



1-1 Review

Are you judging something based on others? Yourself?

My boyfriend prefers long hair.

I can't wear short length clothes because of my age.

This is the current fashion trend, so I'll do the same.

My hair color and clothes are generally acceptable to my parents.

A fortune teller, whom I don't particularly like, told me that yellow is a no-no, so I've been holding off on it because I'm kind of worried about it.

Who the hell are you?

You are you.

You are no one else.

You belong to no one.

"What is it that makes you happy?"

"What does my true self want?"

Start asking yourself from here and now.

Little by little, your view of yourself will change.





Emotional Healing

2 Clean up your room and place things you love.

Surround yourself with your favorite colors, shapes, smells, sounds, and sensations.

Your sense of "I am mine" will sharpen little by little.

1 Mirror Meditation.



When you wake up in the morning, you first stare at yourself in the mirror.

As your reflection reminds you of your flaws and weaknesses, you may feel uncomfortable. But everyone has flaws. Accept yourself in front of you and say, "I love myself, I love myself." Say it even if you don't truly believe that you love yourself.

You can train your brain to believe you are worth self love.

There are many ways to build self-esteem, but this is a sure-fire way to appeal to your brain while looking directly at your problems and concerns with your eyes. Let's get started!



1-2 Review

What you prioritize will create your future.

If you compare a lifetime to a 24-hour clock, it is noon at age 36.

Are you about to reach the turning point?

Have you already passed it?

Emotional Healing

Do not try to do everything perfectly.

Do only three things well every day.

Work. Sleep. Fitness. Family. Friends.

Pick Three.



Pick Three: "The Perfect Imbalance" by Randy Zuckerberg.

Randi Zuckerberg doesn't believe in being well-balanced, and she contends that we can't do it all every day, and trying to do so only leaves us frustrated and feeling inadequate.

But we can succeed if we Pick Three.

I think that is profound, and I am convinced.

YOU make your own decisions and lead your future self to happiness.



1-3 Review

Changing your priorities can also change your state of mind. And if you think, "I want to level up," you must first change the environment you put yourself in and the people you interact with. It is no exaggeration to say that this is the only way.

Are there people around you whom you admire?

Emotional Healing

Check your environment carefully.
Break off relationships you don't need.



Focus on yourself and ask the questions below to authentic you.

To live my happy life, "Do I need this person?"

YES or NO.

Here is a guideline for you to answer:

If you feel like the person

- doesn't respect you. → NO**
- complain every day and never say thank you. →NO**
- only cares about his/her own interests and benefits. →NO**
- says "I am saying this for you." and pushes his/her idea on you. →NO**



Even if these people are good sometimes, they are nothing but harm.

Let's leave them. Yes, let's leave them. I will say it again and again. See the timing and leave them as soon as possible.

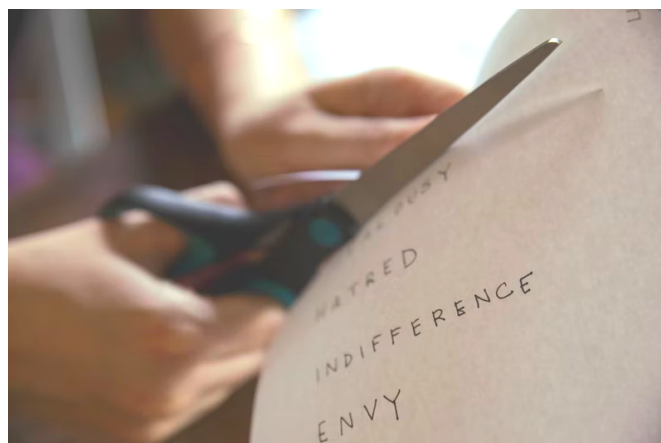
By the way, this includes your partner and family members. This is very important.

Family members just happen to be in the same group. It doesn't mean that you have to be at the mercy of the king of the house, right?

"It is hard all the time. I suffer every day. Something is wrong. The authentic self is going to die."

Listen to your inner voice. Not someone else. Take care of yourself first.

I'm not saying that you should despise others. It is about priorities. You first, then others.





Also, let's keep our online connections well organized.
In fact, you continue to receive their energy even when
you are just connected to them.

Your time is your life.

You are moving away from unnecessary relationships
and whereabouts,
and moving toward the one that makes your heartbeat.
It is easy to say in words, but in reality, it is painful.
Still, it is even harder to stay in the same place,
so do it now.
Spend your precious life only on the people and things
that are important to you.

