief, will definitely increase your confidence and self-esteem.

So if you're struggling to do the big task at once, do something about it, take action. Chunk it into a little part. Bite by bite. One thing at a time. Focus yourself on one little task at a time. Feel the little accomplishment you've made. Be proud of yourself.

Little by little, your confidence will grow, and your self-esteem will lift up higher.

The very difficult part to accomplish something is to '*start*' doing it. But the moment you begin doing it, little by little, you will realize that you're already in the flow - ready to encounter anything that may come your way. You are now unstoppable.

So Friend, always take action '*immediately'* when you're doing a task. And you will see that your confidence and self-esteem will increase more and more, as you take more and more action.

2. Groom Yourself, Dress Nicely

When you look at yourself into the mirror, are you feeling good? Do you feel that your hair is awesome? That you look nice?

Have you ever experienced too that when you get dressed beautifully, your attitude immediately change? It's as if your confidence is lifting you up higher? That your self-esteem is becoming boosted?

Yes, because study shows that what you wear affects your confidence.

So in order for you to feel more confident and boost your self-esteem, groom yourself and dress nicely. Even at home, try to dress nicely, groom your hair, get your hair cut at a barbershop or salon, buy some new clothes that you will feel good about when you wear, buy some scents and make yourself fragrant, smile often, lift yourself up high, put your shoulders back, and feel beautiful/handsome.

So everyday, Friend, always groom yourself, and dress nicely. You will notice that your confidence grows and your self-esteem increases every single day.

3. Be with Positive People

Have you ever been in a conversation where all of the topics are draining you down? Or they are mostly negative?
What do you feel after having such kind of conversations with a group of friends? Are those conversations nurturing? Are they lifting you up?

The answer is obvious; it's draining your energy. So if you want to gain confidence and self -esteem, you need to be around positive people. Cleverly choose to be with people who nurture you, who encourage you, and who believe in you.

You can join in a local church (ie. Christian church) where people are encouraging you, are very accommodating, and are there to support you. They are there to give you love, hope, and encouragement, not to judge you for who you are, but to love you for who you are.

You may also join a community online, where people are very accommodating, very helpful, and very friendly.

Honestly, I've been in an online community for a month now. In this online community, I'm not only learning a lot about online business, making websites, getting lots of useful training, I'm also encountering every day wonderful people, people who are there to help me, support me with my endeavors, and encourage me that they're with me in my journey.

They are people who are willing to help, true people who are always there to support you. If you find yourself alone, be part of an online community. In there, you will not just learn a lot, you will also meet wonderful people along the way to guide you, help you, nurture you, and encourage you every single day.

So Friend, be with positive people, and be part of a community, and eventually you will gain more confidence and self-esteem along the way.

4. Speak Up

Have you ever been into a conference or a seminar, and the speaker has just finished his speech and asked the audience if there's any question, then everyone moved his head down as if the speaker would call him up for a question? Or have you ever been in a conversation with a group of people, and everybody is talking and sharing, while you're only listening, and not sharing or speaking up?

That's okay, Friend. But always remember that it is the people who ask for things who receive them. It's the people who speak up. It's the people who make their voices be heard who make a difference. It's the people who speak up whose ideas are acted on. They aren't necessarily the most self-confident or well-

educated people – they’re just the brave people. They’re the ones who overcame their shyness and fears and spoke anyway – those who felt the fear and did it anyway.

When you're afraid of speaking up, always remember this: you are a human being like everybody else. Every one of them has their own worries, concerns, and fears. You are not different from them. So be human. Be yourself. Never be afraid of people, nor what they say about you.

Your life is short. You only have one life to live. Speak up always - this is one of the most important things you can do to improve your confidence and self-esteem.

So whenever you're in a conference or a seminar, be the first one to ask question. Whenever you're in a group and you're brainstorming, be the first one to suggest an idea. Whenever you meet someone you know, be the first one to approach him/her and start the conversation. Whenever you feel you need to talk to a stranger, be the first one to act.

Friend, there’s power – and confidence – in being the first one to speak. After that you can relax and bask in the knowledge that you are able to speak up.

Always speak up. Always remember that “You are Important.” And believe in yourself that you really are. You are wonderfully created by our Almighty God, so never be afraid to speak up.

Let your voice be heard. Let your head be lifted high. Let your confidence and self-esteem be seen by everyone. Speak up.

5. Start Saying Positive Talk About Yourself

"*I love you.*" Do you hear that? "*I'm so proud of you.*" "*I believe in you.*" "*You are awesome.*" "*You are great.*" "*You are incredible.*" "*You are amazing.*"

Do you hear those voices? Those voices must be coming from you. From inside you.

If you're not hearing them.. then, start hearing them "now".

Always speak "positive" things about yourself. Remember, you are always talking to yourself. You might not realize it. But yes, you are always talking to yourself. Every minute, every second, every moment. Yes, it's inside you.

Your *mind* is always talking to yourself. So be aware of what you say to yourself.

So always say something *Wonderful* about yourself. Say, "*You are very beautiful/handsome.*" "*You can do it.*" "*You are kind and generous.*" "*You are a champion.*" "*You are special and unique.*" "*You are magnificent.*" "*You are always happy, healthy and prosperous."* "*You are an amazing child of God.*" "*You are wonderful.*"

Start saying positive talk about yourself… every day, every hour, every minute, and every second.

That's very powerful. Utilize the power of your words. Speak positive. Speak life.

6. Prepare and Plan

How to gain confidence and self-esteem? Prepare and plan.

Preparation is very important to build your confidence and self-esteem. Have you ever been interviewed for a job, and found yourself in the middle of the interview, speechless, don't know what to say? Or have you experienced taking an exam without reviewing? Or have you ever tried reporting in a class, and you're stuttering because you don't know what to say because you're not prepared?

Yes, preparation and planning ahead of time are absolutely essential if you want to gain confidence and self-esteem. Preparation also gives us the gift of time. A little time spent preparing today gives us free time tomorrow.

Some of you may ask me now, "But Andrian, how to prepare and plan?"

In preparing and planning, be strategic. List all the things that you need to accomplish. Schedule them - hour by hour.

That means that for the whole day, you must have one whole day of tasks, including eating and break time. For example:

5:30 - 6am - Daily devotion (Reading Bible and praying)

6am to 6:45am - Daily breakfast, preparation, taking a bath, etc.

6:45 - 7:30am (Travel to work - listen to faith-building message)

and so on, until your bedtime (ex. until 11pm). Schedule them. Scheduling makes you more likely to do things and it lets your brain know that there is time to do each task.

Also, you will notice that your tasks for the day are very easy to follow when

you've *written* them down. It doesn't take long – you can make a schedule of your whole day in just 5 minutes of your time. So prepare and plan ahead.

You want to control your life? Then control your time. Your life is your time. If you want to plan your life, then plan your time. Prepare and plan ahead.

Friend, when you are prepared and when you have plans, then you will gain more confidence and self-esteem. At the same time, you will have more peace within, and you'll feel that you are really in control of your life.

7. Have Faith in God

The Bible says in 2 Chronicles 32:8, *" 'With him is only the arm of flesh, but with us is the LORD our God to help us and to fight our battles.' And the people* ***gained confidence*** *from what Hezekiah the king of Judah said."*

Without God, we can do nothing. But with God, we can do everything.
One of the best antidotes to low self-esteem and low self-confidence is this - *"Faith in God."*

Yes, one of the most powerful things that you can have in life is *faith in God*. When you have faith in God, you'd ultimately feel that you can do all things.

There are many encouraging, motivating, inspiring, loving words in the Bible that when we apply in our lives, will tremendously make a huge impact in us. Here are some of those verses in the Bible:

"What then will we say to these things? If God is for us, who can be against us?" (Romans 8:31)

"So do not fear, for I am with you;
do not be dismayed, for I am your God.
I will strengthen you and help you;
I will uphold you with my righteous right hand." (Isaiah 41:10)

"..but those who hope in the Lord
will renew their strength.
They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be faint." (Isaiah 40:31)

The Bible is filled with love, joy, peace, happiness, faith, prosperity, confidence, and abundance thoughts.

If you want to fill your life with confidence and high self-esteem, then have faith

in God. Be filled with His Words.

God's words are life. They are alive. God can sustain you. God can move mountains for you. Always have faith in God.

Start your day by reading a Bible, even 5 to 10 minutes a day. Talk to God first before anything else. Release your worries to Him. Pray for the good health, protection, love, joy, peace, happiness, enthusiasm, abundance, for you and your family.

Do this every single day. And you will realize that you have already found the secret to gaining confidence and self-esteem- and that is *Faith in God*.

Those are the 7 ways that we can do to increase confidence and self-esteem in our lives.

And again, Friend, for a recap, here are the 7 ways on how to improve and gain confidence and self-esteem:

- Take Action
- Groom Yourself, Dress Nicely
- Be with Positive People
- Speak Up
- Start Saying Positive Talk About Yourself
- Prepare and Plan
- Have Faith in God

These 7 strategies and tips can really increase your confidence and self-esteem when you do them daily. They are truly amazing.

And before I end this chapter, Friend, I would like to share with you a very beautiful quote by Joe Namath. He said,

"When you have confidence, you can have a lot of fun. And when you have fun, you can do amazing things."

Friend, Always Remember, “You Can Do Amazing Things.”

Positive Energy Power #3: Morning Habits

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Top 5 Secrets: The Morning Habits of Successful People

"If today were the last day of my life, would I want to do what I'm about to do today?"

This is the question Steve Jobs used to ask himself every morning. As you can see, this question gives life a meaning. Have you also asked this question before: 'If today were your last day on earth, what would you do?'

For me, this is really an exciting question. Because just by asking this simple question, it makes me realize the things that I need to prioritize.

Now, here's my question: are we doing what we really wanna do? Or we're just being controlled by our circumstances, by the people around us?

This "one" morning habit of Steve Jobs, the co-founder of Apple, changed his life, and he became one of the most successful people in the world.

Yes, morning habits… Can morning habits really change your life? Are there specific morning habits that successful people do every day? What are the morning habits of successful people? What are the morning routines of successful people? Do they really have common habits that have helped them achieved the peak of success in life?

Well, these are the questions that we're gonna answer in this chapter. And by the end of reading this, I hope that you will have filled with insights and wisdom about morning habits of successful people that you may also want to apply them into your life.

Are you ready? Then, hold on tight... We'll now embark on a new journey, and get you into the paradise of success.

Here are the Top 5 Morning Routines of Successful People:

1. Successful People Get Up "Early" - "Opportunity" Clock

Did you know that successful people are an "early riser"? You may ask me, "Andrian, what do you mean by that?"

I mean, successful people get up "early", as in 'early', in the morning.

Here are a few examples:

Jack Dorsey, cofounder of Twitter, wakes up at 5:30 in the morning.

Bob Igor, Disney CEO, gets up at 4:30 each morning.

Richard Branson, founder and chairman of the Virgin Group, wakes up at 5:45 every morning.

Tim Cook, Apple CEO, wakes up at 3:45 every morning ('Yes, every morning.')

These are only a few of those successful people that we know about.

Well, you might ask me, "Andrian, why are they doing that?" "Why are they getting up so early, while it's so nice to sleep?" Hmm.. Well, I believe they are doing that because successful people have "different mindsets."

They know that willpower is strongest in the morning. They know that 30 minutes to 1 hour of an early time for themselves in the morning could make a big difference in their lives.

In here, I would like to introduce you to a new term called "*opportunity clock*" that Zig Ziglar coined a few years ago.

He said that instead of using an 'alarm clock' as a term (which is negative), we can replace the word as "*opportunity clock*" (which is positive).

This way, once the "*opportunity clock*" is ticking in, our mindset is going to the positive direction "early" in the morning that will give us boost to get up and go ahead with the day full of "opportunities."

Well, I could say, Zig is right. By changing the words or terms that we use, we could change our lives.

Successful people see "opportunities" every day. They grab the day to become better, to become happier, to become stronger, and to become what they want to be. That's why they are successful.

Not only that, they get up early because they do "something" early. Let's tackle more of this "something" that they do early in the morning.

But before we do that, again Friend, "get up early", replace your vocabulary, use the word "opportunity clock" in your daily living, and eventually you will see changes in your daily life.

As you can see, we started 'the morning habits of successful people' by introducing the "getting up early" concept. Why? Because they are connected to each other.

And now, we're gonna discover the morning rituals of successful people why they are getting up early…

2. Successful People Do Exercise

Yes, did you know that successful people do really work out, especially in the morning? That's one of the things that they do that's why they are getting up early in the morning.

Let's prove it with a few examples:

Did you know that Oprah Winfrey do 45-minutes of cardio exercise 6 mornings a week, 4-5 strength training sessions, incline crunches, and stretching?

Did you also know that Richard Branson gets additional 4 hours productivity by working out? His physical activities include swimming, Bikram Yoga, rock climbing, running, and weightlifting.

While, you may also want to know that Anna Wintour, the famed editor-in-chief of American Vogue, gets up every morning at 5:45am to play tennis?

And lastly, I think you already know that President Barack Obama works out 45 minutes a day, 6 days a week? He's also known to play basketball on courts in federal buildings around Washington.

Those are some of the most successful people that we know who have a time for getting themselves physically healthy every day.

So again, Friend, get up early in the morning, while your willpower is the strongest, and do your work out and exercise routines. This one habit can truly make you physically healthy, alive, productive and happy for the whole day.

3. Successful People Do Have a Quiet Time

Successful people do have a quiet time in the morning. They do meditations, prayers, mindfulness, or breathing exercises. They do it to clear their minds early in the morning, so that they are more relaxed, calmer, and happier, to go tackle the rest of the day.

Having a quiet time in the morning is like filling yourself up with unlimited fuel for the rest of the day. It gives you energy; it makes you peaceful and calm; it helps you to have a right perspective; and it tunes your day.

Here are the few examples of the successful people who do meditations or having a quiet time in the morning:

After a meditation in Iowa last year, Oprah said, *"I walked away feeling fuller than when I'd come in. Full of hope, a sense of contentment, and deep joy. Knowing for sure that even in the daily craziness that bombards us from every direction, there is -- still -- the constancy of stillness. Only from that space can you create your best work and your best life."*

Russel Simons, founder of GlobalGrind.com said, *"You don't have to believe in meditation for it to work," Simmons wrote in a Huffington Post blog. "You just have to take the time to do it. The old truth is still true today, 'God helps those who help themselves.' My advice? Meditate."*

Tony Schwartz, CEO of Energy Project, said in his blog, "*Maintaining a steady reservoir of energy -- physically, mentally, emotionally and even spiritually -- requires refueling it intermittently*."

Those are the few of those successful people who do meditations or make a quiet time for themselves every morning.

Well, here's what I do personally in the morning. One of the first things I do in the morning, is get up and read my Bible. I always do it, one chapter every morning. This fills my mind with positive thoughts early in the morning. This is my precious time with God. After that I read a page of a Christian book, and then I pray. This is my way of meditation and daily devotion. This then gives me peace of mind for the rest of the day. I am now happier, more positive, calmer, and more relaxed, as I start my day and that continues throughout the day.

As the Bible says in Joshua 1:8 *"This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success."*

"Aha.." Yes, you've read that right, it says in the Bible, "..*for then you will* ***make your way prosperous****, and then* ***you will have success****."*

So if you want to be prosperous and successful, then meditate on the word of God early in the morning. Connect with Him, and be with Him. You can do it by reading one chapter every morning. You can start with Proverbs, because it has

exactly 31 chapters, which means you can do it in 31 days, or in a month, and you can do it as a habit.

Then after that, you can pray. Turn your worries and concerns over to God. Let your mind, soul, body, and spirit be renewed and refreshed by praying and reading the word of God. This one habit can dramatically change your life, and that's the one I "guarantee", because it really works well for me.

So again, Friend, have a quiet time every morning. Remember, this is one of the daily habits of successful people. Why not follow it?

4. Successful People Motivate Themselves

One of the things I like about successful people is that they motivate themselves. And the best time to do this is in the morning.

How do they motivate themselves? By using visualizations or affirmations.

Arnold Schwarzenegger is really a big fan of visualizations. Visualization have always been a part of his life, from winning Mr. Universe titles, to Mr. Olympia titles, to becoming a number-one box office star, and to becoming a Governor.

He said in an interview, "What you do is *create a vision* of who you want to be, and then live into that picture as if it were already true."

Hmm… That's the secret –*" visualization"*. This is also the secret of Muhammad Ali, visualizing himself victorious long before his actual fight; the key secret of Jim Carrey, when he was a struggling young actor picturing himself being the greatest actor in the world; and the secret recipe of success of Michael Jordan who always took the last shot in his mind before he ever took one in real life. That's the power of visualization.

Another secret is affirmations.

One of my favorite pastors and virtual mentors is Joel Osteen, the Senior Pastor of the largest church in America, the Lakewood church.

If you've already attended one of the services at Lakewood, or already watched him on YouTube, you will notice one thing he does before he preaches - he uses affirmations. His affirmation is called "This is My Bible." Here it is:

"*This is my Bible. I am what it says I am. I can do what it says I can do. Today, I will be taught the Word of God. I boldly confess: My mind is alert, My heart is receptive. I will never be the same . Never, never, never. I will never be the same. In Jesus name. Amen.*"

That's a kind of prayer right? Yeah, it's a prayer and affirmation.

I also love reading Joel Osteen's books, and some of the great ones are: *Your Best Life Now*; *Becoming a Better You*; *You Can, You Will*; *Break Out*; and *I Declare*. I've personally read all those books, and I could say that they have truly transformed my life for the better. The *"I Declare"* book of Joel Osteen is filled with affirmations that you can declare over your life every day. One example of his affirmation and declaration is:

"I Declare that GOD has a great plan for my life. He is directing my steps. And even though I may not always understand how, I know my situation is not a surprise to GOD. He will work out every detail to my advantage. In His perfect timing, everything will turn out right. This is my declaration."

Those are the two keys – visualization and affirmations. Use visualizations as part of your daily life. Follow Arnold Schwarzenegger on what he did to achieve success. Imitate the secrets of Muhammad Ali in winning boxing championships. Copy the secret of Jim Carrey and Michael Jordan, and be one of the greatest. Use visualizations in your life.

And in the morning or even throughout the day, always affirm and declare great things upon your life, like the secret of Joel Osteen. Visualizations and affirmations- those are two of the secrets of successful people.

5. Successful People Grow Themselves

This is one of my favorite morning or daily habits of successful people - they grow themselves.

Some of you may ask, "Andrian, what do you mean by growing themselves?"

What I mean is that successful people always love learning, always love growing themselves. They grow themselves by reading self-improvement books or personal development books, by reading articles, blogs, or something related to their fields, and by listening to motivational or self-improvement audios or videos.

As Jim Rohn once said, *"If you want to have more, you have to become more. For things to change, you have to change. For things to get better, you have to become better. If you improve, everything will improve for you. If you grow, your money will grow; your relationships, your health, your business, and every external effect will mirror that growth in equal correlation."*

That is what I mean by growing - by improving yourself to become more.

John Maxwell, the author of many leadership books such as the most popular one "*The 21 Irrefutable Laws of Leadership*", once said, *"You will never change your life until you change something you do daily. The secret of your success is found in your daily routine."*

Two of John Maxwell's habits are reading self-improvement books and listening to personal development audios or videos.

Did you know that in his childhood, together with his siblings, his parents gave them money or allowance for school, based on how many self-improvement books that they read? Yes, their parents were investing for them early in their childhood life. So the more self-improvement books that they read, the more money or allowance they would receive. Isn't that amazing? Really, a great motivation for children to read.

This is one of the reasons why John Maxwell is now considered as one of the leadership gurus in the world today. The seeds that his parents planted into his early childhood life have already grown and continue growing.

That's the power of growing yourself.

Well, let's see if you can guess, what do these following successful people have in common?

Anthony Robbins is the highest-paid motivational speaker on any topic. ***Darren Hardy*** is the CEO of *Success Magazine*. ***Denis Waitley*** is the best-selling author of the audio series "*The Psychology of Winning*". ***Brian Tracy*** is recognized as the top sales training and personal success authority in the world today. ***John C. Maxwell*** is known as the world's leadership guru. ***Les Brown*** is one of the world's most renowned motivational speakers. ***Mark Victor Hansen*** is known as the founder and co-creator of the "*Chicken Soup for the Soul*" book series.

Well, maybe you've already guessed it. Yes, they have "grown" a lot. And that is through reading self-improvement books and listening to personal development audios or videos. But there's one thing that you might not know about these people.

These successful people have one mentor - **Jim Rohn.**

Yes, Jim Rohn, is the mentor of all these mentors. He is recognized as a master personal-development trainer. How did he do it? By changing himself, by growing himself every single day.

So again, Friend, if you want to be more successful in life, follow the daily

habits of successful people, the habits of rich people, the habits of successful entrepreneurs - grow yourself more.

There you have it, the list of my Top 5 Morning Routines of Successful People. Again, for a recap, here is the list of the Morning Habits of Successful People:

- Successful People Get Up "Early" - "*Opportunity*" Clock
- Successful People Do Exercise
- Successful People Do Have a Quiet Time
- Successful People Motivate Themselves
- Successful People Grow Themselves

I believe you have learned lots of keys in life from this chapter alone that you too can apply in your own life.

And with that, Friend, I would like you to share these ‘morning habits’ as well to your family and friends, so that they too would learn about these morning habits as well, and you will have enormous joy and happiness because you are able to help them and become a hero to them through sharing this wealth of wisdom. Please click on the **“opportunity clock”** below, Friend, to share our book as well to your family and friends on Facebook, so that they too would learn lots of morning habits from this book.

(Click on this “opportunity clock” below.)



And before I end this chapter, Friend, I would like to share with you a very beautiful quote from Marcus Aurelius. He said,

"When you arise in the morning, think of what a precious privilege it is to be alive; to breathe, to think, to enjoy, to love."

Friend, Make Your Mornings Always Be Precious. Because Always Remember That "You Are Precious."

Positive Energy Power #4: Motivation – 4 Simple Ways on How to Get Motivated in Life

Motivation... this is the driving force for us to achieve our dreams and goals in life. And everyone wants to know how to get motivated in life.

In some case, we want to achieve our dreams in an instant as if like a magic.

In life, sometimes we look for shortcuts. Sometimes, we don't want to discipline ourselves into doing what really makes us happy - achieving our goals. That's where motivation comes in.

How to stay motivated in life every day is one of the questions most people ask about. And that's what we're gonna talk about in this chapter- "how to get motivated in life every single day."

So come on, Friend, and join me with this journey called "life." And let's see how to motivate ourselves every single day. But before we start, let's start this journey with the beautiful quote by Zig Ziglar. He once said,

"People often say that motivation doesn't last. Well, neither does bathing - that's why we recommend it daily."

Here are the 4 Simple Ways on How to Stay Motivated in Life:

1. Write, Rewrite, and Read Your Goals Everyday

There's power in writing, rewriting, and reading your goals every day. Brian Tracy, one of the best gurus in goal-setting, advises us to write and re-write our goals every day. Here's the technique:

Each day write down your 10 most important goals without referring to your previous list and do this day after day.

Great things will remarkably happen when you do this. On the first day, you write your Top 10 goals. And on the second day, you still write your Top 10 goals *but without referring* to the goals you wrote on the first day.

You'll see that your goals will vary differently from what you write each day.

You do it every day for 30 days, and you will notice that after 30 days, you'll have already written your Top 10 Goals- the things that you *"really*" want. Your mind now is sharper and focused on this Top 10 Goals you have written.

Okay, there's a rule on this goal-writing. You must remember 3 P's when doing this - *Present, Positive and Personal.*

Your subconscious mind is activated by affirmative statements phrased in the present tense. So write down your goals as if you've already achieved them. Instead of saying, "*I will earn $100,000 in the next 12 months*", you would say, "*I earn $100,000 per year*."

Also, your goals must be positive. Instead of saying, *"I will not smoke anymore" or "I will lose 20 pounds"*, you would instead say, *"I am a non-smoker,"* or, *"I weigh 140 lbs".* Your command must be positive, so that your subconscious mind will focus on that positive direction.

And lastly, the last P is Personal. Your goal must be written in *"I"* statement followed by a verb (action). You are the only person in the universe that can use the word "I" in relation to yourself. When your subconscious mind receives your command with "I" statement, it begins processing your request immediately to bring that goal into reality. So always start your goals with an "I" statement, like "I own..", "I earn..", "I drive..", or "I weigh.." and so on.

Also, to add power and clarity to your daily goals add a deadline and attach it to your goals. Make it specific.

Example you want to earn $100,000 per year, then set a deadline for it like this statement, "*I earn $100,000 per year by December 2XXX*."

Your mind loves deadline, because it reinforces you to do something before that specific time. So make it more specific, so that it would propel you to achieve your goals faster or ahead your scheduled time.

So there it is, those are the 3 P's you need to remember every single day when writing your goals, in order to be motivated – they must be "Present, Positive, and Personal."

So again Friend, remember, in order to be motivated every single day: write, rewrite, and read your goals every day.

2. Watch Motivational Videos

Wanna get motivated? Then watch motivational videos. This is also one of the keys I used when I was reviewing for my board exam a few years ago.

Every day, I needed motivation. There were times that I didn't feel like doing these things..doing that.. reading these things..reading that. But in order for me to be motivated, I would go online then I would watch motivational videos on YouTube.

This was like giving me a spark to do something immediately.. as in "right now".

Well, if you want to get motivated right now, as in "now", I've prepared a video for you that I used to watch and still watching when I want to get motivated.

Here it is, the scene from the movie *"Facing the Giants"*. (Make sure you increase your volume to be more motivated.) This will surely make a great impact on you. Click here to watch this video on YouTube.

There it is. Did it get you motivated? Yes, that's one of the videos that I always watch when I want to have an instant motivation. But that's not the only motivational videos on the internet, there are tons of them that you can watch on YouTube.

Please feel free to watch and get motivated, and share them as well to your family or friends, so that they too will get motivated.

So that's one of the techniques to get motivated instantly: watch motivational videos every day.

This will give you a right perspective, persistence to go on with your dreams and goals, enthusiasm to move forward, and motivation to get you started again.

So Friend, every day give yourself a spark to do what you want to achieve in life, by watching motivational videos every single day.

3. Read Motivational and Inspirational Quotes

I love reading quotes from successful people such as athletes, entrepreneurs, speakers, and many more.

This gives me instant food for my mind that's encouraging, motivating, and inspiring.

Actually, I have them printed out and put on the walls in our house, like those quotes from Anthony Robbins, John Maxwell, T.Harv Eker, Jim Rohn, Brian Tracy, Jack Canfield, Stephen Covey.

Here are some examples of the quotes I have put on our walls:

"If you want to move to a new level in your life, you must break through your

comfort zone and practice doing things that are not comfortable." - T. Harv Eker

"You will never change your life until you change something you do daily. The secret of your success is found in your daily routine." - John C. Maxwell

"If you want to have more, you have to become more. For things to change, you have to change. For things to get better, you have to become better. If you improve, everything will improve for you. If you grow, your money will grow; your relationships, your health, your business and every external effect will mirror that growth in equal correlation." - Jim Rohn

Those are just the 3 of many quotes I have printed out and hung on our walls. And I always see them every single day.

And most importantly, I *read* them. Every time I read them, it refocuses my mind into a new direction, it uplifts me to move towards the direction of my goals, it motivates me more to keep going and achieve my dreams.

Actually, I've found an amazing application (app) that you can also download on your Smartphone, for you to get motivated every day. It's called the "*Secrets of Success*" by Dale Carnegie. There are tons of motivational and inspirational quotes there that you can also read every day.

Or you may also want to search the internet for motivational quotes. It's really great that you have something motivational or inspirational to read before starting your day – something to uplift you and motivate you.

This is a very effective approach to start your day, because it will tune you to a more positive mood, and you will have a positive direction for the rest of the day.

So again, Friend, if you want to get motivated, then read motivational and inspirational quotes from successful people. Even if you do this 2-3 minutes every morning, it will have a great impact on your peace of mind, happiness, and positive attitude for the rest of the day.

4. Get Started, Start Moving - "*Just Do It*" Attitude

Really, if you want to get motivated in life, and you don't want procrastination to block your way, then "get started", just start moving.

Yes, you've read that right. Just start doing the things that you're procrastinating about. You don't feel like doing it? Then "*start"* doing it. Maybe you are tired, or not in the mood? Then *do it*. You're afraid doing it? "*Just do it*". Feel the fear and do it anyway.

The key here is to *"Just do it."*

As Zig Ziglar said,

“Anything worth doing is worth doing poorly--until you can learn to do it well.”

G.K. Chesterson also once said,

“If a thing is worth doing, it is worth doing badly.”

Well, if there's something that you're procrastinating about in life, then start small, bite-by-bite, one at a time. Or if there's something that you're afraid about doing, push yourself forward and do it.

As Alfred Armand Montapert said,

"Begin, and you are halfway there."

The important "keyword" there is *"begin"*.

Friend, if you want to get motivated, then start doing it *slowly at first*, until you've gotten that "flow" in you.

And later on you will realize that you are now on your passion again, your blood is starting to flow again, your energy is increasing again, and your enthusiasm is coming back again.

It's because you "started". You began doing it.

That's the secret, *"Just Do It."*

Well, if you want some more push in life, then watch this 1-minute video by Shia LaBeaouf. This video will really motivate you to the highest. Here it is: Click here to watch the video on YouTube.

Are you shocked? :) Me too, the first time I watched it. But did this video made you awake? Did this video motivate you? Did this video light a spark on you, to make you feel you want to do something? Yes, this video motivates people. This video reminds people to *"Just Do It"* and stop giving up.

Let’s look at his lines once again:

"DO IT!

JUST DO IT!

Don't let your dreams be dreams.

Yesterday you said tomorrow.

SO JUST DO IT!

MAKE YOUR DREAMS COME TRUE!

JUST DO IT!

Some people dream success, while you're gonna wake up and work hard at it.

NOTHING IS IMPOSSIBLE!

You should get to the point where anyone else would quit,

and YOU'RE NOT GONNA STOP THERE!

NO! WHAT YOU'RE WAITING FOR!

JUST DO IT!

JUST DO IT!

YES, YOU CAN!

JUST DO IT!

If you're tired of starting over, "STOP GIVING UP!”

Wow.. What a relief.. Truly, a great motivation. *"Just Do It."*

Did this video motivate you? Yes, I believe it did.

Friend, you only have one life to live. If you want to achieve something in your life, you've got to get started, you've got to do the things that you want to achieve, you've got to do it, *"Just Do It."*

Do It. Do it. Do it.

"NOW."

That’s the secret. “Do it Now.”

One of my favorite affirmations for giving me the motivation to do something comes from the book of Og Mandino’s *“The Greatest Salesman in the World”*, Chapter 16. And I have included a part of Chapter 16 below. I recommend that you mark this page, and when you’re alone, read it aloud.

“I will act now. I will act now. I will act now. Henceforth, I will repeat these words again and again, each hour, every day, until the words become a habit as my breathing and the actions which follow become as instinctive as the blinking of my eyelids. With these words I can condition my mind to meet every challenge.”

So again, Friend, if you want to get motivated, then get started, start moving, and *"JUST DO IT"*, and *“ACT NOW.”*

There we go, we have already learned the 4 simple ways on how to get motivated in life. Again, for a recap, here are the 4 simple techniques on how to stay motivated in life:

- Write, Rewrite, and Read Your Goals Everyday
- Watch Motivational Videos
- Read Motivational and Inspirational Quotes
- Get Started, Start Moving - "*Just Do It*" Attitude

And before I end this chapter, Friend, I would like to share with you a very beautiful quote from Anthony Robbins. He said,

"At any moment, the decision you make can change the course of your life forever."

Friend, Everyday You Have A Decision To Make - "*Will I Take Action Today or Not?*" Get Motivated. Get Inspired. Take Action. Every Day, You Always Have A Choice. *"Choose Life."*

Positive Energy Power #5: Prayer – Discover: What is the Power of Prayer? 6 Tips on How to Plug into the Power of Prayer

This year, have you been asking God for something amazing to happen into your life? Have you already been praying for your goals? Have you already received them?

In this chapter, we're gonna answer the following questions about prayer: What is the power of prayer? Is praying really effective? How to plug into the power of prayer? Is there abundance in prayer? Is there really a *power in prayer*?

These are some questions that we ask when it comes to the topic of prayer. If you want to achieve great things in your life and want to have a happy, positive, and peaceful life, you have to know and utilize "the amazing power of prayer."

What is the Power of Prayer?

The power of prayer is "**the power of GOD**" who hears and answers our prayers.

Praying is an act of communicating with God. When you talk to God in your own way, you're already communicating with God - meaning you're already praying.

In our life, we usually pray for provisions, for healings, for abundance, for good health, for our goals and dreams, for forgiveness, for restoration, for our family, for protection, for strength, for wisdom, for relationship, for money, and for anything that we want to achieve in life.

And sometimes, we receive these things that we pray for *instantly*, but sometimes we don't.

And now in this chapter, we will discover how to tap into this amazing power of prayer; how God answers prayers; and what are the things that we need to do for God to answer our prayers.

Are you ready?

Okay, Friend, sit back and relax, because we will now learn about how to tap into the amazing power of prayer.

Here are the 6 Tips on How to Plug Into The Power of Prayer:

1. Your Prayer Must Be According to God's Will

In John 5:14-15, the Bible says, *"This is the confidence we have in approaching God: that if we ask anything according to His will, He hears us. And if we know that He hears us—whatever we ask—we know that we have what we asked of Him."*

Yes, our prayer must be according to God's will. But some of you may ask me, "Andrian, how do I know God's will in my life?"

According to Chris Russel, there are 8 Keys to know God's will in our lives, here are those:

a. Walk with God

Yes, you will never know God's will in your life, if you're not walking with God. Walking with God means you've got to know Him deeply, you've got to have relationship with Him, you've got to communicate with Him through prayer, and God would communicate with you through His words.

b. Surrender Your Will to God

Whatever it is that you plan, always remember that God is still the one who will decide what's best for you. So surrender it to God. It says in Proverbs 20:24, *"A man's steps are directed by the LORD."* You plan, but let God direct your steps.

c. Obey What You Already Know to be God's Will

You already know that jeopardizing your health is not God's will for you, like smoking or drinking. So stop those things. It says in Jeremiah 29:11, *"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."* So do not harm yourself by doing those things that you know are not doing well for you. God's plans for you are always for your good.

d. Seek Godly Input

Be with the people of God. By being with them, you can ask for advice and learn

their ways. It's better to be around real Christians than being around with others who will influence you into doing other than good things. In Proverbs 15:22, *"Plans fail for lack of counsel, but with many advisers they succeed."* So choose your advisers wisely. Seek Godly input.

e. Pay Attention to How God Has Wired You

You are gifted at something. You are excellent at something. God has given you that ability because God has a reason for you to use it for His glory. In 1 Peter 4:10, it says "*As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God."* You have a talent, a gift, an ability - use those gifts because that's what God's will is for your life.

f. Listen to God's Spirit

In your prayer time, don't just talk to God, take time to listen. Listen to what God's going to say. He will reveal great things to you when you take the time to listen. In John 10:27, it says, "*My sheep hear My voice, and I know them, and they follow Me."* So take time to listen to God, and He will reveal to you the next steps you're gonna take.

g. Take a Look at Your Circumstances

There's always a reason why things are happening into your life. The circumstances are happening because God wants you to notice something. It's like that God's ways are already revealing His plans for your life.

So always be alert on what's happening around you, notice where God is taking you, see the circumstances around you, and make it for your advantage, because God is already moving His steps for your own good.

The Bible says in Acts 16:6-10 that illustrates what God's plans for Paul and his entourage,

"*Now when they had gone through Phrygia and the region of Galatia, they were forbidden by the Holy Spirit to preach the word in Asia. After they had come to Mysia, they tried to go into Bithynia, but the Spirit did not permit them. So passing by Mysia, they came down to Troas. And a vision appeared to Paul in the night. A man of Macedonia stood and pleaded with him, saying, 'Come over to Macedonia and help us.' Now after he had seen the vision, immediately we sought to go to Macedonia, concluding that the Lord had called us to preach the gospel to them."*

Take a look at the circumstances around you, you will then know that God's

already directing you towards His great plans for your life.

So, Friend, those are the 8 things that you should need to know whether what you're going to be praying about is God's will for you or not.

2. Your Prayer Must Be Consistent and Persistent

The Bible says in 1 Thessalonians 5:17,

"Pray without ceasing.."

Continue praying... Continue walking in God's direction.

Now, let's elaborate it more in Matthew 7:7-8 (Ask, Seek, Knock)

7 "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. 8For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened."

The first stage is **asking** - the keyword is **"petition"**. We must pray by asking God first, having a petition to Him of what we want.

Then, the second stage is **seeking** - the keyword is **"participation"**. We must pray by asking but this time, we need to do something, we need to take action on what we are praying for. It now requires our participation.

Lastly, the third stage is **knocking** - the keyword is **"persistence"**. Now here in the knocking stage, we ask, we participate and do something, but now we're continually doing it over and over again, until God answers - that's persistence.

That's what God wants to imply to us when He says, "pray without ceasing.."

So, Friend, always pray..pray..and pray. That's the secret. Persistence is one of the keys for God to answer your prayer.

3. Your Prayer Must Be With Thanksgiving

The Bible says in Philippians 4:6,

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

This is a very powerful principle in praying. Before you can have what you're praying for, you need to begin thanking God ahead of time. Start praising Him, thanking Him, as if it has already happened. Your gratitude, praise, and thanksgiving open doors that only God can open.

Let's look at the power of thanksgiving and praising God ahead of time.

In the Bible, let's see the story of Paul and Silas in *Acts 16:23-26. Both of them were put into prison after they had been severely flogged, and the jailer was commanded to guard them carefully.*

What the jailer did was he put them in the inner cell and fastened their feet in the stocks. About midnight Paul and Silas ***were praying and singing hymns to God****, and the other prisoners were listening to them.*

Suddenly there was such a violent earthquake that the foundations of the prison were shaken. At once all the prison doors flew open, and everybody's chains came loose.

Yes, you've read that right, that's the power of thanksgiving, gratitude, and praise to God. God can shake the foundations and open doors for you that no man can shut.

In Psalm 100:4, the Bible says, *"Enter into His gates with thanksgiving, and into His courts with praise: be thankful unto Him, and bless His name."*

In your prayer, give thanks to God as if it has already happened. Praise Him, sing hymns to Him, bless His name, and thank Him in advance. Be grateful and have an attitude of gratitude ahead of time. You will see the miracle power of God that opens doors for you that no man can shut.

I have here a video of Terri Savelle Foy about the power of gratitude, thanksgiving, praising God, before God opens doors of blessings and opportunities into our lives. Please watch it here, and you will see how God's blessings continually come into your life through the power of thanksgiving.

I believe you've learned a lot from the video. That's how powerful our prayer is when we give thanks to the Lord ahead of time.

So, Friend, pray with thanksgiving, and you will see doors of blessings and opportunities open that no man can shut.

4. Your Prayer Must Give Glory To God

The Bible says in John 14:13-14

"*13 And I will do whatever you ask in My name, so that the Father may be glorified in the Son. 14 You may ask Me for anything in My name, and I will do it."*

Jesus wants us to pray in His name, so that God would be glorified. You can ask God for anything that will glorify Him, and He will surely do it for you.

In John 17:4, Jesus said, *"I glorified You on the earth, having accomplished the work which You have given Me to do."*

We glorify God by doing the work God has given us.

We all know that we all have passion.

There's something in us that we know that only we can do it better than anyone else.

Glorify God by doing those things that you're passionate about. God has wired you for that passion because God wants to use you for His glory.

The 2015 NBA MVP, Stephen Curry, the star of the crowned 2015 NBA Champion Golden State Warriors, is also a Christian, and he’s doing his entire Basketball career for the glory of God.

When God is glorified by what you do, He will give you more blessings in life, because God is pleased with you.

Joel Osteen, the senior pastor of the largest church in America, Lakewood church, is passionate about giving *hope* to people. His dad, John Osteen, loves sharing about the power of the *Holy Spirit*. John C. Maxwell, a teaching pastor in Christ Fellowship, is passionate about sharing "*leadership*" to the people in the world. Joyce Meyer's passion is about the *power of thoughts*. And Terri Savelle Foy is passionate about sharing how to achieve *dreams and goals*.

Note: these people have their ministries on their own, but each ministry is different from the other. They are glorifying God through the passions He gave them, through what He assigned for them to do here on earth. That's why they have received many blessings from the Lord.

You, what's your passion? What can you do something, that when you do it, God would be glorified? Maybe your passion is swimming, or painting, or architecture, or graphic designing or mountain climbing. Whatever it is, give glory to God by doing it, and God will give you more than anything that you can ask or imagine.

The Bible says in Colossians 3:17, *"And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him."*

So, Friend, give God the glory, and you will receive the overflowing blessings that God has in store for you.

5. Your Prayer Must Come With A Humble and Sincere Heart

The Bible says in 2 Chronicles 34:27,

"27 Because your heart was responsive and you humbled yourself before God when you heard what he spoke against this place and its people, and because you humbled yourself before Me and tore your robes and wept in My presence, I have heard you, declares the Lord."

Do you want your prayer to be heard by God? Then, come before Him with a humble and sincere heart.

Let's illustrate an example of how God answers the man who has a humble and sincere heart when praying. See Luke 18:10-15 below. It talks about the prayers of the Pharisee and tax collector:

10 "Two men went up to the temple to pray, one a Pharisee and the other a tax collector. 11 The Pharisee stood by himself and prayed: 'God, I thank you that I am not like other people—robbers, evildoers, adulterers—or even like this tax collector. 12 I fast twice a week and give a tenth of all I get.'

13 "But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, 'God, have mercy on me, a sinner.'

14 "I tell you that this man, rather than the other, went home justified before God. For all those who exalt themselves will be humbled, and those who humble themselves will be exalted."

In this story, we have learned that when we humble ourselves before God, He hears us. Like the tax collector, a sinner, he humbled himself before God, and God heard his prayer and he was justified before Him.

Truly, God blesses the people who pray with a humble and sincere heart.

So again, Friend, if you want God to answer your prayers, pray with a humble and sincere heart, and God will bless you more than what you can even ask or imagine.

6. Your Prayer Must Be Filled With Faith

The Bible says in John 1:5-7

"5 If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. 6 But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. 7 That person should not expect to receive

anything from the Lord."

Pray in Faith - that's our last lesson here on how to tap into the power of prayer and receive the answers from God. You must believe and not doubt when you pray. You must believe that God can do anything for you, no matter what it maybe, whether big or small.

Have you been praying to God for something and God hasn't answered your prayer yet? Maybe God sees doubt in your heart. Believe in God *fully and completely*, that He can do this for you. God can handle anything for you once you *believe*.

The Bible says in Matthew 21:22,

"If you believe, you will receive whatever you ask for in prayer."

The key here is to "believe."

Once God sees in your heart that you really believe, He will do whatever you ask for. Whether you're praying for a new house or a new car, or a vacation that you've been longing for, God can give you anything that you want, when you **believe.**

Also pray for God-sized prayers, pray bold prayers, pray for big things to God. God is a big GOD. He is the creator of the universe. He can give you whatever you ask for. Just believe in Him.

So again, Friend, have faith in God that He will answer your prayer, and He will do miracles for you that you have never experienced before.

So there we go, we have already answered the questions, "what is the power of prayer?" and "how to plug into the power of prayer?" Again, for a recap, here are the 6 keys to remember for God to answer your prayer:

- Your Prayer Must Be According To God's Will
- Your Prayer Must Be Consistent and Persistent
- Your Prayer Must Be With Thanksgiving
- Your Prayer Must Give Glory To God
- Your Prayer Must Come With A Humble And Sincere Heart
- Your Prayer Must Be Filled With Faith

These six tips on prayer will really do amazing things for you and will enable you to tap into the power of God, who is able to do immeasurably more than

what you can ask or imagine.

And before I end this chapter, Friend, I want to share with you a very beautiful quote from A.P.J. Abdul Kalam. He said,

"God, our Creator, has stored within our minds and personalities, great potential strength and ability. Prayer helps us tap and develop these powers."

Friend, The Power of Prayer Is Already Within You. Tap Into It, Plug Into It and Develop That True Power In You.

Positive Energy Power #6: Forgiveness – Life Power Principle: What is the Power of Forgiveness?

Boomerang...

This is a curved stick that when you throw it in a particular way, it will come back to you.

Have you already seen a boomerang? Or have you already seen someone who throws a boomerang, and it *magically* comes back to him? It's like a magic, isn't it? Well, if you haven't ever seen it, here's a video I found on YouTube how boomerang really goes back to the one who throws it.

Did you see it? Did you see how the boomerang really returns to the man who throws it? It's amazing right?

When I see this video, it really amazes me because I really don't know how boomerang really works, until it finally dawns on me its power. And it's awesome.

Now, some of you are confused and ask me, "Andrian, I thought this chapter is about forgiveness, why are you showing us this boomerang-kind-of thing?"

Well, yes, Friend, I wanna tell you that forgiveness and unforgiveness is like that... it's like a boomerang.

When you have unforgiveness in your heart and hatred towards somebody else who has hurt you, the effect of this may come back to you. It could be in the form of illness, disease, uncomfortability, sleepless nights, inefficiency, lack of decision, and so on.

In short, you are blocking many blessings, happiness, joy, peace, abundance, and freedom to come into your life.

Karen Swartz, M.D., director of the Mood Disorders Adult Consultation Clinic at The Johns Hopkins Hospital, confirmed that *'there is an enormous physical burden to being hurt and disappointed*.'

Chronic anger puts you into a fight-or-flight mode, which results in numerous

changes in heart rate, blood pressure and immune response. Those changes, then, increase the risk of depression, heart disease and diabetes, among other conditions.

Forgiveness, however, calms stress levels, leading to improved health.

Dr. Luskin of Stanford University, also cites several studies that show how anger can affect the cardiovascular system by adding to a person's general level of stress.

Other studies have indicated that patients who have had heart attacks have been able to improve their physical health by *practicing forgiveness* and working to feel more tolerant and less angry.

When you learn how to forgive, you will see that all blessings will naturally come back to you: the good physical health, the happiness, the love, the joy, the peace, the freedom, the abundance, and many blessings of life. Yes, they will return to you, like a boomerang, the moment you forgive.

That's the powerful principle of forgiveness.

And here are some of the questions that I've found that so many people in the world ask: "How to forgive someone who has hurt you?" "How to forgive friends?" "How to forgive yourself for past mistakes?" "What is the power of forgiveness?" "How can it change my life?"

These questions will be answered throughout this chapter. And you will be amazed by how your life will definitely change once you learn about the healing and power of forgiveness.

Are you ready?

So sit back, relax, and enjoy learning... because we're now going to uncover the questions that we've long been asking about forgiveness.

What is the Power of Forgiveness?

The Bible says in Isaiah 1:18, *"Come now, let us reason together, says the LORD: though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall become like wool."*

Forgiveness is like cleansing you from the baggage that you may have been carrying around. It's like washing you to become as white as snow, clearing your mind, cleansing your soul and spirit, and healing your body. That's the power of forgiveness.

We can't really understand the power of forgiveness until we know the Best Forgiver of all - our Almighty God.

God forgives at all times.

God's grace and mercy is always there around us. His amazing love for us is overflowing. If we want to know the power of forgiveness, first we need to receive God's love, mercy and grace. But how can we do that?

The Bible says in 1 John 1:9, *"If we confess our sins, He is faithful and just to forgive us [our] sins, and to cleanse us from all unrighteousness."*

Confessing our sins to God will let us release this guilt and condemnation that we may have hidden inside of us.

And God will cleanse us from all this bondage and unrighteousness. God is always willing to forgive us no matter what we've done. He is always willing to accept us.

Later, I will show you how to pray for forgiveness from God, and how to forgive ourselves.

How to Forgive Yourself for Past Mistakes?

Most of the time the reason why it's very hard for us to forgive others, is because we haven't forgiven ourselves yet for the things we've done.

The past mistakes, the sins, are crawling over us, and making us feel guilty and condemned.

This is the reason why we aren't able to forgive others either. As someone puts it, "*You cannot give what you don't have*."

But once we fathom and receive the forgiveness of God in our lives, we will realize that it will be easier for us to forgive others.

The Bible says, *"Beloved, if our hearts do not condemn us, we have confidence before God,"(1 John 3:21)*

Friend, always remember this, '*Forgiveness starts within you*.'

If you want to receive God's forgiveness and love, and at the same time you want to forgive yourself for past mistakes, follow this and pray this simple prayer,

"God, I know I am a sinner. I've done this, I've done that.. but today I wanna confess all my sins to You (then confess and say to God all of your sins). And I ask You to forgive me from all my sins. Forgive me, LORD. In Jesus Name.

Amen."

Then after that.. accept the love and forgiveness of God through faith by saying this prayer.

"LORD, today I am now accepting your forgiveness through faith. I am now forgiven by You. You are now cleansing me as white as snow according to Your Word. May Your love always be upon me, and may I also show Your love and forgiveness by sharing it to others. Thank You, LORD. I am now releasing the condemnation and guilt. I'm now cutting them out of my life. I am now free. I'm now free. In Jesus Name, Amen."

If you pray that prayer, you will receive this peace and joy in your heart, and God will allow His blessings to come upon you, as you trust in Him and receive His love and forgiveness over your life.

"You are now free." Yes, Friend, "You are now free."

Today, I want to congratulate you, Friend, for the freedom that you have already received. Give me a high five! :)

Well, since you've already forgiven yourself and receive God's love and forgiveness in your life, I believe you are now ready for the next section, and that is...

How to Forgive Someone Who Has Hurt You?

As the Bible says in Colossians 3:13 (NIV), *"Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."*

In the New Living Translation, it says in the same verse, *"Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others."*

It says, Friend, "*Remember, the LORD forgave you*.." Yes, you have already been forgiven by the LORD, and the LORD wants you to forgive others as well.

Someone may have offended you for some reason. You may have been abused or deceived by someone.

You may have been hurt by one of your family members, siblings, or your friends.

You may have been offended by the things that have been said toward you by your coworkers or somebody close in your life. Yes, in short, you have been

hurt.

But the Bible truly advises us to "*make allowance for each other's faults.*."

The Bible teaches us in Luke 6:27-28, to *"love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you."*

And some of you may ask me, "But Andrian.. it's very hard.. you don't know what happened.. It's really hard to forgive that person.. You know?"

Yes, I know it's hard. Yes, I know it's difficult. But let’s try it anyway.

Have you already tried blessing someone who has hurt you? Praying for him/her in your mind? Maybe you haven’t tried it yet, I did. And something miracle happened. It changed me. The peace flowed through my body, and I felt the relief, the joy, and the freedom of being free.

Did you know that once you've done what the LORD is asking you to do - this hard thing for you to do, you will see the enormous effect of this to your life? That right after you pray and bless someone who has hurt you, you will feel peace inside. Yes, try it. And you will see and feel what I'm talking about.

Tom Holladay, a teaching pastor at Saddleback Church, beautifully puts it this way, he said, "*How do you pray for somebody who has hurt you? King David, a man after God's own heart, prayed for people who insulted and rejected him. You can find many of those prayers in the book of Psalms. What I love about his prayers is that he begins many of them by telling God his* ***honest feelings*** *about the people who hurt him.*

That's how our prayers should start.

Don't pretend to be pious; God knows what is on your mind anyway. Tell God how you honestly feel. Admit you are struggling to pray for the other person, but then ask God to bless him or her.

Honest and humble prayers have the power to make a difference in this world."

God wants you to release anything that you may have in your heart towards someone to Him. That's the reason why God wants you to forgive others who have hurt you, He wants you to be free from their chains, to take away their power over you.

He wants you to have freedom. He wants you to receive more blessings into your life.

Because when you're not forgiving someone, or you have a grudge or resentment

over someone, you are blocking the blessings of God to come into your life.

That's why it's very important to forgive quickly, as the Bible says in Colossians 3:13 (MSG), "..forgive as quickly and completely as the Master forgave you."

So the moment someone hurts you, "*forgive immediately*". That's very important, to forgive quickly, so that it will not return to your mind over and over again. This will give you more peace and freedom.

Also, did you know that you are consuming a lot of energy when you are angry? It also consumes your time when you are thinking about someone or something that has offended you.

As Joyce Meyer said, *"I have learned that any day I spend angry and offended is a wasted day. Life is too short and too precious to waste any of it."*

When someone offends you, ask this thing to yourself...

"*Will I let him/her control my mind, my time, my energy? My life is very precious to think about it. I would rather choose to be happy and enjoy my life. I am willing to forgive him/her*."

Then do this technique that I personally use. Go to a place where you can be all alone, close your eyes, and do this.

'Think of the person who offends you..imagine that he/she is in front of you right now.. then, talk to him/her like you're talking to him/her personally.. tell him/ her,

"*You know what, (Name), I have been offended by what you've done or said (be specific on what he/she has done or said), but maybe you've done/said that because you have a reason (think objectively why he/she was able to do or say that..in positive perspective).. but now, I want to forgive you.. I'm now willing to forgive you.. I want to release you right now. Please forgive me if there's anything I have done or said toward you. I'm sorry. But today and right now, I'm now choosing to forgive you.. I'm now forgiving you.. I'm now releasing you.. and today, I am now free. I'm now free." In Jesus Name, Amen.' then, imagine that you are now releasing him/her from your life.'*

Peace... Serenity... Love... Joy...

These are the things that you would feel after you've done that. Isn't it so comforting? Isn't it so relieving?

Yes, it is.. that's the power of forgiveness. You can repeat that to every person that might have hurt you in the past, even if it happened long years ago. And you

will feel peace inside of you.. and you will be able to tell yourself, "Yes... Hoooh.... What a relief.. Yes, I can forgive... Yehey.. I am now free.. I am now free.."

Remember again, Friend, that *"Forgiveness starts within you."*

It's all in your *mind*.

You can forgive anytime you want. You can be free anytime you want.

The techniques above can be done with any relationship you have or have had in the past. You can now forgive friends, family members, or anyone else who has hurt you.

Friend, always remember, that God loves you.

God wants to give you peace, love, joy, happiness, abundance, prosperity, and many blessings upon your life.

So practice forgiveness in your daily living, and you will receive the abundant blessings that God has in store for you.

Again, Friend, if you love this chapter about forgiveness, please share this as well to your family and friends, so that they too would learn a lot about forgiveness. Please click on this link, Friend, to share our book as well to your family and friends on Facebook, so that they too would learn a lot about forgiveness from this book.

And before I end this chapter, Friend, I would like to share with you a very beautiful quote by Mahatma Gandhi. He said,

"The weak can never forgive. Forgiveness is the attribute of the strong."

Friend, Always Remember That "You Are Strong" Because "You Forgive."

Positive Energy Power #7: Gratitude - What is an Attitude of Gratitude? And the 3 Benefits of This to Your Life

I believe many people ask these questions: "What is an attitude of gratitude?", "Can attitude of gratitude change my life?", "What are the benefits that I can get by being in a habit of gratitude?"

Well, Friend, once in your life, have you ever caught yourself complaining? Or have you caught yourself seeing negative things around your environment or in your life? Or have you noticed that sometimes you're having a bad hair day?

Hmm.. If your answer is yes, that's okay, Friend. But you know what, Friend, maybe you're missing out something very essential in your life, something that when you apply and develop can drastically change your life.

Yes, I assure you, it will change the way how you think; it will change the way how you perceive circumstances in your life; and especially, it will change your perspective and give you more enthusiasm and happiness in life.

Here is the secret: "An Attitude of Gratitude."

It can dramatically change your life.

Yes, "An Attitude of Gratitude" can dramatically change your life.

Let's start with explaining and answering the question "what is an attitude of gratitude?"

For me, Attitude of Gratitude, is simply seeing beauty and being thankful for everything in your life right now.

It's about being grateful for even in a little thing that you can be thankful for right now.

It may be for the food that you have in your refrigerator, for the computer that you are using right now, or for the internet that you have now, or even for the shampoo and soap that you use during your shower.

An attitude of gratitude sees even the smallest thing, the smallest act, the

smallest service, and is always thankful for all of it.

"*Thank yous*" are everywhere. Even a little "*thank you*" to the person who serves you in a restaurant or saying "*thank you*" to the bus driver who drives you to work, can really make a big impact not just on your day, but also on the life of those whom you have given your sweet "*thank yous*".

That's the "attitude of gratitude."

And in this chapter, I'm gonna walk you through the benefits of an attitude of gratitude into our lives.

Here are the 3 Benefits of Having an Attitude of Gratitude Into Our Lives:

1. Gratitude Can Make You Happy Instantly

Yes, “instantly”. It’s like an instant noodle. Do you want a proof?

Okay. Then, let’s make some experiment. Go get a marker and a piece of paper, and list the “10 things” that you are grateful for right now. You can write “anything”, I mean, “anything” that you can think about.

Go now, and stop reading this for a moment. I’ll give you 1 minute to do that. :)

Alright, I believe you’re now done doing our exercise above. What did you feel? Or should I ask, “What do you feel now?” Do you feel happy now? Yes. :) I told you. :)

Maybe some of you couldn’t stop writing on the 10th thing, and even surpassed the 10 things and wrote more than 20 things in your gratitude list. That’s okay, go on, Friend, and see the wonderful effect of an “Attitude of Gratitude” to your life.

Are you now more excited? What if you do this every day? What if you do these 365 days in a year? You can now imagine the cumulative effect of this will have on your life. You’ll be much happier, much calmer, and feel much deeper sense of purpose in life. You’ll now be more positive than ever before.

That’s the power of gratitude.

As William Arthur Ward puts it, *“Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.”*

So Friend, always be grateful for everything that you have. The more you say

“thank you’, the happier you will be.

2. Gratitude Can Make You Healthy

Yes, an attitude of gratitude can really make you healthier. Many researches and studies have proven that being in a habit of gratitude can make one healthier.

Here’s the proof: There was one study conducted by Robert A. Emmons, Ph.D., of the University of California and Mike McCullough at the University of Miami, wherein the groups of the participants have been divided into three.

Each group was given different tasks from the other. The first group was assigned to keep a journal of those things that they were grateful for in the past week.

The second group was assigned to keep the exact opposite of the journal the first group was keeping, and that is to look for those hassles that they had in the past week.

Lastly, the third group was assigned to keep a journal on what affected them in the past week whether it was positive or negative.

And you know what the result was?

After 10 weeks of experimenting, members of the group that kept the gratitude journals were feeling a lot better about their lives as a whole and were 25% happier than those who kept a journal focusing on the hassles they had been in the past weeks.

The study also confirmed that those in the gratitude group reported fewer health complaints, and exercised an average of 1.5 hours more.

That is amazing, isn’t it? That’s how powerful gratitude is.. but it doesn’t end there.

A later study by Emmons found that same participants, instead of completing their gratitude journal every week, were assigned to keep their gratitude journals “daily”.

And what’s the impact of this experiment?

Those participants in the gratitude group have become more sympathetic towards others.

They have now become kinder and offer others emotional support and help others with personal problems.

Not only are these the benefits of gratitude in our lives. Many studies have shown that being in a habit of gratitude can make someone sleep more hours each night and feel much more refreshed upon awakening.

Also, those who keep gratitude journals every day feel that they feel more satisfaction with life as a whole, feel more positive and optimistic in the coming week, and feel more connected with others in a whole new way.

So keep a gratitude journal daily. The best time to this is in the morning, so that your thoughts will be moving in the direction of positivity and gratefulness.

Always remember, Friend, *"when you start the day right, your whole day will be bright."* So start your day with gratitude, and you will see the beautiful effect of this for the rest of your day.

3. Gratitude Attracts The Things That You Want and Desire

Yes, Law of Attraction, it is.

Have you ever noticed how the law of attraction manifests into your life? Have you ever used this law before? Have you ever been aware that you are already working it in your life?

Yes.. but wait, I'll tell you.. it manifests depending on the thoughts that you are sending into the universe.. those vibrations that you send, which may be positive or negative.

So the result? It's also either positive or negative.

Did you know that when you're being thankful and grateful for everything that you have, you are already sending positive vibrations to the universe, and you are already telling it that you are already prepared to receive more into your life?

The Law of Attraction manifests to me a lot of times. It is those times that I'm really thankful for everything that God has given me, even in a little thing, that's why God has blessed me so much during those times.

The one technique I've been using is the power of prayer that we talked about in the previous chapter.

Every morning, I always have time for God, read my Bible, pray, and worship Him. It's during that time that I praise God and thank Him for all the things that He has done for my life, and thank Him for all the desires of my heart that I know He will also grant.

And it seems like miracles continually come to me every single day. And I am

really amazed for those great miracles that God has given me. It's because I've decided to have an attitude of gratitude and being thankful for everything that I have, that's why God has blessed me so much.

Yes, some of you may ask me "Andrian, what's the connection of Law of Attraction and being thankful and praising God?"

Well, did you know that Law of Attraction is also included in the Bible?

In Proverbs 23:7, it says, "*As a man thinketh in his heart, so is he.*"

Meaning, whatever you think about, you will attract, and you will become.

If you will think about all the good things in your life, you will attract more of it.

At the same time, if you think about all the blessings that you already have now, and be thankful for them, you will attract more of it.

That's the Law of Attraction and that's the Law of God as well in the Bible.

So now, here are the things that I personally do to attract things into my life that I also wanna share with you:

1. **Pray** – always pray for everything that you want. If it's God's will, God will grant it. But you need to be patient, because God's timing is always perfect.
2. **Praise** – Praising God and thanking Him in advance for all the desires of your heart will attract more of those that you want into your life as if like a magnet. So always praise and thank God in advance.
3. **Say "Positive Self-talk" about yourself** – wherever you are, you are always talking to yourself through your mind. So always say something that boosts your confidence, that motivates you, and that energizes you, like *"You are Beautiful/Handsome." "You are Awesome." "Great Job, you've nailed it."*
4. **Stay with Positive People** – I always encourage everyone to be with positive people. Those who always help you, nurture you, guide you, and support you. Stay with positive people. You may find them in church, or you may join a club related to your hobbies or passion, or you may join an online community that is there to encourage you and motivate you.

So always remember, Friend, to be grateful for everything that you have, and

always be positive. You'll notice that you'll now attract more of the things that you want, when you keep your mind with an attitude of gratitude.

Again, those are my Top 3 lists on the benefits of an Attitude of Gratitude. Again, for a recap, here are the 3 benefits of an Attitude of Gratitude:

1. Gratitude Can Make You Happy Instantly
2. Gratitude Can Make You Healthy
3. Gratitude Attracts The Things That You Want And Desire

There we go, Friend, we have already answered the questions, "what is an attitude of gratitude" and "what are the benefits of gratitude into our lives."

I believe you have already learned lots of insights about the benefits of gratitude.

And Friend, before I end this chapter, I would like to share with you these beautiful quotes from Philip Yancey and John Milton:

"What I see in the Bible, especially in the book of Psalms, which is a book of gratitude for the created world, is a recognition that all good things on Earth are God's, every good gift is from above. They are good if we recognize where they came from and if we treat them the way the Designer intended them to be treated."

"Gratitude bestows reverence, allowing us to encounter everyday epiphanies, those transcendent moments of awe that change forever how we experience life and the world."

Friend, Always Have an Attitude of Gratitude, and Life Will Reveal Itself New and Amazing Things Into Your Life.

Positive Energy Power #8: Success – 11 Characteristics of Highly Successful People

I always love to study and learn about the characteristics of highly successful people. Do they really have common characteristics that have helped them attained success in life? Do they really have qualities that when I do, will also put me into the peak of success? Friend, have you also asked the same question before, "what are the characteristics of highly successful people?"

Well today, I'm gonna give you the keys, qualities and characteristics of highly successful people.

But before we start, I would like to share with you a beautiful quote from Darren Hardy, the Publisher and Founding Editor of Success Magazine. He said,

"Everything you need to be great is already inside you. Stop waiting for someone or something to light your fire. You have the match."

You've read that right, Friend. Everything that is needed to be successful is already inside of you. So let's go now to unleash the power that's already inside of you.

Here are the 11 Things to Consider to Become A Highly Successful Person:

1. Focus

Highly successful people know how to focus. They have this kind of laser-targeted focus to achieve what they really want. They know what needs to do. They know what gets to be done. They know what to prioritize. And they know when to say "No" to most of the time.

As Larry Page. co-founder of Google, says *"You should focus on one important goal and you need to be pretty single-minded about it."*

It's really difficult to finish a task without a single-minded focus. Try to do 3 different things at once, and it's really hard to get anything done. However, once

you've set your mind to focus on one thing at a time, you will notice that you'll be more efficient now than ever before.

So focus, Friend, because "You are a Highly Successful Person."

2. ‘Push Yourself Out Of Your Comfort Zone’ Attitude

One of the best things I like about successful people is that they are all "expanded". You then ask me, "Andrian, what do you mean by 'expanded'?" When I say expanded, I mean that they have "Grown A Lot". Meaning, they have expanded their comfort zone as much as they can.

They didn't settle for little things. If they have already mastered a thing, or have already been comfort in one level, then they will move immediately to another level - to expand again their comfort zone.

As T. Harv Eker says, *"If you want to move to a new level in your life, you must break through your comfort zone and practice doing things that are not comfortable."*

This is exactly true. If you're experiencing discomfort now, or you're uncomfortable because of the new tasks or new journey that you're going through right now, that's okay Friend. Why? Because, it means, that you are growing. It means that you are expanding. If you expand more, you will have more.

So push yourself out of your comfort zone, Friend, because "You are a Highly Successful Person."

3. Persistence

Have you ever found a successful person who failed, who committed mistakes? Have you ever found a successful person who did go through difficult obstacles before they achieved the peak of success? Have you ever found a successful person who really did encounter storms in their lives?

Yes, all of the successful people as we all know (yes, I mean "All") are "persistent." They might fall down, but they always get up. They might encounter storms, but they always persevere. They might fail, but they always stand again. They might encounter rejection, but they always lift their head up high, and say,"Next.."

As Helen Keller says, *"We can do anything we want as long as we stick to it long enough."*

Friend, are you having difficulties right now? Do you think that you've already done enough, that enough is enough, and that you really want to stop now with your dreams?

Friend, whatever you may be going through right now, "STAY STRONG". You may feel that you've already given all you've got, that you've already consumed all the resources that you have, but always remember that "you also may now be 'three feet from the gold'."

So stay strong, Friend. Be persistent, because "You are a Highly Successful Person."

4. Goal-Oriented

GOAL - do you have a goal? Yes, that one thing that you target. What are you targeting this month? Do you have it with you? Have you written it down?

Did you know that a study done on Harvard MBA Students shows that 3% of the students that had written down goals had been 10 times more successful (in terms of money made) than 97% of their peers who had not written them down?

Yes, that's how powerful "written goal" is. Now, friend, do you have a written goal? Write it down now, and be part of the 3%.

So be goal-oriented, Friend, because "You are a Highly Successful Person."

5. Action-Taker

Did you know that all of the successful people that you know, are all "Action-Takers"? Yes, all successful people take actions. And in fact, they rarely procrastinate. As someone says, *"The best way to get something done is to begin."*

Have you ever encountered before when there was a time that you needed to do something but yet it was very hard for you to begin doing it? But later on, you realized when you started doing it, it was not that hard at all?

Yes, because as the law of inertia suggests that *'an object at rest will remain at rest.'* So if you don't start, then nothing will move. On the contrary, the law of motion suggests that *'an object in motion continues in motion.'*

So if you want to do something, "*do it immediately*". Start doing it.. because later on you will realize, that you're already in motion. You're already moving. You’re now unstoppable.

So Friend, "Take Action", because "You are a Highly Successful Person."

6. Life-Long Learner

Have you ever heard the word *"Kaizen"?* It is a Japanese word meaning "continuous improvement." Did you know that successful people always grow themselves, always improve themselves, and always make themselves better?

Thomas Corley studied rich people and poor people about the learning habits that they cultivate every day. And here is the breakdown:

- 88% of self-made millionaires read for learning every day vs. 2% of the poor.
- 86% of these millionaires love to read vs. 26% of the poor.
- 11% of these millionaires read for entertainment vs. 79% of the poor.

Did you see the difference? Rich people or successful people that we know have the learning habits that they do every day. They learn a lot to improve themselves, to grow themselves, and to nurture themselves, every single day.

So be a life-long learner, Friend, because "You are a Highly Successful Person."

7. Passion

Successful people are passionate about what they do. Let's see some examples from those successful people that we know about:

Bill Gates - Yes, he is the Founder of Microsoft. Did you know that long before that, he was an amateur programmer who was passionate enough about computers that in the eighth grade, he managed to get excused from math class to design things like early video games?

Walt Disney - Did you know what did Disney spend time doing while growing up? Well, working--but also drawing, from an early age. Yes, he was pretty young when he sold his first drawing (of a neighbor's horse).

Warren Buffet - One time, on ESPN's Mike & Mike radio show, Buffett was asked what the underlying secret to his almost immeasurable success was. Did you know what his answer was?

Warren Buffet answered,

"I found what I love to do very early...when I was seven or eight years old I knew that this particular game really, really intrigued me. And then I had some great teachers along the way."

Yes, Friend, these are highly successful people who follow what they love to do, who follow their passion.

Remember, you only have one life to live. So do the things that you love. Do the things that excite you. Do the things that make you feel alive. Do what you love. Do what your heart wants you to do. Do your passion.

Again, Friend, remember, you only have one life to live. Do what you love, because "You are a Highly Successful Person."

8. Positive Mental Attitude

Successful people have a positive mental attitude. They have a "Can-do" attitude. They believe in themselves. They always think positively. They always say positive things. They ignore negative people who discourage them. They associate themselves with highly successful people, with positive, nurturing people.

In the book *Think and Grow Rich*, by Napoleon Hill, the concept of positive mental attitude was first developed and introduced. He emphasizes the importance of positive thinking as a principle to success. This has always been one of the key secrets of successful people.

Truly, this is one of the most important characteristics of highly successful people.

As Zig Ziglar says, *"Positive thinking will let you do everything better than negative thinking will."*

So Friend, always think positively. Always act positively. Always believe in yourself. Remember, you already have everything that you need, it's already inside of you. You just have to believe in yourself.

So again Friend, always have a positive mental attitude towards everything, because "You are a Highly Successful Person."

9. Value Provider

Some of you may ask me, "Andrian, what do you mean by that?" Yes, successful people are "Value Providers". They are "Problem Solvers". They solve many of society's problems.

Want a proof? See Bill Gates, what does he provide? Microsoft. Yes, almost all of the people in the world use Microsoft. Maybe you are one of them, with your computer.

See Mark Zuckerberg, the co-founder of Facebook, what does he provide? Easy communication.. Instant networking with your friends, families, and acquaintances all over the world.

Yes, Friend, as a successful person, you need to provide value. You need to solve problems. You need to be a solution provider.

What do you think that you can do to provide value to people?

Think about it, Friend.

Maybe it has something to do with your talents, your skills, your knowledge, or even your time. Look at your strengths, and ask yourself, 'what value can I provide to people', 'how can I help other people?'

The more people you help, the more blessings you will receive.

Remember, Friend, to always provide value, because "You are a Highly Successful Person."

10. Consistency

Have you ever heard of Larry Bird, an NBA Hall of Famer? Do you want to know one of the secrets of his success?

Here it is: *'Larry Bird got up early in the morning to shoot 500 free throws EVERY Day...'*

Yes, you've read that right.. "Every Day".. and because of that daily consistency, he has one of the highest free throw averages in NBA, averaging 88.6%. Wow.. :) And because of that consistency, he is now in the NBA Hall of Fame.

Yes, I've heard you just say, "Wow".. That's amazing, isn't it? Yes.

It seems like that when you do something daily, even the little things, in the long run it will have a huge impact into your life.

What do you think you can do today, consistently every day that can have a huge impact into your life? Is it building an online business? Is it reading great book 20 minutes every day? Is it learning the stock market every day? Is it playing a piano? Or is it writing article every single day? Whatever it is, Friend... do it every day.. consistently.

That's one of the most powerful characteristics of highly successful people - the compounding effect of their daily habits.

Try it. Do it daily.. consistently, and after a year or two, you will notice how

much you've grown, how successful you've been, and how different person you've become.

Remember, Friend, consistency is the key, as "You are a Highly Successful Person."

11. Big Dreamer

As Brian Tracy says, *“All successful people, men and women, are big dreamers. They imagine what their future could be, ideal in every respect, and then they walk every day toward their distant vision, that goal or purpose."*

Successful people dream big. Successful people think big. Successful people believe big. Successful people expect big.

Friend, all of the successful people that we know have the habit of thinking big.

Michael Jordan dreamed of becoming a Basketball Superstar. He is now considered as *"The Greatest Basketball Player of All Time."*

Tiger Woods dreamed of becoming a World's Best Golfer. He is now considered as *"The Greatest Golfer of All Time."*

Bill Gates dreamed that there must be computer in every home all over the world. And as of now, he is considered as *"The Wealthiest Man in the World."*

Friend, these are some of the biggest people, highly successful people that we know about. And they all have something in common - they are "Big Dreamers."

So Friend, always dream big, always think big, because "You are a Highly Successful Person."

Again, Friend, these are the 11 Characteristics that Highly Successful People Have:

1 Focus

2 ‘Push Yourself Out of Your Comfort Zone’ Attitude

3 Persistence

4 Goal-Oriented

5 Action-Taker

6 Life-Long Learner

7 Passion

8 Positive Mental Attitude

9 Value Provider

10 Consistency

11 Big Dreamer

And before I end this chapter, Friend, I would like to share with you a very beautiful quote from David Brooks. He said,

“Almost every successful person begins with two beliefs:

The future can be better than present.

And I have the power to make it so.”

Friend, Always Remember That, "You Already Have Everything To Become A Highly Successful Person. It’s Already Inside Of You… Because "You Are A Highly Successful Person."

Positive Energy Power #9: Happiness – How to Live a Happy Life Every Day, Is That Possible?

Have you ever asked yourself, "How to live a happy life every day?" Is it really possible? Is there really a technique or strategy on how to live a happy life every day? Or is there a principle or law that we can follow to live a happy life every day?

Well, let's see.. In this last chapter of the book, I'll show you some techniques and tips on how to really live a happy life every day.

One of the best books that I've read about happiness is "*Being Happy"* by Andrew Matthews.

What I really like about the book is that it really tackles more of the human mind that we cultivate. Human mind can be compared to an iceberg.

The tip that we can see in an iceberg is the conscious part of the brain, while the bigger part that we don't actually see is the subconscious.

The subconscious mind is the quiet part of the brain that records our thoughts, habits, memories, and that also influences our actions. More often than not, the things that we experience in life, especially the behavior that keeps coming back, are caused by the subconscious mind.

And you may ask me, "So, Andrian, what's the connection of our mind with our happiness?"

Well, in order to live a happy life every day, we need to put happy, positive, nurturing, inspirational, motivational thoughts into our conscious and subconscious mind. But some of you may ask me, "Andrian, how can we do that?"

In this chapter, I'm gonna show you the secrets of the happiest people in the world, and this is also to wrap up the entire book.

Here Are The 6 Ways To Live A Happy Life Every

Day:

1. Gratitude

One of the secrets of the happiest people I know is that they are always thankful for everything that they have, whether they are in abundance or not.

Anthony Robbins once said, *"The antidote to fear is gratitude. The antidote to anger is gratitude. You can't feel fear or anger while feeling gratitude at the same time."*

Yes, being filled with gratitude for everything that we have can really have a great impact in our lives. Why? Because once we are being grateful for everything, we are naturally feeling good.

Try this simple technique now, 'look at the 3 things that you are grateful for now.. for example your smart phone, the internet that you have, the food that you eat, or even the computer that you are using right now, and say *"Thank you"* for them. Doesn't that feel good? Yup, it does.

So one advice that I can give is that when you feel sad, discourage, angry, or something, try to look at the things you are grateful for, and your mind will wonder on the good things that you have in your life, at the same time you will definitely "feel good".

2. Forgiveness

Mahatma Gandhi once said, *"The weak can never forgive. Forgiveness is the attribute of the strong."*

Are you strong? Are you having grudge in your heart over someone? Is it really difficult for you to forgive?

Yes, I know it's difficult.. and it's really hard to do. But did you know, that when you're not forgiving, you're only hurting yourself over and over again, while the one who has hurt you is maybe sitting on the beach, enjoying life, and not even knowing your heartaches toward him?

So now, "*Let's be STRONG*.." as Mahatma Gandhi stated above. And now you may ask me, "Andrian, I want to forgive. I want to be strong. I just don't know how to forgive, how to do that?"

Well, today, I'm gonna tell you a simple technique that I've been using for forgiveness.

Forgiveness is just in your mind. It doesn't need for you to go personally to someone to forgive him or her. You can do it, right here, right now, using your mind.

Once someone has done something to me that's not good or that I've been hurt by what he/she did or said to me, and that I feel uncomfortable because it keeps on repeating over and over again in my mind, this is what I do...

'I close my eyes, imagine the person that has wronged me, as if I'm talking to him face to face, and I'll tell him "I've been hurt by what you said/did (be specific), and I know you said/did that maybe because (try to look at their perspective as objective as you can be).. but now I wanna say sorry if I've done something wrong to you.. but today, I'm now choosing to forgive you.. and today, I'm now forgiving you.. I'm now releasing you.. and I'm now free. I'm now free."

From then on, my mind is now in a *blessing mode*. My mind is now ready to receive peace and blessings. As also the Bible says, *"..bless and do not curse.."* (Romans 12:14). You may also want to try that technique and "Be Strong". And you'll feel peace and happiness continually come into your life every single day. The more you do this, the more you'll feel peaceful inside.

You can do this every day, even in a small irritation that may come your way, and I know that this is really effective. Remember, Friend, it's all in your *'Mind'*.. so better to overcome it in your *'Mind'*.

3. Love Yourself

I've read someone who says, *"You cannot give what you don't have."* And I believe that's definitely true. You cannot give apple to someone if you don't have apple. You cannot give love if you don't have love that you can give.

The question is "How can we love ourselves?"

Here are some ways on how we can love ourselves more:

1. **Have a "Me" time -** have a time for yourself alone.. no distractions, no social medias, no responsibilities, no phones, no calls.. just you alone. And this time, think and reflect, on what's going on in your life right now.

   Make a strategy. Make a plan on how to achieve your dreams. Go somewhere where you can think well. Go to the beach. Go ride in a bus. Go to the mountains near you. Go get and read a book that gives you a

sense of life. Just give yourself a break. You deserve it. This will definitely fill up your "Love Tank."

2. **Forgive yourself** - Yes, you might stumble sometimes, but learn to forgive yourself. Everyone commits mistakes, and everyone is failing at some point in our lives.

It's not good to be eaten up by guilt, condemnation, or regrets in our lives. Forgive yourself. Ask God to forgive you, confess your sins to Him. God says in Proverbs 28:13, *"He who conceals his sin does not prosper, but whoever confesses and renounces them finds mercy.*"

Always remember that God is always ready to forgive you, once you *'ask'*. So forgive yourself more often. And always say to yourself, *"I'm gonna do better next time."*

3. **Do what you love** - Remember, you have the talents and skills that not everyone has. You are the only person who can do what you can do. So do the things that you love.

Do the things that make you feel alive. Do your passion. If you love writing, then write. If you love dancing, then dance. If you love swimming, then swim. You have the talents and skills that you have for a reason. So do it to nurture the world around you, to inspire the people around you.

But do it because you love doing it, not because someone else wants you to do it. Have freedom to do your passion. And be the best that you can be.

4. **Grow yourself** - Jim Rohn says, *"If you want to have more, you have to become more. For things to change, you have to change. For things to get better, you have to get better. For things to improve, you have to improve. If you grow, everything grows for you."* Yes, Jim Rohn is right.

You need to grow yourself. I know you have dreams and goals. Pursue them. But before you can achieve them, you have to "Become More". How? Read great books about self-improvement, read the biography of other successful people, listen to audio/video podcasts that motivate you, inspire you, encourage you, to become a better person.

Attend seminars/training that cultivate your mind and make you grow. Remember, if you grow, everything grows for you.

Those are just some of the ways on how you can love yourself more. Again, Friend, love yourself, and a live a happy life every day.

4. Associate with Happy and Positive People

As Jack Canfield says, *"One of the things I tell people in my seminars is to hang out with positive, nurturing people. You become like who you hang out with."*

In order to live a happy life every day, you need to associate yourself with positive, nurturing, happy people. You cannot be with someone who's always complaining, always sad, always see negative things, and expect yourself to be happy. Never drag yourself down because of the people that you associate with.

Find people who are happy, who are positive, who are encouraging you, who have a deep sense in life. Always remember that you always have a choice. You can always make a decision today about who you will associate yourself with.

If you feel that a person that you spend your most time with is dragging you down, or you feel discouraged or down every time you're with him/her, think wisely friend. You might also get his/her attitude with you.

So be wise, and choose your associates wisely. Always be with happy people, positive people, enthusiastic people - these are people who are there to support you, to encourage you, to motivate you, to inspire you, and to nurture you.

These are people who have big dreams, who have a "Can-do" attitude, who are optimistic and excited about life, and who have a deep sense of purpose in life.

These are the people who will help you to achieve your dreams, who will encourage you when you are down, who will be with you in your success, and who will teach you how to live life.

So choose wisely, Friend, and live a happy life every day.

5. Give

One of the best quotes that I have heard and read is this:

"The secret to living is giving." - Anthony Robbins

Yes, this is one of the secrets of life - giving.

The LORD Jesus Himself said, *"It is more blessed to give than to receive."* (Acts 20:35)

When you give, you will naturally feel happy. Because when you give, you produce a chemical on your body called *serotonin* which is associated with

happy feeling.

In fact, there's someone who surveyed more than 3,000 volunteers of all ages and documented the physical and emotional benefits of giving, including a full 50% who reported feeling a “helper’s high” after helping others. Also other studies have shown that those who give to others experience increased health and happiness.

So again, Friend, in order to live a happy life every day, give as often as you can. Give to the needy. Give to the poor. Give to charity. Give more to church, not just a tithe, exceed it. Give generously.

Because the Bible says, *"A generous man will prosper; he who refreshes others will himself be refreshed."* (Proverbs 11:25). So give more, and live a happy life. :)

6. Get Enough Restful Sleep

Yes, sleeping.. That's the number 6th on my list. Why? Because study after study confirms that the more sleep you get, the happier you tend to be. Awesome.. :)

I know, some of us, really have a hard time to sleep early; get to catch up with the TV show, with the news, with the ball games that you need to watch, socializing with your friends on Facebook, Twitter, Instagram or Pinterest, and so on.

But have you noticed that when you sleep late at night, you realize that it's very hard for you to get up in the morning? You’re always speeding up to catch up with yourself – hurrying up eating your breakfast, preparing, getting to work, tackling the traffic, arriving late at work, and your boss is noticing you again, then you're hurrying up again doing your work, feeling being negative, having not enough energy, and after 5pm, you're there again going home, getting into the traffic again, and then going into your routine again.

Yes, sleep. Take some rest. Sleep at least 7-8 hours every day. This changes your mood in the morning. You will notice that when you have enough restful sleep, you’ll feel invigorated, you’ll feel energized, you’ll feel happy, you’ll feel excited, you’ll feel positive, and you’ll feel great. And I assure you your whole day will be great.

So sleep early, and live a happy life every day. :)

So there we go Friend, those are the 6 keys to be happy every day.

Again, for a recap, here are the 6 ways on how to live a happy life every day:

1. Gratitude
2. Forgiveness
3. Love Yourself
4. Associate with Happy and Positive People
5. Give
6. Get Enough Restful Sleep

Ooopps.. Did you know that there's the ultimate secret to happiness? I've discovered it…

And I wanna share it with you. For me, this is the Greatest Secret to Happiness:

"*My relationship with GOD*."

Yes, some of you, might be saying, "You're just a religious person, that's why you're saying that. I'm not religious. So I might not as well think about that."

But you know what, Friend, this is the real happiness in the world. When I've come to know Jesus Christ, and have come to surrender my life to Him, and let Him be my LORD and Savior, I've found the true and real meaning of happiness.

This is not about religion. This is about "*Relationship*". You might know God and believe in God, but have you come to realize to have a personal relationship with Him?

Real relationship is like when you're with your friend having a face to face conversation, communication with him.

Relationship with God is like the same. It's like that you're talking to God as if you're talking to a friend. God is talking to you by His word, the Bible, or by someone whom you might come across with, or by circumstances that you're going through.

Friend, always remember that "GOD LOVES YOU."

I believe it's not an accident why you're now here on this page.

There's a reason why God put you here: to hear these words, to read these words. You know why, Friend?

Because "GOD LOVES YOU."

Friend, if you want to have a personal relationship with God, and you want to surrender everything to Him, your life, your burdens, your problems, your

finances, your relationships, your health, whatever it may be.. just follow me in this prayer,

"LORD, I know it's not an accident why I am here on this page right now. I know there's a reason why You put me on this situation to read the post in this page. LORD, I believe my life is meaningless without You. I want to have the true peace, the true happiness, the true joy in my life. And I can only have that when I'm with You. I want to have a personal relationship with You. Today, LORD Jesus, forgive me from all the things I've done, from all my sins. I repent. I believe in You. I believe You died on the cross for me, to save me and for me to have an everlasting life with You. Today, LORD Jesus, I'm now accepting You as my LORD and Savior. And starting today, I am surrendering my life to You, and letting You control my life."

In Jesus Name, Amen.

If you pray that prayer, "CONGRATULATIONS FRIEND", you are now on your journey to true peace, true happiness, and true joy with Jesus Christ. :) That's the Real Happiness, and that's really the *"secret"* on how to live a happy life every day.

“Thank You, Friend.”

There we go, we have already come to the end of this book. And I believe you have gained lots of insights, knowledge, and wisdom from this book that you can apply in your own life, and so that you too can live a positive life every day.

Again, I wanna say “Thank you” my Friend, for joining me in this journey called “Life.”

In this book, together, we have learned about the importance of a positive life: how to think positively; how to gain confidence and self esteem; the top secret morning habits of successful people; how to motivate ourselves every single day; how to use the power of prayer to achieve what we want in life; how forgiveness can change our lives; how gratitude can benefit us in many ways; the real characteristics of highly successful people; and lastly about how to live a happy life every day.

Truly, these are the keys and powers of a positive life.

I’m very glad and happy for you my Friend, and I hope you’ll be able to apply all the learning, knowledge, insights and wisdom of this book into your own life. :)

“A Quick Favor, Friend.”

Friend, just would like to ask for just 5 seconds of your time, just by sharing this book to your Facebook account, so that your friends and family will be able to read this as well. Always remember, Friend, that if even just one person reads this book because of you, you could have potentially made a big difference in his/her life, and that would give you enormous happiness and joy, knowing that you have made a difference in someone’s life. Friend, you can make a difference. Kindly click on this link, Friend, and share our book to your Facebook account in just 5 seconds, and make a difference in the world that we live in today.

With that, I wanna thank you for your love and support, Friend. You really are a Life-Changer. I’m very proud of you, Friend. :)

Also, Friend, please also share your love by leaving a 5-star and a quality review on Amazon, and as always, your love and support is always highly appreciated. :) Just click here, Friend, to leave a positive review on Amazon.

Again, Friend, thank you so much for your love and support, and I’m very happy

because you are happy. :)

Always remember, Friend…

"By Changing Our Thinking, We Change Our Lives."

"The Power of Positive Energy: Powerful Thinking, Powerful Life"

Your Friend, Andrian Teodoro

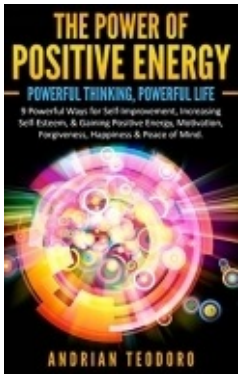
Ooopss, by the way, Friend, do you already have gifts for your family and friends this Christmas?

Do you think a book can be a good gift to them this Christmas?

Well Friend, I would like to encourage you to give this book as a gift to your family and friends this coming Christmas.

As my VIP Friend, who has gone up to this point, if you get a copy of the **Print version** of this book, *The Power of Positive Energy: Powerful Thinking, Powerful Life*. I would love to offer you a **20% discount** for my print book, that you can actually give as a gift to your family and friends this Christmas.

Just click on this link, Friend, https://www.createspace.com/6516430. Then, click the "Add to Cart" button at the left side. Then, at the bottom right, put the discount code **WXAA98X7** and apply the discount. :)



I believe that a simple book like this as a gift can dramatically make a difference into your family and friends' lives.

There you go, Friend, you can gift 1, 2, 3, 5, or even 10 copies or more to your family and friends this coming Christmas and get a 20% discount.

Get your copies now, Friend, by clicking on this link https://www.createspace.com/6516430, and apply this discount code **WXAA98X7**, and get a 20% discount.

Again, thank you so much, Friend. :)

I'm happy because you are happy, Friend. :)

Let's share love this Christmas. :)

Merry Christmas, Friend. :)

To Your Success and Happiness,

Andrian Teodoro :)

About the Author



Andrian Teodoro

Andrian Teodoro is a highly motivational speaker and Christian author like Joel Osteen, John Maxwell, Rick Warren, Joseph Prince, Zig Ziglar, Joyce Meyer and Terri Savelle Foy. His mission is to enlighten, motivate, inspire, and help others to make a quality, happy, peaceful, positive, and fulfilled life. His passion and hobbies revolve around personal development. He loves to read great books, listen to audio/video materials, and attend training and seminars about personal development, mindset, financial freedom, time freedom, business, entrepreneurship, leadership, motivation, spiritual retreats and success.

Andrian loves learning and developing himself every single day. He has read and studied the Top Personal Development Books of all time like *The Power of Positive Thinking*; *Think and Grow Rich*; *How to Win Friends and Influence People*; *As A Man Thinketh*; *7 Spiritual Laws of Success*; *The Magic of Thinking Big*; *Don't Sweat the Small Stuff*; *Awaken the Giant Within*; *Maximum Achievement*; *See You At The Top*; *The 21 Irrefutable Laws of Leadership*; *Secrets of the Millionaire Mind*; *The Success Principles* and many more personal development books.

He is a very optimistic person. His favorite subjects are about positive mind, positive thinking, and positive thoughts. He really believes that everything starts with a thought.

He has a quote that says *"If you start the day right, your whole day will be bright."*

Andrian is a Christian, and many of the principles in his book and seminars are

coming from the Book of Truth - the Bible.

This is one of his favorite verses in the Bible,

"As a man thinks in his heart, so is he."

Proverbs 23:7

He always believes that:

"Life is Beautiful." and "With GOD All Things are Possible."

Resources and

Highly Recommended Books by the Author

Think and Grow Rich, by Napoleon Hill

The Power of Positive Thinking, by Norman Vincent Peale

The Magic of Thinking Big, by David Schwartz

Your Best Life Now, by Joel Osteen

How to Win Friends and Influence People, by Dale Carnegie

The 21 Irrefutable Laws of Leadership, by John Maxwell

Rich Dad, Poor Dad, by Robert Kiyosaki

Secrets of the Millionaire Mind, by T.Harv Eker

As a Man Thinketh, by James Allen

The Seven Spiritual Laws of Success, by Deepak Chopra

The 7 Habits of Highly Effective People, by Stephen Covey

The Greatest Salesman in the World, by Og Mandino

Don't Sweat the Small Stuff, by Richard Carlson

Awaken the Giant Within, by Anthony Robbins

See You at the Top, by Zig Ziglar

Being Happy, by Andrew Matthews

How to Simplify Your Life, by Tiki Kustenmacher