

How To Master Your Mindset

You are a reflection of your actions, beliefs, and the teachings you've absorbed from your parents, culture, school, environment and circle of friends. These influences have shaped who you are today. But there is one truth often forgotten: beneath it all, you were once a child—a being of pure joy, curiosity, and boundless energy. Do you remember that child?

When you entered this world, you were cherished. Your family's love wrapped around you like a warm blanket. They provided for you—a roof to shield you from the storm, warm meals with care cooked by your Mother, and toys to spark your imagination. You played, not with screens, but with the world around you, exhausting yourself in the pure joy of living. That child still lives within you, waiting to **reawaken**.

To master your mindset, you must first redefine yourself. Start by asking the questions that truly matter: Who am I? Why do I do what I do? What do I want to do? Who do I want to become? What makes me happy? What do I want to achieve or create? Who do I want to serve to make them happy?.

The answers to these questions can guide you, just as they did when you were a child—playing with purpose and passion. Back then, you didn't need distractions to feel fulfilled; you simply lived fully in the moment.

You only have an average lifespan of 70 years, or 613,200 hours. Yes, it is scary—I'm scared too—but it's the truth. Don't waste your time arguing with people who, like you, will one day leave this world. Their opinions won't last, just like our time here. The haters? They'll fade away too. ***“There is no one to compete with in this world, only you.”*** Don't compare yourself to others; your life is a journey, an experience. You can't buy back time, and you can't return to the past. All we can do is to embrace our existence. Enjoy your existence, enjoy that you are breathing, enjoy that you are healthy, enjoy that you are reading this. You are unique on your own, so make sure you smile again while reading this.

Does this motivate you? It should. Hold onto that motivation. Keep that burning desire to embrace your life fully like when you are playing. You have limited time and energy, so treasure it. You are you. Discover yourself along the way. Change if you must to become better. Deep down, you already know the answers you seek. Don't share your goals and dreams to those who don't care. Don't seek validation. In the end, it's your journey, your effort, and your dream.

I know it feels lonely, empty bank account, depression thoughts, suicidal thoughts, because I also feel it while I'm writing this, but I'm here with you, as your buddy, pushing you forward to greatness, passing what I've learned and use to achieve my dream before I die. Remember, we're just kids who grew up, navigating the **“life”**.

Your life isn't a rat race; it's a playground. Why not play again? Approach your goals with the same enthusiasm you once had for building sandcastles or running until your legs gave out.



You are fortunate to be here, reading this. Not everyone has that chance. Many are caught in wars, yearning for peace, or taken from this world too soon. Their stories are a stark reminder to cherish the life you have.

So, play. Live. Dream. Redefine your mindset and reconnect with the joy and curiosity of your inner child. You are here, alive, and capable of creating something extraordinary. The world is your playground—go make it yours.

“If you can’t control what you think, how are you going to achieve what you want?”

