

**How to
nourish your
mind**

Mykim Tran

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1. What is mental wellness?

Mental wellness is about having a clear and productive mind to help you become successful in life.

When you have a strong mindset, you can believe in yourself and that you can overcome and accomplish anything that you desire. Without a strong mindset, you will be easily influenced by outside forces, and then you will get confused about what to do to become successful.

What is mental wellness?

- Valuing yourself
- Being able to express emotions
- Awareness and acceptance of feelings and thoughts
- Functioning independently
- Successful performance of activities

- Adapting to changes, challenges, and cope well
- Being able to form relationships
- Developing inner strengths
- Doing things that suit your interests and happiness

2. Daily nourishment

You have to eat and drink water daily to keep your body strong, and you also have to feed your mind daily to keep it strong.

Throughout the day there are many tasks that your brain engages in that might not be beneficial, such as dealing with negative comments and people, and failure. To come back from those negative things, your mind must be stronger than those things.

One way to nourish your mind daily is to read and reinforce positive messages, such as positive quotes or statements. You can do a simple online search by typing in words or phrases such as empowerment, fulfillment, or happiness, and it will give you a list of positive quotations and statements that you can choose from. You can post the quotations or statements in places that you are around every day to help feed your mind. Or you can put some quotes in your purse or wallet so you can read them on the go. You can read them while you are waiting at a doctor's office, a bus station or on an airplane—basically, anywhere or anytime you feel like reading them. The more you read them, the stronger your mind will become.

3. Avoid watching the news

If you pay attention, most of the news that you see, hear or read is negative, and not positive. For example, you are more likely to see stories about violence, gangs, murders, disasters, and other negative stories that would have a negative effect on your mind. In addition, most news stations do not provide you with complete or adequate information to help you make good decisions.

The more your mind is exposed to negative information the faster your brain will start to develop doubt and fear about how negative and terrible life is.

However, you do not need the news to tell you how negative society and the world are because in our daily lives we already see many negative activities, and that is enough. Do not populate your mind with more negative information by watching the news.

4. Engage in mental activities

The brain likes to solve puzzles and put things together. **The harder the challenge is, the stronger your brain becomes.** There are many puzzles such as crosswords, word search, and math that you can do in many formats such as books, magazines, journals, online, and even in video games. **You should also play brain games that force you to think quickly on your feet.** When your brain is trained to think quickly, it will help you to make quick and great decisions in life. Also, you want to engage in a variety of activities. When you do the same thing repeatedly, your brain is used to it, and then it will get bored and cannot develop anymore.

Below are some mental activities you can do to build your mind:

- Take a class/educate yourself

- Teach new classes
- Pursue a hobby
- Learn to play a new musical instrument
- Read
- Do puzzles (word search, maze, or matching) or play Scrabble
- Solve math problems (Sudoku)
- Play cards or other games
- Write

5. Personal development

Personal development is about understanding and growing yourself. The more you understand who you

are, such as your strengths and talents, the more you can grow them to help you become a stronger person.

Since you are a human being, the first aspect of personal development is to learn about human potential. There are many things that you might think you are not able to do until you actually learn that you are able to do them.

Human potential and personal development could include the categories of happiness, spirituality, personal growth, self-help, success, or any topic to help you learn more about and life and yourself, and help you to grow and become a better person.

There are countless ways you can learn more about personal development or human potential. The first is through books, journals or magazines. You can purchase them, rent them, borrow them or read them online. Second, you can listen to an audio file or watch

DVDs on these topics. Again, you can buy, rent, borrow them or access them online. There are many successful people who share their messages on audios and DVDs. Third, you can get a mentor or coach to help you. Studies have shown that if you want to become successful in something, it is best to find and ask someone who has already have done it and become successfully in what you want, and just ask them for information. People love to share their successes and experiences. They can give you all the details of what challenges they have overcome, their successes and failures, and what they learned from them. Fourth, you can attend live workshops, seminars or training on those topics. There are countless workshops, seminars and trainings available on personal development topics.

6. Invest in yourself

We save money to purchase things such as a new car, house, or a vacation, but we rarely save money to invest in ourselves to become a better and happier person. Building and empowering your mind is about building your inner strengths and positive qualities. In this case, you want to make sure to invest in yourself to grow your inner strengths and positive qualities.

Investing in yourself means saving and spending money on things to improve yourself, such as purchasing books and attending workshops or seminars to learn how to increase your inner strengths and positive qualities to become a stronger and happier person. **The more you invest in yourself the happier you will become, and the stronger your mind will become.**

7. Increase your self-esteem

Self-esteem is believing and valuing yourself, and understanding that you already have enough strengths and talents to become successful in whatever you set out to do.

High self-esteem helps you to accomplish things quicker because you believe in yourself. It has been discovered that in order to accomplish your goals, it is not the lack of knowledge or skills but it is the lack of self-belief that holds you back the most. **The more self-belief you have, the faster you will find ways to help you accomplish what you want to do.**

High self-esteem gives you the inner strength to go after your goals, desires, and dreams. Without high self-esteem, it will be easy for you to be influenced by external things to not follow your goals.

High self-esteem gives you the inner strengths to move forward, no matter what you face in life. With a high level of self-esteem, you will discover that failure is not a negative thing, but an opportunity for you to learn and grow.

8. Increase your happiness

When you do things to increase your happiness, you develop happy hormones. The more happy hormones you have the more they can overpower the negative hormones and help you stay strong and experience more happiness in life. **When you are a happy person you will tend to have a more positive attitude, appreciate and look life from a whole new perspective, and start to more take actions to fulfill your goals and dreams.** To help you increase your happiness, try applying the following tips:

1. **Know happiness:** Happiness is like anything else, you have to learn it to know it. You are not born knowing what happiness is. The knowledge does not come to you automatically.
2. **Guarantee your happiness:** Guarantee your happiness by creating it yourself. When you create your own happiness, no one can take it away. What you create is what you keep for life.
3. **Happiness is taking action:** The more action you take the happier you will become. Focus on taking actions that build your strengths and talents. The stronger your strengths and talents become the happier you will become.
4. **Gratification vs. Happiness:** Gratification is from the outside, happiness is from within. Gratification is anything that is outside of yourself such as materialism, results and outcomes, and your end destination.

5. **Happiness is a full-time job:** The more you apply what brings you happiness the happier you will become. The more time you invest in learning and take action to increase your happiness the happier you will become.

9. Learn and try new things

When you learn new things it forces your brain to think differently and come up with new ideas and solutions, which means you will gain new knowledge, skill and strength. **The more you learn the stronger and more empowered your mind becomes, and the stronger you become.**

If you have trouble knowing what to learn, reflect on your life and on the things that you want to learn or try that you have been putting off.

Make a list of all the things that you have been wanting to try or learn, or things you believe you should learn to improve yourself. From the list, pick one and start learning it. There are many ways to help you learn something, such as through watching videos on YouTube or purchasing videos from others, reading articles on Google or reading books, attending workshops and seminars, or you can ask someone to teach you how to learn or do something. Other people love to share their knowledge and experience, so do not be afraid to ask them.

Today, there are many ways to learn something. The only thing that is stopping you is you.

10. Increase your creativity

In order to be motivated to do things, you need to know how to make them happen. One way is to become

more creative. Everyone can be creative. **Creativity is about doing things in different ways.** The more ways you can do things, the more tools, knowledge and skill your mind has. There are five ways to help you increase your creativity.

First, learn new things. When you learn different things your mind is exposure to different knowledge, tools and skills to come up with different ways to do things.

Second, be around different types of people. When you are around different types of people you will learn different things from them, which means you will have a better chance to create different ways to do things.

Third, do different activities. When you do different activities they require you to learn new knowledge and skills.

Fourth, be in environments and settings that allow you to think your own way and to apply your own strengths and talents.

Fifth, be around people who motivate and inspire you. These people will push you to do things that make you happy and that mostly likely would match your own strengths and talents. When you use your own strengths and talents, they make it easier for you to be creative compared to when you are not using your own strengths and talents.

11. Challenge yourself

It is important to challenge yourself to do more of something or do it in a different way. Even a small challenge would be better than nothing at all.

Many people believe that challenging yourself has to be something big or extraordinary, but that is not true.

Challenging yourself just requires you to do something that you have never done before. It could be a small or large challenge. Of course, the bigger the challenge, the more mental reward you would receive when you finish the challenge because you would use more mental energy, knowledge and skill to become successful. If you have trouble challenging yourself in a big way you can start out small and then build your way up from there to tackle bigger challenges.

For example, when you exercise you could push yourself to run longer or faster, or do one more repetition of an exercise, drink one more cup of water, or eat one more serving of a vegetable or fruit. There are countless ways you can challenge yourself to improve your health.

Or you can challenge yourself to read two books instead of one book weekly or monthly. Or you can

challenge yourself to take a smaller step such as reading 5 or 10 more pages of a book daily, weekly or monthly.

12. Three types of educations

You might already know that knowledge is powerful because the more you know, the more tools and methods you have to help you become successful in life. There are three types of educations that can help you to learn more.

The first type of education is formal education, where you earn a formal degree. This is a common way for people to gain knowledge.

The second type of education is informal education, where you can earn some form of certification.

The third type of education is self-education, where you learn on your own.

It is important that you pursue all three types of education because each provides different methods and techniques to help you empower your mind and become successful in life.

13. Apply your knowledge

Whatever knowledge you have, you must take action and apply it in your life. Knowledge is useless without application. **Applying your knowledge is the only way for you to know if it will benefit you or not so you can discover new knowledge.**

It is important for you apply your knowledge as soon as possible and not put it on hold until you believe it

is the right moment to use it. The right moment to apply your knowledge is now. When you keep on delaying applying your knowledge, you are less likely to want to learn new things because your current knowledge is taking up mental space, and that means you have less room for new knowledge.

When you apply your knowledge, you release that knowledge into your life to open up room for new knowledge to enter. In life, new knowledge is consistently developing, and it is important that you make room for new knowledge to enter by applying your current knowledge.

14. Create a vision board

A vision board allows you to physically see your intangible dreams and goals, which will motivate and empower your mind to find ways to obtain them. Your

brain will see clearly so it can work harder to find ways to get what you want.

For example, when you drive in foggy weather you have to drive slowly because you cannot see the road clearly. It is the same with your mind. When your goals and dreams are not on a vision board, the mind cannot see them clearly, which makes it more difficult for your mind to find and unleash the right knowledge and skills for you to become successful.

On your vision board, you want to have your goals, dreams, and the quality of life you want to develop for yourself. You can use anything to create your vision board. For example, you can draw pictures, paste pictures or objects onto the board, or any other way to help you represent your ideal life.

Place your vision board where you can see it easily and on a daily basis. **The more your mind sees your**

vision board, the faster it can help you get what you want, and the more empowered you will feel to make something positive and meaningful; in your life.

15. Read successful people's biographies

In today's society, it is a lack of motivation and discipline, more than a lack of knowledge, that prevents us from achieving our goals and dreams.

To become successful in anything there is a certain path you have to follow. When you do not know the path, it is quite difficult to know what kind of action steps you should take to become successful. We are rarely taught on how to become successful from your parents or school.

One way to increase your motivation and empower yourself to achieve your goals and dreams is to read

successful people's stories about how they overcame obstacles and failures. **When you discover and learn what successful people have gone through, you can motivate, inspire, and believe in yourself to embark upon the same journey of success as well.**

16. Celebrate your successes

It is important that you celebrate all of your successes, big and small. Many of us have built the habit to believe that small accomplishments are not important and only the big accomplishments deserve rewards. **However, if you want big accomplishments, small accomplishments need to be acknowledged first, because they are the building blocks for bigger and greater accomplishments.** When you celebrate your successes, you acknowledge your strengths, talents, hard

work and the great potential that you can achieve greater things in the future.

The first way to acknowledge and celebrate your success is to say out loud on how proud of yourself you are that you have accomplished it, and give yourself a smile. The second way is to share your accomplishment with others, such as with your family and friends. You do not have to have a party to share your success, just simply and casually share your accomplishments with them. Third, is to treat yourself to something positive for your hard work.

17. Set goals that motivate and empower you

Goals that motivate and inspire you will push you forward when you hit roadblocks or setbacks. They are considered to be your anchors, to help fuel your brain

with energy, motivation and inspiration to keep on moving forward. When you take steps to get closer to fulfilling those goals, you will experience great happiness.

If you do not have goals that motivate and inspire you, it is time to develop some of those goals. Each day when you wake up, you should feel excited and have energy to achieve your goals and to live your life.

One way to help you set goals that motivate and inspire you is to pay attention to things that you are passionate about and want to make a difference in yourself, your family, your community, your society, and the world. You can get examples from other people that inspire you, or from things that you do daily or often that you really care about to help others as well.

Do not doubt yourself. **Give yourself permission and take a chance that you can make a difference by getting started and turning your aspirations into goals.**

18. Keep your goals and dreams alive

When you keep your goals and dreams alive, you empower, inspire and motivate your mind to do great things, and that is the best energy you can ever give to your mind. As long as you are alive, your goals and dreams need to stay alive in order for your mind to stay strong and to keep on moving forward. If you stop pursuing your goals and dreams because you believe you are too old or it is too late, then your mental energy will slowly die.

The way to keep your goals and dreams alive is through taking action, even if you only can take a small daily step to get closer to your goals and dreams. As long

as you are taking action toward your goals and dreams every day, they will stay alive.

As you accomplish a goal or dream you have to add new goals and dreams to your list. **Give yourself opportunities to achieve your goals and dreams in order for your mind to stay strong, empowered, motivated and inspired.** The more action you take, the more you will be empowered, motivated and inspired in life to set greater goals and dreams.

19. Grow your strengths and talents

To discover your strengths and talents, pay attention to the strengths and talents that were given to you when you were born, both big and small. They could be skills you have learned easily or positive traits that you hold such

as kindness, being organized or hard-working. They could also develop from your successes and accomplishments.

Pay attention to the life area that you have the most successful in to discover your strengths and talents. For example, if you are successful in your health area, what did you do to become successful? Was it your discipline and motivation skills that helped you to become successful in achieving good health? Pay attention to what you do well without much assistance because it comes naturally to you. Were you able to learn how to eat well without much teaching and assistance from others? You might need a little reminder or boost to do certain things, but your knowledge comes out naturally when you take action.

Write down all of your strengths and talents and see which ones you have used the most often in your life. Most likely those are your strongest strengths and talents that you would want to focus and build on.

Second, build your strengths and talents by taking action to make them stronger by doing activities to grow them. **The more you do things to grow your strengths and talents, the stronger they become, the stronger you become.**

20. Scatter your strengths and talents

Use your strengths and talents in as many different settings and environments as much as possible. For example, if organization is one of your strengths, apply that skill in as many different ways as possible. Try to apply your organization skill in your home, office, community events, or any other environment that allows you to use your skill.

Even though the basis and essence of your organization skills could be applied in many environments,

each environment requires a different kind of approach to become successful. When you allow your skill to be applied in different environments, you not only allow your skill to grow but also increase your creativity level.

When you apply your skill in the same environment over and over again, your brain does not need to unleash new knowledge and skills because you already have them.

21. Never underestimate yourself

Never underestimate yourself. **You have more knowledge, strength, talent and skill than you could ever imagine.** If you are committed to believing in yourself, your brain will unleash the knowledge and skills that you need to accomplish whatever you desire.

Everything starts with believing in yourself. To help you believe in yourself, first try to learn more about human

potential and understand more about being a human being, because you are a human being. The more you understand about human potential, the more you will understand and realize that you have a lot more knowledge, strengths, talents and skills than you are giving yourself credit for. Second, increase your self-esteem because self-esteem is about valuing and believing in yourself.

22. Never give up

No matter what kind of lifestyle you want to develop, you will encounter challenges and struggles in one way or another. However, it is not the struggles that determine who you are, but the patience and persistence you have to develop to overcome those struggles.

You can never give up on yourself because nothing and no one will come to your rescue. **It is you who will make your life possible.**

You deserve to build the lifestyle that you love, so do not let anything or anyone stop you, not other people, roadblocks, setbacks, or failures. You have to be stronger than those things. It does not matter what happens or what you need to learn to overcome your struggles, you have the ability to become successful. So never give up on yourself and what you want out of life because the process and the destination would be worth the time.

23. Be strong to quit

Since none of us are perfect, sometimes you will do things that do not bring you happiness. If that happens, you have to be strong and quit and not continue doing it. It does

not matter how much time you have spent doing the wrong things; you have to quit because the more you do them, the more you will suffer and that will not support your mind.

Things that do not make you happy most likely would not grow your strengths and talents. Your strengths and talents are correlated with your happiness.

Forgive yourself for doing the wrong things so you can let go and start something new that will hopefully bring you happiness. To help you make better decisions about what would bring you happiness, learn more about yourself through personal development. The more you understand about yourself, the better decisions you can make for your life and do things to increase your happiness.

24. Do not focus on your negative

Even though you will always have some negative qualities, if you do not focus on them, they will become weaker and not influence you as much.

Everything in life either increases or decreases; it does not stay the same. For example, a tree never stays the same, it either grows or becomes weak. If you do not water your tree today, its lifespan will decrease down to 99%. If you do not water the tree for two days in a row, its lifespan will decrease down to 98%. If you do not water the tree at all, sooner or later it will become very weak or die. If you do not focus and do things to make your negative qualities stronger, they will eventually become very weak.

To help you focus less on your negative qualities, focus and build on your positive qualities and make them stronger so they can overpower your negative qualities. When you do not focus on your negative

qualities, they will eventually become weak and then you might not even notice them.

help you discover your positive qualities, pay attentions to the strengths and talents that were given to you when you were born. They could also be skills you have learned, or positive traits that you have such as kindness, being organized or hard-working. These could develop from your successes and accomplishments.

25. Take responsibility

Taking responsibility gives you the motivation to take actions to solve your problems and be in control of your life. When you do not take responsibility, you are more likely to make excuses and blame others for your life outcomes, which will not only make the situation worse but also take some of your inner power away.

Taking responsibility does not mean you have to know all the answers right away, but that you are willing to find the answers to solve your problems and not let them hold you back from moving forward in life. Sometimes it might take you awhile to fix something, but as long as you take responsibility, fix your problems. and move forward daily, you are in control of your life. In addition, the more you take responsibility for your problems, the faster your brain will unleash the knowledge and skills you need to solve your problems. **Remember, your life problems are your responsibility because no one will come around and solve them for you.**

26. Check your sources

Before you make a decision or believe in something, make sure you do your own research. Do not believe in someone else's word at face value, such as an

article you have read or a broadcast on television. Once you allow yourself to believe in something it is more difficult to change your viewpoint afterward, as it could be stored in your belief system and that could determine your actions. The longer you hold certain information and beliefs the more they would influence your subconscious mind, and that could make it more difficult for you to change those beliefs later on in life even though you might learn something new and better. You do not want to hold a belief that you could regret later on in life.

In addition, the more you do your own research, the more confident you will become when you make a decision, because your decision will come mainly from you and not from somewhere or someone else.

27. Deal with your problems

Deal with your problems and do not procrastinate, or they may become bigger problems later on. Your brain uses a lot of mental energy to store unsolved problems, and you may not have enough mental energy to focus on the things that are more important to you. In addition, when you have unsolved problems, the higher your stress level becomes. A stressful mind is an unproductive mind.

However, every time you overcome a problem, the stronger you become because you are using and building your inner strengths.

Whatever problem you have; quickly make a list of ways you can solve the problem. Rate them from the best option to the worst option for solving your problem. Take action right away using the first option. If the first option does not work, then move on to the next best option, and then to the next option, until your problem is solved. **When**

you are taking action to solve your problem, your brain actually uses less mental energy to take action compared to when it has to think about the problem all day and night.

28. Forgiveness

Forgiveness helps you to be free of negative emotions and energy so you can have a clear mind to focus on the things that are important and bring you happiness.

First, you have to learn how to forgive yourself. It is very important that you forgive yourself for your mistakes or for when you have taken the wrong path in life. No matter how well you prepare to do something, there will always be a chance that you will make mistakes and fail.

If you can change and improve as a result of your mistakes, you should not feel guilty about making

them. When you keep punishing yourself it is more difficult for you to move forward in your life.

Second, it is important that you forgive others.

When you forgive others, you are actually helping yourself as it is not really about the other person. When you hold on to the pain, suffering and resentment within you, those bad feelings will only harm you, not the other person. Forgive others so you can let go of your negative feelings and have more room in your life to experience new things to grow your mind.

29. Nutrition

Nutrition has a big impact on your mental health.

For example, do you know that the number one cause of mental retardation is malnutrition? Yes, it is true. For example, for the brain to function well, it needs healthy

blood cells and water. Healthy blood cells can only be developed from healthy nutrition. As for water, you need to drink enough water for your body and mind.

One of the best ways to make sure you get all the nutrients you need is to eat a wide variety of foods throughout the day or at least throughout the week. You need at least 114 different vitamins and minerals, and no food has all the nutrients. For example, a car requires many different things such as oil, water, and gas in order to function well. If the car is missing any of these things, it cannot run well.

For example, if you eat an apple in the morning, eat an orange in the afternoon and a banana at night. Another example would be grain products. If you eat a waffle in the morning, then you want to eat something else such as rice for lunch, and noodles or pasta for dinner. When you eat a wide variety of foods you are more likely to get enough

nutrients to build healthy blood cells so you can function well.

30. Water intake

Your brain needs as much water as your body to become productive and successful. Studies and research have shown that when you develop headaches, frustration, a lack of focus and concentration, or crave unhealthy foods, one of the main reasons is because your brain is dehydrated.

Throughout the day you need to stay hydrated because you lose water through your daily activities, such as talking, walking, sleeping, and even thinking. In addition, it does not matter what kind of climate you are in, you will always need to drink plenty of water. For example, if you were in a hot and humid climate, you would need to

drink plenty of water to stay cool in order not to get dehydrated. In a cold climate, you will lose a lot of water through frequent urination, which means you would need to drink plenty of water to replace it.

How many glasses of water do you need to drink daily?

The best way to know how much water you need to drink is to take your total weight in pounds and divide it by two, and that is how much water you would need to drink in ounces per day. For example, if you weigh 200 pounds, you would divide it by 2 to get 100. In this case, you would need to drink at least 100 ounces of water daily. If you want to know how many cups are in 100 ounces, take 100 and divide it by 8, because a cup has 8 ounces. For example, 100 divide by 8 is 12.5. You would drink 12.5 cups of water daily.

Remember to re-calculate your water intake as your weight changes. If you gain weight, you will need to drink

more water. If you lose weight, you would need to drink less water.

31. Exercise

Exercise not only benefits the body but also your mind and helps you to become productive throughout the day and your life.

First, exercise is known to reduce stress because it helps to release the negative tension you have within you. We all know that a stressed mind is an unproductive mind because of the negative tension you have within you. In this case, exercising regularly helps your mind to become stronger daily to overcome any stress that you might develop in your life.

Second, exercise is known to increase endorphins, the happiness hormones. When you have more happy

hormones than stress hormones you are more able to develop a positive attitude to help you overcome any problems.

If you would like to learn more about exercise and motivational tools to help you exercise more, you can sign up for the free online program “How to nourish your body.”

32. Sleep

Since you use a lot of mental energy and strength throughout the day, it is important to get enough sleep to recharge and repair mental wear and tear. In addition, today the mind is exposed to more negative energy because of the high amount of negative influence from the media and society. **Getting enough sleep is one of the best ways to**

recharge yourself and to get more mental energy to start the day successfully.

How much sleep do you need?

The amount of sleep you need depends on two factors, the state of your well-being and your age. People who have special conditions such as pregnancy or illness need to sleep more to get more energy to function well. For people who have no special conditions, the amount of sleep mainly depends on age.

Infants need generally around 16 hours of sleep each day. Children between one and five years old need about 10 to 14 hours. As children get older, their hours of sleep will decrease by one to two hours. Infants and children need more sleep because they are more vulnerable to illnesses and infections because of their weak immune systems.

When children reach the teen years, they need about nine hours of sleep on average. It is important for teenagers to get enough sleep because their brains develop rapidly to become adults. For adults, seven to eight hours a night are recommended.

33. Control your emotions

Do you allow your emotions to influence you to act or behave in certain ways that you do not want? In life, it is your emotions that are stopping you from achieving what you want.

For example, you might want to take action to achieve something that brings you happiness but your doubt and fear emotions prevent you from taking action steps to become successful.

In this case, learn how to control your emotions and do not let them control you. For example, if you know that your anger emotion tends to get the best of you, learn how to control your anger. It is the same with your fear. Learn how to control your fear by learning where it comes from and what the fear really means. **When you have a better understanding of what your fear is, you can start to control it and have a focused mind to take the action steps you need to take to achieve your desires.**

34. Understand your emotions

Do you allow your emotions to influence you to act or behave in certain ways that you do not want to? Most likely it is your emotions that are stopping you from achieving the things that you want to achieve.

For example, you might want to take action to achieve something but your doubts and fears prevent you from taking the steps you need to become successful. In this case, when you allow your doubts and fears to get the best of you, you would have a more difficult time achieving your goals and dreams.

In this case, learn how to control your emotions and do not let them control you. For example, if you know that your anger tends to get the best of you, learn how to control your anger. It is the same with your fear. **Learn how to control your fear by learning where it comes from and what the fear emotion actually means.** When you have a better understanding of what your fear is, you can start to control it so it won't influence you in a negative way or stop you from taking action.

35. About the author --- Mykim Tran

Mykim Tran is a personal transformation expert, speaker, educator, life coach, and author. She seeks to help transform individuals to become the best version of themselves and in reaching their full potential. Mykim is a national best-selling author of *Self-Esteem Building: How to live your life as YOU* and other self-help books on life and happiness topics such as self-confidence, goal setting, stress management, health and wellness, and career development. Mykim is the founder and CEO of Wake-Up Foundation, a non-profit agency, in transforming individuals to become social change agents to promote stronger communities. Mykim is a certified Recovery Coach. She received her bachelor's degree in Media Communications from California State University of Sacramento, and her master's degree in Psychology at Walden University. She is currently a PhD student at

Saybrook University with a focus on Humanistic Psychology.

You can learn more about her work at **www.wake-upfoundationa.org**.

She currently resides in Sacramento CA.