

**Yes You Can!**  
**Yes You Are More Than**  
**ENOUGH**



**How to Unlock Your**  
**BEST SELF,**

tap into your **JOY**  
**ALL THE TIME** &  
**Live the Life of Your**  
**Dreams**

*Soochen Low*

**Creator of 5 Step Happy.Positive.Successful Formula**

**Yes! You Can**  
**Yes! You are MORE than enough**  
**How to unlock your BEST self,**  
**tap into your joy ALL the time**  
**and love the life of your dreams**  
**E-Book**

**By Soochen Low**

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*This book is dedicated to my sister and her most loving and supportive husband, to Mum and Dad, my Immortal family and my khoshtipie*

*Thank you to you for your unstinting love and support and for always seeing my light when I couldn't. Thank you for working so hard to continue to gift me your loving messages even when I was your strongest resistance.*

*The Happy.Positive.Successful Formula and this book is the product of my self-discovery as Soochen Low, The Happy.Positive.Successful Joy Coach, made possible only because of your most generous and loving gifts.*

*Thank you for being in my life.*

*I love you*



**I now enjoy happy.positive.successful moments with my  
husband and daughter!**

"I came to Soochen because my relationship with my daughter was broken. I seemed to be happily married but I'm not truly happy. My conversation with my husband always ended up in argument.

During the private lessons with Soochen, I felt her loving and patient nature through the joy in her voice. I felt safe with her. At the time, I was so out of touch with myself, so she patiently and lovingly repeated herself to help me absorb her information. Her wisdom is not borrowed from books. It came from her learning her life lessons the hard way. She's very generous with her information and she's very intuitive at how to connect with me. She asked good questions that hit the right spots; hence she helped me unearth my buried fears.

All thanks to Soochen the Queen of Clearing Blocks to Joyful Living. The understanding and changing of my old concepts to new, plus the acknowledgement of my progress help me to keep moving forward. I'm so glad I came to her program otherwise I'd still be stuck in my old concepts and unhappiness. My relationship with my family would be beyond repair or I might have run out of time. Now I can proudly say I've benefitted hugely from applying her H.P.S Program. I highly recommend her program."

**-Mariana Love, stay-at-home mum, Perth, Australia**

**I'm really glad that I met Soochen and joined her classes. She is always so encouraging and full of faith in me that I started to believe in myself too.**

"I'm really glad that I met Soochen and joined her classes. She is always so encouraging and full of faith in me that I started to believe in myself too. When I learned about life skill 'Being Courageous', it helped me to see my own courage when I decided to stay true to my passion in life despite the resistance of others. Now that they see my success and positive results, they now come to agree with my decisions.

Life skill 'Being OK about letting go' changed me as well. Before, I always immersed myself in sad things which happened in the past and made me feel so bad. Little by little I tried my best to forgive the people who hurt me and I felt better day by day after learning the life skill. In fact, my friends noticed that I am now always smiling and so happy that they think I must be crazy!

When I learned about life skill 'Being Courageous', it helped me to see my own courage when I decided to stay true to my passion in life despite the resistance of others. Now that they see my success and positive results, they now come to agree with my decisions. I am now also more aware when people in my life are not as positive and I have the energy, ideas and skills to want to help them feel better and help heal the relationships.

I really appreciate Soochen and these life skills that gave me the faith to continue on my way of learning English and everything in my life."

**-Abby Ding, English Teacher, Jiangsu Province, China**

**I now have the courage to express myself freely and not  
fear what others think of me**

"When I attended your positive life skills classes the first time, I was thinking it must be all common sense that we can already learn from books. But it turned out that I was wrong. I learnt that even if we knew what the positive life skills were, it didn't mean that we would know how to apply them to life.

I was delighted to find that after I attended your classes that I increasingly thought in positive ways and applied the life skills I learnt whenever I was in trouble. I traced back to what I learnt from you since last year and I learnt a lot- I was not only inspired but also learned how to live positively. Your continual encouragement and belief in me meant so much to me. As a result, I have gained so much self confidence that I now have the courage to express myself freely and not fear what others think of me because I feel good about myself and what I can do. And with this increased confidence, I find that I am able to do more, learn more, express more and enjoy my life fully. "

**-Coraline Huang, Sophomore Student, Henan Normal  
University, Henan, China**

**My positive thoughts and magic words have created a miracle for me and empowered me to be ready for any surprises- good or bad!**

Things weren't going very well when I started to look for a job here in Australia. Although I received a few replies from my applications, I failed at last. I started to doubt myself, and wasn't sure whether I should keep looking. But then I applied what I had learnt from 'Being able to appreciate Earth through curious eyes' to my thoughts, "This isn't the end of world. My life has been much better compared to what it was seven years ago, how much worse can it be? I WILL find a job if I get myself fully prepared.

So I started to pick up English, practicing it as much as possible. Before I knew it, I made some progress and became more confident when I spoke to the native speakers. As a result, I made more local friends. And then one day, I got a phone call from my friend, asking me if I would like to be a teacher's aide in their school. I was totally thrilled, and said yes. This casual job required a lot of English speaking skills, but I wasn't afraid of it any more.

If I had lost faith in myself, and did nothing but complained, then I would never have been able to get this job. I do believe in "one thing leads to another" and when you think positive, take action about it, something good will turn up eventually.

My positive thoughts and magic words have created a miracle for me and empowered me to be ready for any surprises- good or bad!

**-Cecilia Zhang, Teacher's Aide, Hurstville Primary School, Sydney, Australia**

**What may appear to be a simple and basic life skill has helped me with the difficulties in my life journey and makes my life happier, more positive, and more successful.**

"The key thing that impressed me the most from learning the positive life skills is that of taking positive actions in whatever you do in life. For me, this means being kind to people. That is the basis of what the positive life skills is all about- think good, feel good and do good.

Honestly, when I was in art high school, I was a sensitive girl and a bit stingy too. As a result, I became unsociable and had only one true friend. I finally realised the principle that when you do good and be generous to others, they will know and give back to you in return.

Thankfully, as I continued to practice this truth, my life became more colorful and I made many good friends. What's more, I think my personality changed a lot through life's experiences. Now I feel cheerful to being kind to people and feel grateful when they help me when I need help. What may appear to be a simple and basic life skill has helped me with the difficulties in my life journey and makes my life happier, more positive, and more successful."

**-Crystal Xu, Dancer, University of Melbourne, Australia**

**A sunny, positive outlook gives me a vitality that raises me from the lowest of spirits to giddy heights.**

"I have become a good listener and a positive role model to my son. Life skill 'Being and becoming a role model' is what helped me to be aware of what I need to do, be and change to be the best role model to guide my child. 'Being responsible' has taught me to look after all areas of my life such as caring for my parents not only in the material sense but emotionally like phoning them 3-4 times a week to make sure that they are both well.

For my own family, I learnt that when I look after myself, then I am able to look after my baby and husband even better. For work, I learnt to take responsibility for any of my mistakes and not to blame others; this increases teamwork and harmony. Through 'Being OK about Letting Go', I realise that it is important not to let my bad moods from work continue to ruin the rest of my day. By 'Being OK about letting Go', I can enjoy the present moment more and be in a better frame of mind to work things out. I believe that these positive skills I have learnt have enabled me to know how to inspire, guide and teach my child.

At the end of the day, a sunny, positive outlook gives me a vitality that raises me from the lowest of spirits to giddy heights. I am very grateful that I found your classes Soochen. It was a coincidence that has changed my life so much. It is my great pleasure to be your student!"

**- Elly Zhang, International Business Salesperson, Linyi Xing Hua Educating CO.LTD. Linyi City, Shandong Province, China**

**When I apply the skills to create harmonious and enriching relationships, I am able to enjoy such a colorful life!**

"Learning life skills with Soochen has made my life easier, helped me to be independent and more confident of life. I enjoy my present life very much.

When I communicate with others, I apply life skills such as 'Being Passionate' to think about what topics others may be interested in to speak about. I apply 'Being able to appreciate Earth through curious Eyes' when I am having conversations with others and try to think for them from their standpoint. I find that this creates flow in communication and makes it more enjoyable. 'Being and becoming a role model' had taught me to treat others the way I like to be treated. This is why I listen to others patiently and try to be helpful when they have some difficulties. It also helps me to make a conscious effort to create an easy and friendly atmosphere when getting along with others. I make good friends.

When I apply the skills to create harmonious and enriching relationships, I am able to enjoy such a colorful life!"

**- Dora Yuan, Public servant, Xuzhou city, Jiangsu Province, China**

**I will definitely teach what I have learnt to others  
and I strongly recommend your course to them!**

"I learnt to see my life events in another perspective and focus on the positive aspects. I enjoyed scanning through the events of my life, identifying, analyzing and seeing my life with this new perspective. I also learnt to take positive action from these new perspectives to create my successful life. Being able to be connected to this skill again through your course has helped me to realise that this skill was taught to my Dad by my Grandfather. My Dad then passed it on to me some months before his death. I have grown from this process and it has changed me in each life area that I have applied this skill to, for my overall success and life. I am really grateful to you and my father. I will definitely teach what I have learnt to others and I strongly recommend your course to them!"

**-Ram Nath Maurya, UP India OD Professional, Triumph  
Creation, Gorakhpur, India**



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## Introduction

**Unlock your BEST self by tapping into your joy ALL the time so that you can finally live the life of your dreams**

If you're tired of always asking yourself "Can I do this, am I enough?" and feeling less than 100% confident and comfortable in your own skin all the time, then today is your chance to transform that forever! If you are ready to take action and learn the skills to unlock your BEST self by tapping into your joy ALL the time and live the life of your dreams, then you're in for a real treat! My name is Soochen, creator of the Happy.Positive.Successful (H.P.S) Formula and also known to my students as The Queen of Clearing Blocks to Joyful Living.

The series of ideas, lessons, actions and steps I took to rebuild my life after hitting rock bottom is what I now call the **Happy.Positive.Successful Formula**. This dark phase was the result of many negative thoughts, beliefs, ideas and misunderstandings I had in my life.

To put it simply, it was due to my lack of self-confidence. We all experience a lack of self-confidence in some form of another. It generally comes from feeling insecure about ourselves or our ability to achieve certain things in our lives, either in one area or all areas of our life such as self, health, relationships, work and wealth.

For me, I felt less or not good enough because I compared myself to my younger sister at a young age and always felt not as special as her. I always thought that I was just plain normal or average. Whilst I loved my sister dearly and we were the very best of friends growing up, it wasn't until in my late adult years that this constant feeling of not good enough manifested into destructive behaviors that destroyed the relationship I had with my sister, which then affected my relationship with my Mum and Dad. My health, work and wealth were impacted negatively as a result and that was when I found that all areas of my life collapsed into darkness.

The Happy.Positive.Successful Formula was the lifeline that I kept coming back to, to know what changes to make, where to make them and how to get successful results in order to rebuild my life into the Happy.Positive.Successful life that I am enjoying today, where my relationships with my sister, Mum and Dad are healed. My health is back on track, I now do what I truly love in my business and being abundantly rewarded for it by the Universe.

I help passionate, motivated, spiritual women leaders like CEO's, business owners, business professionals, entrepreneurs, and mums who truly value themselves and their lives to learn the skills they need to unlock their BEST self so that they can feel 100% confident and comfortable in your own skin. When you feel this truth of confidence from deep within, this is when you are tapping into your joy all the time. With this surge of self-confidence and energy, you then take positive actions to create

and live the life of your dreams, where all areas of your life are working well.

If you are reading this, then I know that you are a heart centered woman, you are passionate about your life- whatever you set out to do, you put your whole heart into things, you feel things and you really care. Your passion and love is what keeps you motivated and to take action all the time for what may make your life happier, more positive and more successful.

And guess what? Being who you are has attracted me into your life where I will be teaching you the Happy.Positive.Successful Formula to unlock your BEST self by tapping into your joy all the time and live a happy.positive.successful life all the time. You also know that if you make this positive change for you, it's going to impact the lives of all whom you love- your kids, your husband or partner, your family and inspire those you work with or who are connected to you in a Happy.Positive.Successful way.

The H.P.S Formula has been tried and tested not only in my own life but really changed the lives of women all over the world. Because I had gone through what I had experienced first-hand, I understand and empathize with my students their pain and their struggles. This is why I am so passionate about sharing my Formula with all of you, so that you too are empowered with the skills and the process that will really get you be your BEST self, because when you are 100% confident in you, that's when you can create Happy.Positive.Successful miracles that spread to

all areas of your life. I want for all of you the peace,  
confidence, freedom, love, happiness and success that come from  
learning the Happy.Positive.Successful Formula.

My hope for this book is that it paves the way for you to see  
how a Happy.Positive.Successful life is possible for you and to  
empower you to take action and make it a reality for you TODAY.

To your Happiness and Success!

Soochen

## **Yes You Can! Yes You are MORE than enough!**

I'm so excited to be sharing with you how you can unlock your BEST self by tapping into your joy ALL the time and live the life of your dreams. Here is what you will get from this E-Book:

1. What is the Happy.Positive.Successful (H.P.S) Formula and how it can unlock the BEST you where you feel that Yes you Can and Yes you are more than enough to create and live the life of your dreams
2. What are the 5 Key Life Areas and how applying the H.P.S Formula to them will transform YOU and all areas of your life so that you are living the life of your dreams
3. Why it is possible to be Happy.Positive.Successful all the time? - *The 7 myths exposed.*
4. How to avoid the 7 mistakes or traps that most people make that keeps their BEST self locked in unhappiness, negativity and lack of success
5. The 50 H.P.S Transformational Life Skills/Ways of Being revealed to shift your focus from the negative to a new positive reality
6. The 5 Step Happy.Positive.Successful Formula that takes you from where you are now to create and live the life of your dreams

## **Unlock your BEST self**

Caroline's best self was locked away from the negative and limiting way that she saw herself and her life. When she learnt one of the 50 Happy.Positive.Successful Ways of Being that I cover in the SELF area "Being able to appreciate Earth through curious Eyes" (You will find this on Page 41), she told me that she felt free and her outlook on life is now totally different. She learnt how to cope effectively with different negative situations and she now knows that there is a positive to every negative in life- she just needs to find it. She learnt how to do this and now she can. Isn't it amazing to hear that she felt free after just learning the first life skill? Just imagine how phenomenally Happy.Positive.Successful you will feel when you learn all 50 Transformational Life Skills of the Happy.Positive.Successful Formula.

This is why I have written this E- Book, to introduce you to the existence of a Happy.Positive.Successful Formula and that it is absolutely possible for you to unlock your best self, by tapping into your joy ALL the time and finally live the life of your dreams

## **Tap into your joy ALL the time**

I remember when Abby joined me on my "Be and Love the Best You" program. Before she did the program, she said that she was basically an unhappy person to be around. I think she found herself to be an unhappy person to be around too! She was always depressed about everything. But as she was progressing through the program, her friends noticed that she is always smiling and so happy now that they think she's crazy! She always believed that she was an introvert, had nothing much to say or to relate with people with. However after going through the program, she became more energetic, more confident and more independent. In fact, she finally had the courage and confidence to get a job. It was her first job interview and she got the job! That was an amazing transformation for Abby. Every time we talk, we celebrate about how far she has come and how happy she is now. She says that sometimes when she does get a little bit blue about something, she now has the skill to get herself out so that she can move forward and continue to make positive changes in her life. I'm really glad that Abby made the decision to join my program and do something for herself so that she can unlock her BEST self by learning how to tap into her joy all the time through the use of the Happy.Positive.Successful Formula. The same can happen for you too when you open yourself up to the 50 H.P.S Transformational Ways of Being detailed in this E-Book.

## **Live the life of your dreams**

Pamela's life of her dreams was to be pain free. She was suffering from chronic pain when she came to me. After learning about "Being OK about letting Go" (You will find this on Page 69), she uncovered that her pain in her body was actually the emotional pain and unhappiness that she had kept locked in her body. As she focused on letting go of all the negative feelings in her life, she progressively noticed that the pain in her body became less intense, and then reduced in parts in her body until some areas of her body stopped hurting. I can't stress enough just how miraculous this transformation was for Pamela when she had suffered this chronic pain for most of her life. So to suddenly not feel the pain, was amazing to her, not to mention miraculous. After this, it was as if she was given a new lease on life and whatever life threw her way, she was happy to be fit, pain-free and alive to face it. And equipped with the other life skills she learnt in my "VIP Ultimate Confidence & Joy Mentoring Program" she was able to have fun with what life threw her, seeing them as opportunities for her growth and happiness.

## **How I use the Happy.Positive.Successful Formula to create and live the life of my dreams.**

Learning and applying the 5 step Happy.Positive.Successful Formula and the 50 Happy.Positive.Successful Life Skills/Ways of being to my life is what enabled me to be blessed with abundance, peace, freedom, love, happiness and success that I see and feel around me every day. The fact that I was able to create this EBook and this phenomenal business right here from my home and reach so many of you all over the world about my favorite topic ie. The H.P.S Formula and be abundantly rewarded for it financially by the Universe is a miracle in itself. It is the product of applying the WORK and WEALTH Life Skills that I teach in the H.P.S Formula. "Doing what you Love" in the **WEALTH** Life Area (Page 66) teaches me to follow my heart and do what makes me happy and love doing, and have a lot of fun with. I have learnt that it is the magic button to bringing in wealth. "Being able to appreciate Earth through curious Eyes", teaches me to have fun and enjoy life. So for me, teaching the H.P.S Formula to passionate, motivated and spiritual women leaders all over the world is my idea of fun and enjoying life. It gives me a real purpose to wake up happy and energized every day, after a rejuvenating sleep. I feel really about me inside out and outside in.

The HEALTH Life skills enable me to make it a point to do my dance workout every morning and finish off with a yoga stretching and meditation session. I eat what my body wants and reward myself with empowering thoughts throughout my day.

Working at the RELATIONSHIP Life Skills daily, "Seek to understand before being understood" is one of the keys to having Happy.Positive.Successful **RELATIONSHIPS (Page 71)**. Learning this skill creates peace, harmony and love not only for those around you but even the relationship you have with YOU. As a result of practicing this as well as the other 9 life skills in the relationship area, I am surrounded by my healthy and vital Mum and Dad, my sister and her husband and my most lovable partner in life.

When I am faced with challenges through the day, practising "Being OK about Letting Go" in the **SELF** area (Page 69) allows me to let go of any fears and self-doubts. "Being Courageous" enables me to overcome challenges easier, empowering me to move forward with creating and living the life of my dreams. Practising "Being and becoming a role model" keeps me focused on being my best self at each moment, understanding that I have the power to inspire others just by being who I am now.

**Happiness, positivity and success are not about  
personality.**

This means that you don't need to be me to be able to be Happy.Positive.Successful. The ways of being that I detailed above is only some of the 50 Transformation life skills or ways of being that I teach on my Joy Campus.

By being who you are, you are entitled to happiness, positivity and success.

When you learn the life skills or ways of being, you will apply them in different ways that are relevant to your life. Whilst the results you will experience will be different from mine as we are essentially all leading different lives, one thing you can be sure of is that you will receive positive results that bring you closer and closer to creating and living the life of your dreams.

Some people get started on the path of being happier by first using mantras. Mantras are good but they don't mean anything unless you truly believe in them and have core principle understandings about them, otherwise it is very easy for you to reject them eventually. Core principles or understandings are really what will free you forever and you will be so flexible and intelligent as you move through life as you make decisions and handle your challenges because you have an understanding rather than a rule or a mantra that you are repeating. This

flexibility and intelligence comes from learning the 50 life skills in my Happy.Positive.Successful Formula.

I am definitely not the first to talk about the power or necessity of positive thoughts or ideas however I would say that I am the first to put it all in a process which I call the Happy.Positive.Successful Formula. Until you have the Happy.Positive.Successful Formula in place, there will always be that area in your life that is not working, you know it's not working, you want to do something about it, you don't know what and you don't know how. By reading this Ebook, it will point you in the right direction to finally do something about the areas in your life that you have been meaning to do something about, but never really knew how.

## **Why are you here reading this book?**

All of you are here joining me on my Joy Campus because you have worked out that **YOU** are the critical piece to everything in your life working out well, all the time. You have the feeling that everything in your life is interlinked and most importantly that the other life areas of Health, Relationships, Work and Wealth are reflections or permutations of what is working or not working within you.

You are also here because you feel that something is not quite right within yourself. You want to be more focused, happier and more successful in your mind. You are pretty happy, positive, successful most of the time but want it to be more constant- **ALL** the time.

You want:

- To be 100% confident and comfortable in your own skin all the time and be completely happy in yourself.
- To have an unstoppable attitude, block out the negativity and embrace who you truly are. You want to understand yourself, everything about you- your strengths and weaknesses.
- Be totally OK about yourself and love everything about you
- To know why you do what you are doing and why you don't
- Have more choices and live the life of your dreams where everything is working well, all the time.

Essentially, what you are all here for, is to unlock the BEST you, or your BEST self, the self that is FREE of critical or negative talk about you, like "Can you do this?" or "Are you enough?".

You want to stop to care what other people say or think about you because you now stand by you, because you now understand why you do what you do, and why you don't do what you do. You no longer need others' approval or validation of your decisions or what you are doing in your life.

As your best self, rejection no longer feels so personal to you because you feel full within yourself and you are the first one to love, trust and back yourself. You are strong to move on

knowing that any negativity does not serve you and have no power to hold you back, and you move forward anyway.

You work through all your emotions and are OK with them and see them as a way for you to heal and grow, and come out even stronger on the other end.

As result, your headaches, stomach related problems or any physical pain and illnesses get reduced and eventually are gone and stop bothering you. You've let go of your past and you are now always present in the now and focused on creating happy.positive.successful moments all the time.

## **WHO is your BEST SELF?**

Your best self is the unlimited and unstoppable YOU that was created from the Source, the Universe, the Divine or God. There is no one in the world like you, your unique power comes from your strengths and your supposed 'weaknesses'. Your best self is up to you to define but through my experience, your best self includes and is not limited to confident, happy, positive, successful, healthy, youthful, abundant, loving, loved, wealthy, peaceful, free, joyful, comfortable in your own skin, beautiful, in control and the list goes on and on.

## **WHY is your BEST SELF locked?**

I have found through my personal experiences and working with thousands of women all over the world that our best self is locked away from negative beliefs, ideas and understandings that we have learnt from our parents, friends, teachers, colleagues, and society. Our best self is also locked away from the negative lenses or perspectives that we tend to see us and our world. What thousands of my students have learnt on my Joy Campus was that their BEST self was in them all along. They did not realise this and could not see this because they thought that the negative beliefs and understandings they had about them and their lives were true. How liberated they felt when they uncovered and learnt that only positive and beautiful things about them and their lives was the real truth.

## **The truth about being Happy.Positive.Successful ALL the time**

First of all, let's talk about why and how it is possible for you to be happy.positive.successful all the time. The best way that I can illustrate this for you is to expose 7 main myths that some people may think and say about this topic.

Through my own first-hand experiences, I have discovered the truth about these myths. By sharing these truths with thousands of my students all over the world, their amazing and phenomenal changes and results they experience in all areas of their life is testament that these myths are lies and do not serve you at all if you want to be happy.positive.successful all the time and want to live the life of your dreams- where you truly love your life and enjoy what life throws at you.

It is by embracing the truths that I will share with you now, that is the key to getting you started on your journey to be happy.positive.successful all the time.

**Myth No.1: It is not possible to be happy.positive.successful all the time.**

**Truth:** It is possible to be happy.positive.successful all the time if you learn and apply the skills to think positively, feel awesome, take positive actions that lead to successful results or outcomes at every moment of your life, in all areas of your life.

**Myth No.2: Being happy.positive.successful is a matter of good luck.**

**Truth:** Being happy.positive.successful is a series of steps that you take combined with positive understandings that you learn and apply to create successful results. It is a science, it is a proven formula designed to create predictable positive and successful results each time you apply it, and for as long as you continue to apply it, no matter how big or small the challenge or situation may be, and for all areas of your life.

**Myth No.3: Life is full of ups and downs, more downs than ups.**

**Truth:** Life is full of ups and downs. When you learn how to be happy.positive.successful all the time, the ups and downs of life become the ebbs and flows of the life you have always dreamt of- a life you truly love- worry free, stress free, fearless, fun, exciting, and happy.positive.successful all the time. People who experience more downs than ups just haven't had the opportunity to learn the skills to turn their downs into ups and have a positively flowing life.

**Myth No.4: Life is tough and pretty crappy most of the time.**

**Truth:** Life is tough and pretty crappy most of the time if you choose to think so and make that your reality. The truth is, at every moment, the positive AND the negative exists. It's a matter of what you choose to go with at each moment- positive or negative. Whatever you choose, that becomes reality for you and that becomes your life. The beauty is that you can always make a new choice in the next moment.

To be happy.positive.successful all the time is essentially made up of the choices to be happy.positive.successful at every moment. Once the choice is made, then the learning and applying of the skills makes that reality true for the rest of your life, as long you continue to choose the positive and align your thoughts, emotions, actions and results for the positive.

**Myth No.5: I am not born or destined to have the happy.positive.successful life.**

**Truth:** Being happy.positive.successful does not discriminate. It does not depend on how old you are, whether you are a man or a woman, who your parents are, what kind of education you had, how much money you make or have, who you know or what you do for your career or even if you think you have made many mistakes in the past. As long as you are willing to take action to learn and apply the skills to be happy.positive.successful all the time, then the happy.positive.successful life is possible for you.

**Myth No.6: It's not normal for someone to be happy all the time- they are either faking it, suppressing their true feelings or on drugs.**

**Truth:** Faking or looking happy, suppressing true feelings or drug addictions are not the kind of happiness that I teach in my Happy.Positive.Successful Formula. The happiness that I teach is real, genuine, and natural and comes from within- it is a feeling of real joy when you see and feel the positive results that are in all areas of your life. This feeling of real joy comes from working through the unhappiness, pain, worries, fears, and lack of success and transforming them into happiness, positivity and success. This feeling of real joy is an outcome of feeling accomplished that you are successful in creating your happy.positive.successful life all the time.

**Myth No.7: There is no such thing as a miracle pill for life.**

**Truth:** There is no miracle pill for life, but that doesn't mean that you should sit back, do nothing and let the unhappiness, pain, worries, fears, lack of success, fester and grow. The Happy.Positive.Successful Formula when learnt and applied looks and feels very close to a miracle pill when you see and feel the miracles that you are able to create in your life by being happy.positive.successful all the time. The miracles stop when you stop applying the H.P.S Formula. But when you continue to apply it at every moment, the miracles grow, snowball and transform all areas of your life.

Therefore, it is possible for you to be happy.positive.successful all the time because when you choose or decide that you want this reality for you- where you are finally living the life of your dreams, a life that you truly love- all of it and everything about it, where you are happy.positive.successful all the time, and enjoy what life throws at you. When you decide that this is what you want, and are ready to invest the time, and money in you to make it happen, my 5 Step H.P.S Formula and the 50 Transformational Life Skills is what will make your wish a reality.

## **How to avoid the 7 mistakes or traps that most people make**

Let's talk about how you can avoid the 7 mistakes or traps that most people make that locks them into a life of unhappiness, pain, worries, fears and lack of success. You can think of these as potential blocks that stop you to being happy.positive.successful all the time.

### **Mistake/Trap #1**

**Most people give in to their negative thoughts because they think that they are being realistic.**

People think that real life is to be cynical about it. People think that to be realistic is to be a little or a lot negative. People think that when you are positive or optimistic, you are naïve and idealistic.

The truth is real life is positive and beautiful but most people have problems seeing this because they haven't learnt the skill on how to see the positives and beauty about everything in their life. When you work with me further, you will learn the life skill "Having a Positive Attitude" This is a life skill that I teach in the area of Health.

The core understanding of this life skill is that "The negative is an illusion. The positive is true reality"

What this means is that anything negative is a lie, which means that your worries, fears, negative thoughts and emotions are all based on lies or some form of it.

How do I know this? Remember when I told you earlier that my life fell apart and into darkness because of the "many negative thoughts, beliefs, ideas and misunderstandings I had in my life?" Well, these are the lies that I am referring to. By believing in them, giving power and giving in to them resulted in all areas of my life breaking down. And yet, when I cleaned up my life using my Happy.Positive.Successful Formula and replacing all of those lies with positive reality ie the truth, that's when my life was restored to the beautiful and awesome life that I am living now.

I also see it time and time again with my students. When my students work further with me, through the homework assignments and coaching I do with them, they always come to see that the truth about them is something beautiful and positive, not the ugly and scary lie that they have always believed.

The key is not to give in to the negativity and continue to think negative thoughts. The key is to learn the skills to overcome these lies that disrupt and invade our peace at every moment so that we can continue to be happy.positive.successful anyway ALL the time.

## **Mistake/Trap #2**

**Most people think that if they just tell themselves that everything is fine, be OK with everything when they are clearly not and smile, things will work themselves out.**

It is often very confronting and scary to finally look at all the lack of success you are having in your life and be willing to look deeper into the negative thoughts that created them. As a way to cope with this discomfort, most people resort to mantras or ways to tell themselves that everything is OK, without actually taking the steps to resolve what is not working in their life.

Mantras don't mean anything unless you truly believe in them and have a core principle understanding about them. Core principles or understandings are really what will free you forever and you will be so flexible and intelligent as you move through life as you make decisions and handle your challenges because you have an understanding rather than a rule or a mantra that you are repeating. This flexibility and intelligence comes from learning the 50 life skills in my HPS formula when you work further with me.

We are not born with happiness, positivity and success. Each and every one of us are entitled to it, if you learn the skills and apply them to your life. Happiness, positivity and success is not a matter of chance or good luck, you make it happen through

a series of steps that you take combined with learning the positive understandings and skills you need to be happy.positive.successful all the time. Happiness, positivity and success is not about personality. So you don't need to be me to be able to be happy.positive.successful. The great news is you can learn the HPS Formula and the 50 life skills that I learnt and applied to get successful results/outcomes and you too will experience and enjoy the HPS life.

### **Mistake/Trap #3**

**Most people think that the negativity is good for you- that it pushes you to move forward and do better.**

I have learnt the hard way that no amount of negativity, no matter how small it is, is good for us. In fact, I have learnt that the smallest shred of negativity if given the room to grow and gain strength is highly destructive. Not only is it detrimental for you and your entire life, the destruction spreads to those whom you love and are connected to you. I have experienced the pain of this destruction and this is why I am so passionate to teach you the HPS Formula so that you can be free of the negativity in all areas of your life.

It defies logic to say and believe that the negativity will push you forward to do better. When you feel bad, you lose your energy and focus, you become demotivated; you do things for all the wrong reasons. It does not make sense how these negative thoughts and emotions can create positive results, because they just can't and they don't. It is only when you stop worrying or feeling bad and replace it with a more empowering or positive thought, that's when your energy, love and motivation comes through to do things in a positive way creating success.

#### **Mistake/Trap #4**

**Most people get distracted by the symptoms of their problems instead of fixing or healing the cause.**

Some people waste a lot of time, energy and resources by fixing what I call symptoms of a problem. For example, when people experience a lot of dis-ease in their body such as indigestion, headaches, sleeplessness and over time develop into more serious illnesses such as chronic pain and different forms of cancers, they put their attention on perhaps getting medication for them.

This is what I call a band-aid solution and leaves you dependent on the medication and never really healing the cause of the problem. The truth is, dis-ease in your body is a physical manifestation of the negative thoughts you are having about you. These negative thoughts create negative emotions that result in chemical reactions in the body that translate into dis-ease and serious illnesses over time.

This is why, when you work with me further, in order to heal or change any area that is not working in your life, we always return to YOU. The source of any blocks or dysfunctionality in your life is YOU- what you are thinking, feeling and actioning. The H.P.S Formula and learning the 50 transformational life skills is the best thing you can do for you- to heal you from within and the rest of your life will be healed as a result.

## **Mistake/Trap #5**

**Most people blame others for their problems instead of being responsible and accountable for their own actions and decisions.**

When you listen to people's conversations, they often say that because of my mum, the weather, the government, my job or where I was born etc, their life did not turn out the way they wanted. Most people who blame others for the problems or lack of success in their life can continue to get stuck in a life of unhappiness, pain, worries, fears and lack of success because they are always waiting for something outside of themselves to change so that their life can change for the better and be the life they have always dreamt of.

The truth is, we each are responsible for everything that happens in our life. Our decisions or non-decisions, choices and actions created the life that we are living today. The moment you take responsibility for your life and become accountable for everything that happened, this is how you become unlocked from the unhappiness and continue to apply the skills to be happy.positive.successful all the time and finally live the life of your dreams. When you work with me further, you learn 10 transformational life skills in the area of relationships. For example, the life skill "Being Different" is one of the key skills you need if you want to attract your life partner into your life. Other life skills also include being a sharer, being direct, accepting feedback and using it to help you and learn from others.

## **Mistake/Trap #6**

**Most people punish and torture their bodies not realising that it's the key to making the life of their dreams come true.**

Most people take for granted the physical body that they are in. The physical body is very important because it is the vehicle for how you navigate your way around life on Earth. Your body not only helps you to do all the things you need to do in life, it is the medium through which you have access to your breath and all the body mechanisms that make you alive. Last but not least, it houses your spiritual being. As you can see, our physical body truly deserves to be honored and loved. Most people criticize and ridicule their own bodies and feed it with lots of negative thoughts and emotions. The body then becomes sick, deteriorates and has difficulty doing the things you expect it to do. The key is to say loving words to your body, listen to your body for how you can help it feel good and work in partnership with it to make the life of your dreams come true. When you work with me further, you will learn specific life skills such as "Being in the present moment, being honest with yourself, being loving of your body and making the most of every opportunity. We apply them to the area of health and you will see physical changes take place almost immediately.

### **Mistake/Trap #7**

**Most people think that just by working on one area of their life, their entire life will be transformed.**

People think that if they were to put a lot of work into eating healthily and going to the gym, this should somehow translate into their relationships without them needing to put work into that area too. Strange but true, people have the warped idea that if they just put a lot of work into an area that they like or are good at, technically their entire life should just work out beautifully. Life does not work like that- it works in a cause and effect way. When you put in effort into something, the results come from that effort. No effort equates to no results. This is why when you work further with me, you will learn how to make every moment happy.positive.successful. This means that at every moment, you will be creating a happy.positive.successful result in any of the 5 life areas that we look into. Combined with the 50 transformational life skills that is relevant to all 5 life areas, this is how you have the holistic life- where all areas are happy.positive.successful all the time.

## **What is the Happy.Positive.Successful Formula?**

It is a proven process designed to free you from the lack of self-confidence that you feel. It is designed to free you of the unhappiness, pain, worries, fears and lack of success that comes with thinking that you are 'not enough' and that 'you can't. It is designed to clear these blocks in some or all areas of your life so that you can live the life of your dreams as your BEST self where you are happy.positive.successful all the time.

The 5 Step Happy.Positive.Successful Formula allows you to get clear on the thoughts you think, the emotions you feel, and the results that you create in all areas of your life. By transforming any negativity that you find in the thoughts/beliefs and understandings that you have in your life with positive understandings and happy.positive.successful ways of being, it enables you to let go of the negativity and release it from your life. With this freedom, you can then see the true beauty and positivity of your life which empowers you to be responsible and create your happy.positive.successful life with intention.

### **What is happiness?**

People have different words they use to associate with happiness, such as content, bliss, joy, fulfilled, peace, love, excitement, exhilaration. Whatever word that you choose to define or associate happiness with, on our Joy Campus, we define happiness as the "feeling good" feeling.

### **What is positivity?**

Positivity is anything that contains a good, affirmative, constructive quality or attribute, such as Courageous, Loving, Responsible, Confident, Generous. To give you a bit of context, negative or negativity are things like Fearful, Hateful, Irresponsible, Uncertain, unsure, Selfish. But the clearest sign that you know something is defined as positive is when you hear, say it or connect with it, that it makes you feel good. And that is pretty much your best gauge of something being positive.

### **What is success?**

I know that in today's world, success has become synonymous with material wealth, how much money you make, what car you drive, how big your house is etc. However, the definition that we focus on, on our campus is quite a simple one really, and that is, "Accomplishing an aim or purpose, with favorable or positive outcomes" What this means is, by this definition, anyone or everyone is successful. Because all it is, is about if you want to achieve something, and you did it, with a positive result, that means it was successful.

For example, maybe, you have always tried to wake up in the middle at 5am. But you could never do it before. You had to press the snooze button a few times and you always end up going to work late as a result. So if the aim was to wake up at 5am, and you didn't, you woke up at 6am instead, that is considered as unsuccessful, because you did not achieve your aim or purpose.

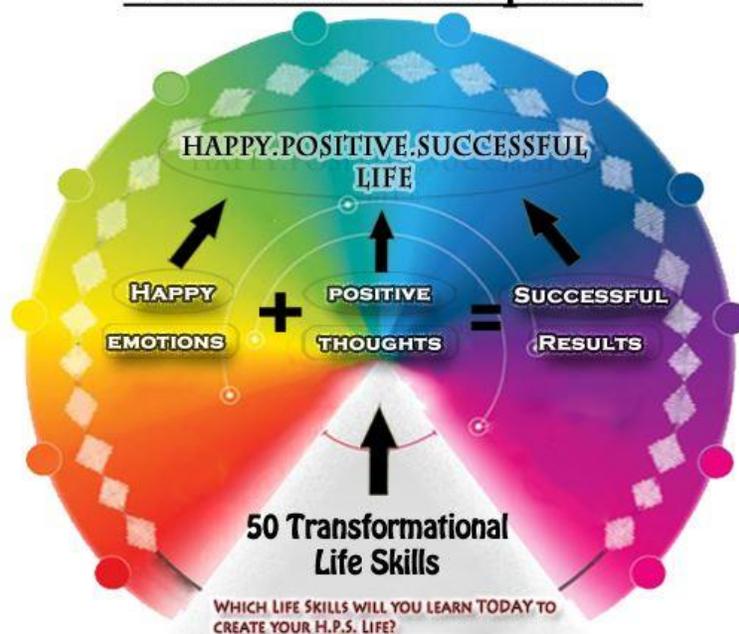
But let's say, you finally worked it out, that you needed to go to bed earlier to be able to wake up at 5am, and you finally did it. That is called successful. And if you did this consistently for a week or a month, that would be called successful as well. So in reality then, this definition allows you to take stock or count or acknowledge all the successes you have in your day, in your week, in your month, year and years. If you add all of that together, would you say that you are successful? I would say that you are. Of course, you also have moments that you don't achieve the successful result but when you see your life in this way, you stop to see your life as this final destination where you have reached the pinnacle of what others or society define as success.

I have found through experience that this need to be at the final destination is one of the ingredients for unhappiness or negativity because we keep thinking that we are not there yet. The fact is, there is no there. There is a here and a now and this moment. And when you focus on making each moment count, you will stop looking for the 'there' in the distance because as

long as you are still alive, and still walking, the 'there' will keep moving, because, you are moving forward. So in actual fact the 'there' is here, in each step. So when you walk each step and completed it successfully, you have reached it, you have arrived, you are successful.

The Happy.Positive.Successful "Unlock your BEST self by tapping into your joy ALL the time" Formula Blueprint

*Soochen Low's*  
The Happy.Positive.Successful  
Formula Blueprint



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Above is my **Happy.Positive.Successful** "Unlock your **BEST** self by tapping into your joy **ALL** the time and live the life of your **dreams**" Formula Blueprint.

This **H.P.S Formula** is the key to my loving, nurturing, and supportive relationships I have with my Mum and Dad, and my sister and her husband. It is how I got my health back on track

and lost all the weight I had put on during the unhappy times of my life. My financial wealth was reinstated through the process and I am enjoying astronomical growth, success and abundance from my business, all thanks to being connected with the Universe and fulfilling my life's purpose. It is the foundation from which I built my wonderful and beautiful relationship with my love match and life partner and how I can look myself in the mirror today and truly say that I love and approve of ME.

- **What is the Happy.Positive.Successful (H.P.S) Formula and how it can help you to unlock your BEST self, tap into your joy ALL the time and finally live the life of your dreams.**

The 5 Step H.P.S Formula is the foundation and basis of what I teach so that you can start living, love your life and enjoy what life throws at you.

In order to have a Happy.Positive.Successful life, you can see from the blueprint that it is the result of 3 main elements:  
**HAPPY, POSITIVE and SUCCESSFUL.**

The 3 elements- **HAPPY**, **POSITIVE** and **SUCCESSFUL** each have a special role in this equation or Formula to help you to be more positive, happier and more successful in your life. There is also an interrelatedness between these 3 elements, which together form the process through which you become happier, more positive and more successful through all areas of your life.

As the blueprint indicates, on the first level, a Happy.Positive.Successful life is the equation of adding the element **HAPPY** to the element **POSITIVE** to equal the element **SUCCESSFUL**.

This equation is then expanded into a second level where **EMOTIONS** added to **THOUGHTS** equate to **RESULTS**.

The element **HAPPY** is and represents the **EMOTIONS** that we feel. For example, happy is a positive emotion as opposed to sadness or depression which is a negative emotion. The emotions we feel all come from the element **POSITIVE**.

The element **POSITIVE** represents the **THOUGHTS**, ideas, understandings and beliefs we have in life about everything. My aim throughout all my programs and my teachings is to make sure that all your thoughts, ideas, understandings and beliefs you have in life about everything is positive- meaning affirmative; ideas that make you feel good that result into positive emotions.

Let me give you an example-

If you thought about the argument you just had with your colleague/mum/partner- what feelings does this create in you?

Sadness? Anger? Frustration? Resentment?

All of these are examples of negative feelings. They are negative because they don't make you feel good.

So what if I was to ask you to switch to thinking about the amazing holiday you just had in Hawaii? What feelings does this create in you?

Relaxed? Happy? Fun? Excited?

All of these are examples of positive feelings. They are positive because they make you feel good.

So why is all of this important? This is extremely important because your emotions or how you feel is a direct result of what you think/understand/believe or see about anything or everything. And what makes these 2 elements even more compelling is because the **emotions that you feel as a result of the thoughts, positive/negative, drives your actions.**

Your actions lead to the 3rd element which is **SUCCESSFUL.**

The element **SUCCESSFUL** represents the **RESULTS**/outcomes that you see, feel and experience as a result of the actions you took after you felt the emotions you felt. When you see unsuccessful results or outcomes in your life, you can backtrack to the emotions you felt before it, and then backtrack that to your thought and you will be able to identify the negative thought.

This is why **HAPPY** is an extremely important element of the H.P.S Formula because the **EMOTIONS** we feel, positive/negative tells us or signals to us where our **THOUGHTS** are- positive/negative. Simply put, if you feel bad, you have just thought about something negative. And if you feel good, you definitely just thought about something positive. In order to have successful outcomes/results for any situation/challenge or area in your life, we need to take positive actions. **Positive actions come only from positive emotions. Positive emotions come only from positive thoughts.**

The secret is first being aware of what kinds of thoughts you have- are they positive or negative? The next thing is knowing what to do if/when you have identified your thought as negative.

And that is exactly what I teach you in all my programs- replacing those negative thoughts with positive thoughts/understandings so that when you next act, you know that you started out with a positive thought, which led to you acting from a place of feeling good. As a result, you will make positive actions that inevitably lead to successful results/outcomes.

The key is to look at your emotions, your thoughts and the results you are getting. Specifically if you are getting less than ideal results/outcomes in one or 2 areas of your life or all areas of your life- you really want to look into the emotions that you feel through your day and the kind of thoughts that created those emotions.

If you refer back to the H.P.S Formula Blueprint on the previous page, you will notice that the elements **POSITIVE** and **THOUGHTS** are enabled and empowered by **50 Transformational Life Skills**. Also known as the 50 H.P.S Transformational Life Skills, they are the 50 essential positive thoughts/understandings you need to learn and apply to create a Happy.Positive.Successful life. The 50 Transformational Life Skills is the source of where you can start to make positive changes to all areas of your life, in line with the H.P.S Formula.

They are called life skills or ways of being because they are understandings that need to be applied for them to take effect and create changes in your life. When applied and practiced over time, they become a skill- something you can do, and do well. Eventually they become tools you wield in any given situation and form part of your skill set. When you apply these skills every moment of every day, all the Happy.Positive.Successful moments and days add up to form a Happy.Positive.Successful life and a Happy.Positive.Successful way of being.

## **Why applying the H.P.S Formula to 5 Key Life Areas will allow you to "live the life of your dreams"**

When you apply the 5 Step Happy.Positive.Successful Formula combined with the 50 Transformational life skills or ways of being to all **5 Key Life areas**, this is how you can finally live the life of your dreams.

The reason why all 5 Key Life areas are addressed is because the emphasis here is on making sure that all areas of your life are Happy.Positive.Successful. It is common for some of us to think that by doing really well at work and looking after our health, that all the great work we are doing in these 2 areas will somehow spread itself out and spill over into the other areas without needing to put work into them. The truth is, life doesn't work like this. Life works in a cause and effect way. To get results, we need to put in some actions or effort. Without the action or effort, nothing happens.

For example, if you are wondering why your relationships and wealth area aren't working so well even though you work till late and you go to the gym every day, it is because you haven't invested any actions into the relationships and wealth area. The beauty is, the moment you do something about them, you will see changes. When you learn and apply the 50 Transformational life skills or happy.positive.successful ways of being to all areas of your life, you will see positive changes.

## **KEY LIFE AREA 1: SELF**

### **"It all starts with you"**

The **SELF** life area is looked at first because everything else radiates from our SELF and who we are within. How you think, feel and act within yourself directly affects the outcomes in your wealth, health, relationships and work. Any dis-ease we experience internally manifests into different forms in the wealth, health, relationships and work areas.

For example, if you are constantly feeling unhappy about certain things in your life, this negativity is blocking your ability to bring in wealth as wealth is attracted into your life by positive forces and thoughts. This negativity you feel in yourself translates and manifests into dis-ease in your body such as indigestion, headaches, sleeplessness and over time develop into more serious illnesses such as chronic pain and different forms of cancers.

How you treat yourself, or the relationship you have with you is an indicator of the kinds of relationships you would have with others. For example if you are always talking down to yourself or judging yourself, you naturally treat others the same way in your relationships. As others do not like to be judged or belittled, they will distance themselves from you or end up

constantly having arguments with you as being with you doesn't make them feel good. Even if you tend to treat others better than you treat yourself, the fact that your inner self does not feel nourished, accepted and loved indicates that you are loving others below your full capacity.

When you feel lack within yourself in so many areas, it is easy to lose your temper with others and get cranky or angry easily. These negative emotions also impact your work in a negative way as you are contributing less than your optimum as you feel demotivated, exhausted and frustrated all the time. As a result, you become increasingly stressed about work and life and everything feels like too much effort.

This is why, in order to heal or change any area that is not working in your life, we always return to **YOU**. The source of any blocks or dysfunctionality in your life is YOU- what you are thinking, feeling and actioning.

Learning and applying the 50 life skills or happy.positive.successful ways of being is the best thing you can do for you- to heal you from within and the rest of your life will be healed as a result.

## KEY LIFE AREA 2: HEALTH

### "Be thankful for your physical body"

The area of SELF addresses all your inner thoughts and emotions, essentially the spiritual being that you are. The area of **HEALTH** recognizes that you are a physical being as well. This area is very important because to be able to navigate your way around life on Earth, the vehicle is the physical body that you have.

Take a few minutes to reflect on the arms that you have that help you to fill in your sleeves of your jacket. Think about how they make using your phone or typing on your iPad possible. Think about how they help you to carry your shopping bags and do all the things you need to do in the day. Think about how you use them to hug a loved one. Do the same for your legs, your eyes, your mouth, hair, back, stomach, head, hair etc. your body not only helps you to do all the things you need to do in life, it is the medium through which you have access to your breath and all the body mechanisms that make you alive. Last but not least, it houses your spiritual being.

As you can see, our physical body truly deserves to be honored and loved. Any negativity has the power to translate into heaviness in the body and over time become weight accumulated on all areas of your body or parts of your body. As the name

indicates, weight is any burden or heaviness that we carry- mental, emotional and physical. When you have any mental and emotional weight, unhappiness or negativity, it translates into bigger hips, thighs, arms, abs, etc.

For example, when you do not appreciate your physical self, ie. how you look, how tall/short you are, how curvy/slim you are, and constantly feel dissatisfied or a sense of self-hatred or despair when you look at yourself, these negative thoughts and emotions translate into physical weight, or heaviness on those areas or your entire body.

This is why, in the area of health, we talk about all the positive thoughts that help you to be youthful, vital, lean, flexible and healthy. When you turn to Page 70, you will read about the 10 life skills or Happy.Positive.Successful Ways of Being that we learn about in the "Heal, Love and Rejuvenate your Body" program that I teach. Some of them include Being in the present moment, being honest with yourself, being loving of your body and making the most of every opportunity. We apply them to your life and you will see physical changes take place almost immediately.

## KEY LIFE AREA 3: RELATIONSHIPS

**"We are all connected"**

**RELATIONSHIPS** are an extension of the spiritual and physical you. When you look around you, you are surrounded by people. People in your family, people at work, people you pass by in your neighborhood, people you see on the train, people everywhere. How you interact with the people in your life can make a huge impact on how Happy.Positive.Successful your life is.

The relationships you have with your siblings, husband/partner/boyfriend, mum and dad, friends, work mates, acquaintances, customers etc. all involve a person with their individual set of thoughts, emotions, and actions. The closer you are in relationship with someone, the more life skills you need to apply in order to make the relationship a Happy.Positive.Successful one. The more distant relationships you have with acquaintances or colleagues also require the application of life skills but different to those you may use for your more intimate relationships and to a lesser extent.

From my experience, I learnt that everyone on Earth is a god/goddess, a spiritual being from the source. This means that everyone is fundamentally good except for those who chose to walk the path of darkness for life. As a result, I stopped seeing other people as out to get me and shared a common connection- we are all higher beings here on Earth having a human experience- some of us do better than others, but essentially we are all here to learn and grow.

When I had this new perspective, it became easier to interact and relate to people and I found that people generally respond well to love, laughter, kindness, empathy and support. As a result, when I applied the life skills to the relationship area, it was much easier to come away with Successful results/outcomes.

## **KEY LIFE AREA 4: WORK**

### **"Your life's purpose"**

**WORK.** This is the area that we spend a large part of our day and life doing. We spend the majority of our life studying and getting educated for it and then upgrading from one job to another and eventually being entrepreneurs of our own businesses. It is one of the key means through which we accumulate money or wealth in our lives. It is also a form of our self-expression- who we are and how we like to contribute and make a difference to this life and the world.

I have learnt from experience that it is also our own unique way of actioning the Universe's plan for everyone and in return being rewarded for it. This is why by enjoying work you are tapping into your unique gifts and how you will fulfill your purpose here on Earth.

## **KEY LIFE AREA 5: WEALTH**

**"Realise your unlimited potential"**

And from the area of WORK, it naturally brings us to the 5th area of **WEALTH**. Wealth does not only equate to financial wealth, but wealth of the self, health, relationships and work. When the self, health, relationships and work area are all working and flowing in a Happy.Positive.Successful way, wealth naturally follows because it means that you have become the most positive receptacle possible to attract and receive wealth.

Turn to Page 73 for the 10 life skills in the area of Wealth such as "being on time with timing. When you are synchronized to the universe's timing, you will be at the right place at the right time, be open to the right opportunities and meet the right people who can help make your path easier.

## How to reset or rewire your mind from the negative to a new positive reality

- The 50 H.P.S Transformational Life Skills or H.P.S Ways of Being revealed to reset or rewire your mind from the negative to a new positive reality
- The 50 H.P.S Life Skills or H.P.S Ways of Being Quotes that open your mind and get you started on the path of a Happy.Positive.Successful life where you are living the life of your dreams.

On the next few pages, the 50 H.P.S Transformational Life Skills or Happy.Positive.Successful Ways are Being are revealed to reset or rewire your mind from the negative to a new positive reality.

There are 10 Life skills or Ways or Being under each of the 5 Life Areas: SELF (Page 69), HEALTH (Page 70), RELATIONSHIPS (Page 71), WORK (Page 72) and WEALTH (Page 73).

Each life skill/Way of Being is accompanied with a quote that either introduces you to the core idea of the Life skill or an element of the Life Skill. Their aim is to open your mind and get you started on the path of a Happy.Positive.Successful life.

You can expect to learn all about the life skills in depth and how to apply them to your life when you enrol in any of my programs on the Joy Campus.

1. The 'Be and Love the Best You" Program
2. The "Heal, Love and Rejuvenate your Body" Program
3. The "360 Loving Relationships" Program
4. The "Work with Passion" Program
5. The "Unleash your Wealth" Program

When you read through the 50 Transformational Life Skills/Ways of Being and their corresponding quotes, take the time to reflect on:

- What you think each Life Skill or Way of Being could be about
- What ideas the quote gives you that you can apply to your life right away
- Which of the life skills or ways of being you really want to learn more of and get in depth with, to acquire the skill to apply to your life and make positive transformations.

## **THE 10 TRANSFORMATIONAL SELF LIFE SKILLS REVEALED:**

### **Being able to appreciate Earth through curious eyes**

"See, appreciate and enjoy your life as if you are on holiday"

### **Being responsible**

"Embrace the fact that every result/outcome in your life is made up entirely from your choices, decisions and creation and nothing else. What will you choose to do now in your present moment?"

### **Being passionate**

"Follow where your love and joy leads you"

### **Being courageous**

"Fear and all forms of negativity exists, choosing to set them aside is the biggest sign of courage"

### **Accepting intuition's existence**

"Is there a voice within you that guides you? It is your connection to the Source that gives you this inner knowingness."

### **Self-belief is an important tool**

"When you make peace with all that you are- your strengths and weaknesses, what you can and cannot do, who you are and who you are not, that is the beginning of self-belief"

### **Being OK about letting go**

"What are you thinking about now? Does it make you feel good? If not, drop it and move on to thinking about something that does make you feel good"

### **Being successful**

"Success is anything or everything that you set out to do and gained a positive result/outcome. So go ahead and embrace all your successes thus far"

### **Being connected to nature and life:**

#### **Spirituality**

"There is life/spirit in all things, even your favorite coffee cup"

#### **Prioritizing**

"Do the things that will have the highest impact on your life first"

## **THE 10 TRANSFORMATIONAL HEALTH LIFE SKILLS REVEALED:**

### **Being simple**

"Get to the core or heart of anything you are trying to make sense of and all else will fall into place"

### **Being healthy**

"Have a head filled with positive thoughts, a heart full of positive emotions and you have a body that is vital, youthful and full of energy"

### **Make the best of every opportunity**

"At every moment, appreciate, love, laugh and have fun"

### **Being resilient- having the faith**

"If you trip, fumble or fall, get back up immediately, dust off your butt and keep walking forward"

### **Reward yourself**

"Gift yourself what that you are waiting for others to give you"

### **Being loving of your body**

"Reflect and marvel at how truly amazing, loyal and loving your body is"

### **Being happy**

"It all starts with a positive thought"

### **Having a positive attitude**

"The negative is an illusion. The positive is true reality"

### **Being in the present moment**

"Think and feel about 1 thing at a time and only what is going on at this moment."

### **Being honest with yourself**

"Don't be afraid to tell yourself the truth- it will set you free".

## **THE 10 TRANSFORMATIONAL RELATIONSHIPS LIFE SKILLS**

### **REVEALED:**

#### **Being and becoming a role model**

"Whatever stage or moment you are in life right now, there is so much about you that others can learn from and be inspired by"

#### **Seek to understand before being understood**

"When you try to understand the other person first instead of trying to get yourself heard, you find all your initial negative emotions melt away"

#### **Not waiting, just getting on with things**

"The perfect moment is not waiting for the perfect moment"

#### **Learn from others**

"We are all spiritual beings from the source. Hence we each have wisdom worth learning from"

#### **Being a sharer**

"Sharing creates abundance as it is made of many individuals each contributing their unique gifts"

#### **Being confident**

"Confidence comes when you are completely ok with yourself"

#### **Accepting feedback and using it to help you**

"See feedback as a gift and that life wishes to give you more, not less"

#### **Being encouraging**

"Your spirit thrives on words that nurture and empower not those of self-blame or judgment"

#### **Being direct**

"Cut through the noise, negativity and mess and do what you need to do anyway"

#### **Being intelligent**

"Respond to each situation as if it is your first"

## **THE 10 TRANSFORMATIONAL WORK LIFE SKILLS REVEALED:**

### **Being organised**

"Allocate a place, system and process for what you need to do in life"

### **Being a master student**

"When you learn with the intent to share or to teach, your learning accelerates and deepens"

### **Being innovative**

"Find a better way for what you are doing now"

### **Plan**

"Create a roadmap to guide your way, and be prepared and flexible to changes along the way"

### **Being of service**

"We are all messengers of the Universe, here to help each other reach our unlimited potential"

### **Being a problem solver**

"You are not the problem. See the problem as a challenge and an opportunity to grow"

### **Achieving goals**

"Goals help to guide your direction. They are not the destination. Be OK to change your goals if/when your direction changes"

### **Knowing your unique abilities**

"Be YOU and do what comes naturally to you"

### **Use your imagination**

"Don't be afraid to dream. They are signs of our unlimited potential"

### **Being committed**

"Whatever you aim to achieve in life, remember the big picture and let that drive you to the finishing line"

## **THE 10 TRANSFORMATIONAL WEALTH LIFE SKILLS REVEALED:**

### **Being different**

"Everything about you is different for a reason, there is no else in the world like you, therein lies your unique power"

### **Being curious**

"Be like a child who knows nothing, expects nothing, enjoys everything and looks at everything for the first time."

### **Being on time with timing**

"Do not rush, take a few deep breaths and calm down, synchronize with the universe's timing and see time slow down for you"

### **Being smart with money**

"Buy what that belongs you"

### **Being clear about what you want**

"Always intend what you want as if you already have it, right now in your life"

### **Being skilled at skills**

"Being happy, positive, successful in your life are skills you can get really great at"

### **Being a fun hard worker**

"When working hard let the idea of fun drive you, not how hard the work is. "

### **Doing what you love**

"What you love doing and can't get enough of is what brings you unlimited wealth"

### **Being a positive contributor to the world**

"Be the very best you can be in all areas of your life and you will become one of the world's assets"

### **Having purpose**

"Why do you do what you do? Your reason is the fuel for what you wish to accomplish"

## **How to create happy.positive.successful moments in all areas of your life by being your BEST self**

### **Step 1: How to get clear on all areas of your life**

This is where you become aware and learn what is truly going on in your life, so that you can make successful changes that last. When you work further with me, you have access to my Life Clarity Assignment where we look at how positive/negative your thoughts, emotions and results are, in all areas of your life.

We are able to uncover which of your life areas need urgent attention based on the levels of negativity or lack of success you are having in that area of life. This first step is absolute GOLD because we get down to the detail of what you are really thinking so that we can replace those thoughts with the relevant transformational understandings and life skills you need so that you can be happy.positive.successful all the time. When you work further with me, we are always referring back to this Life Clarity assignment.

It is the foundational piece where a deeper understanding of who you are and what you need help with comes through. This is where

it all starts for you to think positively, feel awesome, create and enjoy the phenomenal results that you create. Many of my students tell me that doing this assignment is a therapeutic process where they feel good to offload everything onto the page. They feel free to finally see the positive and negatives in all areas of their life knowing that they now have the skills to transform the negatives and make the positives even better.

## **Step 2: How to make positive intentions for all areas of your life the way you want it to**

Now that you know where you are at in your life, you need a clear vision of what the life of your dreams looks like, so that you know what you will be creating.

Through my "*Activate your Personal Genie*" assignment, you create the life that you truly love right down to the smallest detail. Most people make the mistake of being general and vague when it comes to creating their vision so that they don't get too disappointed when it doesn't come true.

What I teach my students is to be as specific as possible because they do come true! It is literally like having your personal genie where you can make new positive intentions whenever you want; adjust them so that they are coming true just the way you like and changing them when they are not as effective as you would like them to be.

One of my VIP students Mariana works with me through 1 on 1 private coaching sessions, she says that they really work. She really believes in this tool- every time she wants to create a happy.positive.successful result in an area of her life, she would go back to refine her positive intentions or write new ones so that they really do come true. She says there is so much power and feeling in the words that she feels that they are

literally coming true as she writes them. These positive intentions have a second purpose. They become the positive thoughts and affirmations that replaces all your negative self-talk so that you can feel awesome from the positive thoughts, take positive actions that then result in positive outcomes each time, all the time. They help to build up your resilience to the negativity so that you are essentially blocking them out and creating your happy.positive.successful life anyway.

### **Step 3: How to let go or release the negativity from your life**

This is one of the most life changing skills you will ever learn and that is how to release the negativity from your life. Even though you may have the best intentions to always think positive, the truth is, the negative thoughts in the form of unhappiness, pain, worries, fears and blocks to success do pop up at every moment. Especially when you are about to do something new, make a change or face something challenging, the negativity is the strongest at these moments and can overwhelm you if you don't know how to handle them.

The life skill "Being OK about letting go" is your key to letting go of all that makes you feel bad in the present, past and future, so that you are free to create happy.positive.successful moments all the time.

One of my students Abby who worked further with me found this step to be absolutely transformational. Before she worked with me, she said that she was basically an unhappy person to be around. I think she found herself to be an unhappy person to be around too! She was always depressed about everything.

But as she started going through the sessions with me, so she hadn't finished it yet, her friends noticed that she is always smiling and so happy now that they think she's crazy! She always believed that she was an introvert, had nothing much to

say or to relate with people with. However after working with me, she became more energetic, more confident and more independent. In fact, she finally had the courage and confidence to get a job. It was her first job interview and she got the job! That was a really amazing transformation for Abby.

Every time we talk, we celebrate about how far she has come and how happy she is now. She says that sometimes when she does get a little bit blue about something, she now has the skill to get herself out so that she can move forward and continue to make positive changes in her life.

I'm really glad that Abby made the decision to work with me further and do something for herself so that she can be happy.positive.successful all the time and live the life of her dreams- one that she truly loves and enjoy what life throws at her. If Abby had continued the way she was, she would have become more and more withdrawn, no energy to try or do anything and just really cut herself off from life. The reality is that she would have ended up alone, unhappy and depressed, with no future if she didn't finally take action and learn the skills to change her life to a HPS one.

Another student, her name was Patty and she was suffering from chronic pain when she came to me. After learning about Being OK about letting Go, she uncovered that her pain in her body was actually the emotional pain and unhappiness that she had kept locked in her body.

As she focused on letting go of all the negative feelings in her life, she progressively noticed that the pain in her body became less intense, then reduced in parts in her body until some areas of her body stopped hurting. I can't stress enough just how miraculous this transformation is for Patty when she had suffered with this chronic pain for most of her life. So to suddenly not feel the pain, is amazing to her, not to mention miraculous.

#### **Step 4: How to see your life as if you are on holiday**

After you have let go of the negativity, you need to learn how to see your life as if you are on holiday.

This step is all about learning how to look at your life through positive lenses. A bit part of where our negative thoughts come from is from what we see and what we understand about what we see. Most of the time, we see the world and our life through skewed lenses that always have a negative slant to things. That's why it is critical that you learn to see your world and your life as positive and beautiful- because that's the true reality, not the warped cynical view you have of your life.

Have you ever noticed how we seem to be able to see our world as beautiful when we are on holidays? That's because we choose to be open to the new place we are visiting and be OK with everything that happens as an adventure because we are on holiday. Essentially we have just chosen to put on our positive lenses. Wouldn't it awesome if you could see your whole life as one big holiday?

And that's what Step 4 is all about-you learn that it's just as easy to name positive and beautiful things about you. You will discover why your body is your most loyal friend and how to work in partnership with it. You learn to be grateful for all the

relationships in your life, including the one you have with you. You find out whether you work out of passion or necessity and how to appreciate the contributions you make to this world through your work. You also get to uncover that you are wealthier than you think you are.

The life skill, "Being able to appreciate Earth through curious eyes" helps you to see the beauty in your life so that you are motivated to keep practicing the HPS formula because you have hope that it is possible and achievable to create the life of your dreams- one that you truly love and enjoy what life throws at you.

I had this one student Charmaine who worked further with me and learnt this life skill. She told me that she felt free and her outlook on life is now totally different. She learnt how to cope effectively with different negative situations and she now knows that there is a positive to every negative in life- she just needs to find it. She learnt how to do this and now she can. Isn't it amazing to hear that she felt free after just learning the first life skill? Just imagine how phenomenally happy.positive.successful you will feel when you learn all 50 transformational life skills, for all areas of your life when you decide to work further with me.

## **Step 5: How to bring power back to you**

With this new perspective, a new vision, we move on to the last step of my 5 Step Formula where you give the power back to you.

You learn the life skill "Being responsible" where you finally stop blaming everyone/everything else. This is when you start to feel true confidence and empowerment. Surprising, but so true. When you become responsible and accountable for the choices, decisions, actions and results that you take, that's when you can have so much fun creating the life of your dreams.

Elly, another student who worked further with me on my campus became more aware when she came across difficulties in her life and focused more on what she can do to solve them instead of reacting or panicking like she did in the past.

Instead, she became very calm and objective to think about how to overcome them. As a result, she overcame her shyness, self-consciousness, and fear when expressing herself. She then became responsible for all areas of her life- she became a good listener and a positive role model to her son.

She started caring for her parents not only materially but emotionally like phoning them 3-4 times a week to make sure that they are both well. For her own family, she learnt that when she looked after herself, she was more able to look after her baby and husband even better.

At work, she learnt to take responsibility for any of her mistakes and not to blame others; this increases teamwork and harmony. She realised that it was important not to let her bad moods from work continue to ruin the rest of her day. She could enjoy the present moment more and be in a better frame of mind to work things out.

## **How to take action and get started on creating and living the life of your dreams as your BEST you**

Now that you have been educated on how crucial learning and applying the H.P.S Formula is to you being able to unlock your BEST so that you can tap into your joy all the time and live the life of your dreams. I invite you to take action now and make what you want a reality today.

Included in the **Yes You Can! Confidence & Joy Toolkit** that you have invested in is:

1. Module 1 recording of Step 1 of the H.P.S Formula- "How to get clear on all areas of your life", straight from my Happy.Positive.Successful JoyCamp program. Be sure to check your emails that include the link to listen to it. It goes into even more depth than I have talked about in this book.
2. Your ticket to a live ½ day workshop or virtual workshop where we work on your answers to Step 1 using the Life Clarity Assignment, part of our Pre-Course Accelerator Assignments.

3. 60-90min Confidence & Joy Strategy session where we work together to find out where your lack of self-confidence areas are and how to unblock them so that you are free to move forward, create and finally live the life of your dreams!

Make sure that you take action to make full use of the resources that you have invested in to take you from feeling less or not enough to Yes! You can and Yes! You are more than enough, to live the life of your dreams full of happy.positive.successful moments that you create as the unlimited and unstoppable YOU.

I look forward to seeing you on my Joy Campus where we work together in a community with other passionate, motivated, and spiritual women to live as your BEST self!

## About the Author

*"Fear and all forms of negativity exists, choosing to set them aside is the biggest sign of courage"*

**~~Soochen Low**

Soochen Low, also known as **The Queen of Clearing Blocks to Joyful Living** is fiercely committed to guiding passionate, motivated and spiritual leaders like CEO's, business owners, business professionals, entrepreneurs, and Mums to achieve happiness, positivity and success in all areas of life by being their BEST self and living the life of their dreams.

If you are looking for a proven teacher, coach and mentor to address:

- How to unlock your BEST self where you are 100% confident and comfortable in your own skin all the time live life passionately, be really motivated and make life like a game
- How to tap into your joy All the time
- How to be create and live the life of your dreams where you are Happy.Positive.Successful everyday, always and around any situation,

then Soochen, the Happy.Positive.Successful (**H.P.S**) **Joy Expert and Coach** is exactly who you need. With 15 years of experience working with amazing clients with similar worries and concerns and guiding them to achieve remarkable success, Soochen's mission and commitment is to teach, guide, and mentor each and every one of her students the H.P.S Formula so that they are

enriched and empowered to create and live H.P.S lives of their own.

Her path to become a Joy Coach became clear at an early age. Soochen's Mum and Dad entrusted her the job of caring for her little sister starting from when she was 5 years old. To empower her sister with tools and skills so that she could navigate her life joyfully despite life's challenges, Soochen passed on what her Mum and Dad taught her by being the best role model she could be such as working hard, being responsible, being respectful to elders, being resilient, being caring etc. When her sister bumped up against blocks and obstacles in life, Soochen helped to clear them, by sharing with her sister the experiences and lessons she had learnt to make her path easier and more joyful. From then on, through the diverse careers that Soochen had enjoyed, they all involved her clearing the blocks for others so that they all had a more joyous experience in life whilst learning from Soochen the H.P.S ways of being.

Clients say remarkable things about the impact of Soochen's work on their life.

**Annie Han, Community Official of Wan Zai County, China** was so inspired from Soochen's program that *"I plan to open an offline class to teach English language in my county with a 500 thousand population. I have been so inspired by the positive life skills that I have learnt that I will not only teach the children language, how to read and speak etc., but more importantly also the knowledge of having love for his/her life, taking on responsibility, realize social issues and get life skills. I would love to use Soochen's life-skill books as my key teaching material so that children can learn the important skills of creating their Happy.Positive.Successful lives from a young age!"*

**Elly Zhang, International Business Salesperson of Linyi Xing Hua Educating CO.LTD. Linyi City,** now believes strongly that, " *the sunshine is always on my side and the darkness is just temporary. This helps me to move forward and stay on track for what I need to do in my life. At the end of the day, a sunny, positive outlook gives me a vitality that raises me from the lowest of spirits to giddy heights. These life skills have been essential and invaluable for my daily life especially in my role as a mother. I am very grateful that I found your classes Soochen. It was a coincidence that has changed my life so much. It is my great pleasure to be your student!*"

After witnessing multitudes of results her students gained from her teaching as a design, business and management lecturer at some of Sydney's most prestigious education institutions such as the University of Technology, Sydney, Soochen found that she is at her most joyous, brightest and most powerful contributor when she is teaching her H.P.S Formula.

What lights Soochen up about her work is knowing that the women she teaches, guides and mentors can enjoy the phenomenal emotions of joy, bliss, peace, fulfillment, pride, confidence and success from creating a H.P.S life that they love living and enjoy at every moment of every day.

What sets Soochen apart from other service providers is that she truly cares, respects and loves each and every one of her students and is dedicated to making sure that the H.P.S life is a reality for every one of them. She teaches a proven system and Formula designed to enrich students' knowledge about what is needed to create a H.P.S life, empower them with the practical skills to apply to their own lives and enjoy the phenomenal H.P.S results of every moment of every day in all areas of their lives for as long as they continue to practice them.

She is the author of **"50 H.P.S Transformational Life Skills that uplift and empower you to start living, love your life and enjoy what life throws at you E-Book"**, "Yes You Can! Yes You are more than enough Ebook" and 3 published titles 'Lizzie May The Immortal', 'Lizzie May and the Shoelaces', and 'Lizzie May and Oshin' from her 50 H.P.S Novella Handbook series. She has taken her China audiences by storm on Hujiang, the biggest Internet learning platform in China with an active user base of 80 million. In less than a year of teaching her programs, Soochen has received over 20,000 red flowers or likes for her programs and now has a 200,000 loyal fan base. She has received unanimous acclaim from thousands of her students dubbing her "one of the most popular teachers in Hujiang" and "a woman who is filled with love, dreams, courage and the spirit of adventure" Soochen is also loved for her other qualities such as "positive, kind, energetic, responsible, love life, patient, optimistic, and warm hearted" When one student was asked if she would recommend Soochen to people she knew, her answer was, "Yep, cause she is so generous, who doesn't love her?"

With such a friend, mentor and champion in your corner, Soochen truly is the undisputed H.P.S Joy expert and coach who can help you to be your BEST self where you are happy.positive.successful all the time, creating and living the life of your dreams.