

A GUIDE TO YOUR
UNIQUE GIFT

★ **STEP BY STEP** ★

◀ **Release the 5 blocks** ▶



★ **REZIKA@SIMPLEWAYS4LIFE.COM** ★

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For over 20 years, I had been a successful engineer, project manager, and speaker. I always felt there was something missing to the ingredients, although everything was on the bright side. In 2014, I found it. It was being the author of my own life, rather than being the reflection of my environment. This sparked my journey to the real well-being, not the one on the ads. The one that gives you the feeling of contentment where you are now. Not the one that makes all time needy for a materialistic thing.

I found the benefits of the holistic well-being life in many aspects of my life. I found that I do not get ill or feel sick that often. Moreover, when this happens, I manage to recover easily without surrendering to the hands of medications. I changed where I live and found that the selections I am making are the ones that makes me happy. I found myself conscious enough to sense if an idea or a motivation belongs to me or, it is a second hand one from the society.

I had set a mission for my life to help others in their first steps, in simple but profound ways. Now, I live a life that I used to hear about. I enjoy every moment; I explore new opportunities that I would have never tried while on the hamster wheel. [Join me by clicking here to see the better side of life.](#)

What is my unique gift?

It is the one thing that we easily do it; we enjoy doing it and can spend hours doing it without looking at the time.

Few people already know this thing or things. Others are not sure about it. Many others do not know it. But, why they do not know it?

To enjoy what we do, or to find what we enjoy doing, there are 5 blocks that prevents us from reaching there. We need to clear those blocks to find our unique gift.

Those five (5) blocks are coming from 5 (five) main things:

- First , We do not know where to start
- Second, priorities are missed up
- Third, Having a blurry understanding and confusion between what elevates our internal joy and what entertains us from the outside
- Fourth, We do not quiet our mind or listen to our internal voice
- Fifth, our energy and time are drained away from what we need to do.

When we manage to examine if those five blocks exist in something we are currently doing or something we want to start doing, Then we have the option to clear those blocks and enjoy our life to the fullest.

In the coming pages, we shall explore one by one and find solutions to take them out of our way. Be ready for the journey by being open minded to try the recommendations at each unit



The Foundation, where to start?

One of the general blocks in our life is the missing or the wrong information. Wrong information as it is difficult to learn one thing or it is costly to try another one separates us from the joyous of the exploration. In this brief chat we are going to explore a list of things that we can start now easily and quickly. This opens the door to find our unique gift. Why this step is the foundation one? Because new things ignites a spark within us. This spark of curiosity is extremely helpful in many ways.

- It ends or at least pushes aside the boredom from repeated days that are all alike
- We feel enthusiastic towards learning more about this new comer to our life
- It opens the doors of exploration, try and error
- Happiness from the small wins are rejuvenated again
- Energy starts to flow again in our life

All those gains bring life back to our days:

- Maybe we change our eating schedule or habits
- Sometimes we spare sometime from recklessly watching social media because we want to spend more time exploring this new discovery
- New terms might find its place in our life like scheduling and prioritizing

That is why to flourish your unique gift and to polish it and present it to the world; it is a foundation step to find something new to add to your life. One of these new things can be your unique gift or it can focus the light on a talent you have. When joining groups speaking about this new skill or hobby, you can see your new friends claiming that one thing is very hard for them to learn while it is very easy for you to do.

If you are reading these lines, then you are online in a way or the other. All that is below is available to you and mostly free. All you need to do: [0] Search for the title [1] to register and, [2]avoid the temptation of upgrade or having a certificate -unless you need it-. [3] Accept some advertising about paid products. [4] Just focus on learning and applying.

1. Learning a skill,
 - A skill is a tool that you can use to perform certain tasks.
 - When you excel a new skill it can unfold your unique gift.
 - For example, speaking to others writing.
 - Those skills are tools that will help you grow your online presence on blogs, podcasts and, other social media
 - You can find sites to learn those skill for free as:
 - <https://www.classcentral.com/subject/grammar-writing>,
 - free courses without certification that already started and those that are ready to start soon. You are booked for some time now
 - [TED-Style Speaking Master Class – Part 1](#), just register
2. Trying a new hobby, you may find your gift in it.
 - A hobby is something that gives you self-fulfillment, joy and relaxation when you do it
 - You do it easily without expectations, see many examples here and try one
 - [Conventional & Non-conventional habits that are hobbies](#)
 - [A list of indoor and outdoor hobbies to think about](#)
3. Reading a book from A-Z, and reach some lessons learned. You can find some guide in [The University of Michigan, How to Read a Book](#)
4. After you had embarked on a new skill, a new hobby or you had read a book or more and reached to some conclusions do not let this information stop inside you. I would like to use one of the late Dr. Wayne Dayer favorite quotes “Do not let your music die within you”. Remember that is our goal from the journey of excelling our unique gift; To channel it to the world as a lot of people are waiting to receive it You will find in the below links a lot of trainings that will help you coach others to proceed in their path. Never consider this step here as an early one or defer it until later or until you excel more. If you are at step 2 or 3 of your journey, those at step zero or one needs your help. Those links will show you how to do so:

- [Coach Training Alliance](#)
- [Coach Training Accelerator](#)
- [We cannot Direct the wind but, we can adjust the sails](#)

5. Dressing your hair at home, Just search for “how to learn hairdressing for myself” on YouTube and enjoy
6. Cooking for ourselves, it might be your unique gift. You will enjoy what you make with your own hands. Even if you know simple dishes to cook or the output does not look as brilliant as that from a restaurant, nowadays step by step recipes with food decoration are available. Check these two links.
 - For everything quick you want
 - <https://www.homecookingadventure.com/>
 - [Here are some tips on how to make your food look great](#). The eye reserves its share of the meal.
7. Knowing ourselves, You can find a lot of chats here [Holistic Well-Being](#)
8. Spending more time with someone -younger, elder, mate-, they can guide us to our unique gift.

While on the Hamster wheel of everyday activities, we may overlook important people in our life. Giving them enough attention and time will activate, patience, compassion, wisdom, creativity, curiosity that are innate in them.

9. Starting a meditation or any other spiritual experience,
 - <https://chopracentermeditation.com/>
10. Learning that is not usual in your life as a digital skill, your unique gift might be waiting for you there, Give it a try here at <https://www.futurelearn.com/using-futurelearn>, you can try something new that opens your next door
11. Reading about something new – as anthropology. Just Google it and see
12. Starting your employment career -mostly now online-, [This articles from the-balance-career](#) will guide you there
13. Building your online presence, Go to Blogger, register and start writing Go to YouTube as you go every day, start live

14. Elevating your online presence or make it a business, Here you need some effort, time and training investment

15. Offering services e.g. teach others what you know,

- [Become a Coach Online](#)
- [Yoga2Life Free Coaching Class](#)

Let your imagination run wild, add up to this list, and grow it as long as you like. This will give you a sense of abundance in the available alternatives in life at the tips of your fingers now and here. If you are reading these lines, then you are online in a way or the other. All that is above is available to you and free.

We shall send you frequent emails with the details of some of those opportunities.

Block 2: what is the priority of your unique gift?

As we revealed previously, our ultimate goal in life is to convert our unique gift to be in reach of the world. We are faced with five (5) blocks that close our road to revealing our unique gift. The first step we took was to sense the abundance of opportunities available out there. You can read about it in this post: [What is my unique gift?](#) any of them can unleash our unique gift. The second step will be setting the priority of our unique gift relative to our daily routine.

Why it is crucial to properly prioritize each of my daily tasks to flourish my unique gift?

Have you ever focused on the attention a newborn need? One of the most vital factors in this attention is the time given to this newborn. The mother whether it is a human mam or dolphin mam has its focus all the time on the newborn. Feeding, protecting and teaching are the cornerstones of this attention. Beside those factors, there is the duration it takes the mam until it feels that things are running in some sort of automated or subconscious mode.

The same applies to the skill or hobby that you expect it to flourish into your unique gift. The time and effort needful for this skill or hobby to grow is the reason why it should be near the top of your priorities.

Though you might have found this new activity interesting, there are other things in your daily routine that are pulling you. These older activities are energetic bodies that attract your attention to them by either showing the best of them or injecting a guiltiness feeling that you ignore them.

The new activity also might seem frustrating for some time. You do not know how to hold your brush, your words are not flowing easily, you compare your output to others and get disappointed and, many other reasons.

This does not mean that you should put it on the top unless you decided that you need to excel it in the shortest possible time.

The “*shortest possible time*” is here for an intention. Learning anything new takes some steps:

- Explore it
- Try it
- Learn about it
- Get some training
- Invest in it (instrument, tools, software)
- Practice, Practice, Practice
- Excel more – if you wish-
- Go live, share it with the world. Sharing with the world can come at any stage of the above.
- Any piece of information can be useful.
- We are in an era where content is the most consumed product.
- Even if you intend to issue a saleable product, take time to issue trial and free versions to understand your audience.



STEPS TO LEARN MUSIC

Think about these steps and relate to it in your previous experience when you were learning a language, using software, generating some music and so on.

But how to set the priorities for my daily activities and add this newcomer to them?

First Things First. You need to start by knowing what is actually there in your day or week by default. Then, what are the items that are done in one-shot and what are projects that need planning? Lastly, select what you want to do in your day and week.

Let us see what each item means. Make sure that every item is written as a draft until we reach our plan blueprint.

What actually happens in your day by default need to be recorded. You need to be aware of work time as well as the commuting time. You need to be aware of the time needed to cook the dinner as well as the time needed to purchase the ingredients. Be aware of your rest time, meditation time and socializing time. Writing down all of these will give you a chance to balance between them and cut off time from any of them without taking yourself too hard.

Then, understand your items and if they are projects. Decide if this is a one-shot task or will it be divided into chunks and expand across some days or weeks. If the item will be planned in chunks, those chunks are what should find a place in your planner. The end target and end date must be marked in your planner after all its chunks are planned. One of the items that should be in your planner is a one-time weekly crosschecking. Review how are you really performing relative to your plans. This allows you to reschedule your chunks early enough to avoid the deadline stress.

For me, planning a birthday party is a project that has a deadline and passes by stages that I schedule them as chunks. The party is a deadline, preceded by setting up the location, the sweets, the invitations and, the gift each of them will be done on a day or as a separate step and at the end together they will make a memorable event for the birthday owner.

Lastly, think of what you want to do in the next day or week. For each item, mark a priority or importance. Write down a list for all that you want in your day even the things you already do by default. If these items do not fit in a 16 hrs-day all-inclusive of your rest time, spiritual practices and meditation, building your skill and so on. You have to make some choices.

How you plan your day? In addition, how you rectify the slippage in your schedule?

There are many ways to find answers to these two questions. The best answer that matches you should be concluded after experimenting with different alternate ways. The

conclusion should be based not only on the achievement but on how peaceful and satisfied are you feeling at the end of your day.

- As explained above, now each item or parts of items are written down
- Each item has an estimated time beside it
- Each item has a priority
- Remember that we are generating drafts
- Start from Monday, which items I will do in the morning and which item in the afternoon.
- Then Tuesday and so on
- Make sure that everything is included, even rest time, lunch, socializing and watching media feeds and the start and end time of your day
- What goes first in the schedule are those items with high priority
- See if some items of high priority did not fit in the schedule. Maybe less important items sneaked to the schedule or I am overestimating the duration of some activities
- Iterate for an hour across the items, till you find the best scenario of your next day or week
- Give it a try, and see what went ok and what needs further tuning.

Like this, you are the controller of your days and time. Time is life and cannot be turned back it is moving only in the forward direction.

Feeling exhausted and deadly tired might be something that fills a gap within. This happens when you expect an outcome equivalent to the effort you put.

If you value being joyful and at high vibes and, you believe that these feelings help you achieve more. Then, you should plan your rest and leisure time first. After that see what else can you do in your day. If you do not find remaining time for your targets, try to stretch yourself a little more out of your comfort zone. Think about dropping some items of low priority from your tasks. Our target is giving you a hand in flourishing your unique gift and enjoying it rather than leaving it to slip away between the routine engagements that we might be mistakenly putting them on a high pedestal.

In The Way to your Unique Gift, Block 3: Joy vs Entertainment

From the distractions on our way to make our unique gift a reality, is the misconception that the entertainment through media or social media brings joy to our life.

Joy vs Happiness vs Entertainment

That where the distractions come into the image. Entertainment as defined on Merriam-Webster means: “amusement or diversion provided especially by performers, it may usually be a light comic or adventure novel”. Nowadays amusement or diversion are all the time in our hands, in front of us, running in our head or described to us via a friend. All social media around us are disguised forms of a performer entertaining us or diverting our attention towards it. With the new pace of life, this entertainment lasts few minutes to seconds when you are scrolling a social media site. It can extend for hours when you are watching all the Episodes of a series one after the other. Even the excitement of waiting for what will happen in the next Episode of the series is not there, they are all uploaded online by your favorite provider at once.

Entertainment is a useful but temporary tool for distraction

It is helpful to divert your attention from what is consuming you. This is useful to kick you out of the rabbit hole of worry and fear. Alternatively, it kicks worry and fear out of your life. ATTENTION, is a transient state, after it, either you hold on to your new vibes and push forward to the happiness and joy states or you are back to the old heavy feelings.

Being addicted to entertainment as a relief distracts you from the permanent happiness and joy that will pull you completely out of the rabbit hole or push worry permanently out of your life. Keeping entertainment as your only rescue will keep you in the status of walking dead. You feel pleased now, relieved now, while you are entertained. Just few moments after it, worry and fear return to your sight and, you return deep in the darkness of the rabbit hole.



Happiness or Joy

That is one of the dilemma within psychiatrists and self help coaches. The classical approach says that happiness is due to external sources or stimulation and joy is more profound because it emanates from inside out. Therefore, you need to seek Joy.

On the other hand, Abraham Hicks, one of the gurus of self-help in our time sees happiness as one of the vibration levels in your way to Joy, which is the ultimate state. However, we need to understand Abraham Hicks teachings in its context. These teachings are based on a fact that we need to be equal in our vibration or state of feelings most of the time to what we want in our life. Simply, we should see happiness in what we have in hand to allow other happiness sources to appear in our physical world. That may seem easier to say than to do. In fact, it is not. It just needs some understanding, attention and conscious awareness to reach what we want.

Let we understand how to be there,

Each one of us is unique though we all integrate and affect each other to maintain the big energy body which is the humanity. Due to this uniqueness, how we see life and react to it is different from one person to the other. A corner stone in understanding our feelings is to be clear about how we are built up.

There is a deep pure self within us that has the same default programs of loving others, being of service and compassion. Along the years, there are other layers of programming that are built up over the core program. The core program still exists but it is masked by the new one. The new program is a reflection of what we encounter and realize in life. Though some of it may be fake images pushed to us but we take it as a reality and record it. This new layer of programming labels each situation as good or bad, happy or sad, even happiness or joy. We tend to label the situations and store them with this label. These labels are imprinted mainly through repeated definitions from the social media. So, what the social media enforces as a trendy opinion about something is programmed within our minds as the reality of that thing.

So to be happy, either we wait for the prescribed formula of happiness as that model of a car, that home and this job or, we feel happy with what we have in hand while we continue on our track to achieve next goals.

Same for Joy, either we continue to seek those shortly pleasures and interpret this status as being in Joy or we spare this time to clear our mind and feel the joy inside.

How is this related to our unique gift?

Our unique talent, skill or role in life sparks joy from within. We are happy on the road while learning, trying, failing and succeeding. Those memories are internal anchor points for joy that we can return to at any moment.

In this status, I do not need more. I am happy for being in this status.

Why restless mind is a block on the road?

Block 4.

Restless mind distracts us from the gaps between thoughts where we can find the inspirations and new flashing ideas that guides us to a new path.

We are still on our path to clarify all the blocks on the way to the mastery of our unique gift and making it available for the universe reach. We need to stop hiding it inside ourselves or bounding it behind our defense mechanisms. The 4th block on the road is the restless mind.

The first three 3 blocks cleared,

We had cleared previously three of the five blocks. We had started by finding our starting point and in case we cannot find it we opened the gates to try new things till one of them resonates with us and we became aware of the steps we need to grow this new skill.

Then, we learned together some tricks to be aware of our daily activities and where we can find time in our busy day for the new comer to our life. Balancing between new activities and long running ones is a key to maintain the new one alive. Think of a mother who receives a new born while caring for another child. If all her time was given tot he newborn, the elder child will think how he can make this intruder vanish to return to the comfort zone of full care. Same happens with the energy fields of our daily habits. They fight for their existence so do not frighten them by dumping them totally.

The third block we cleared was the illusion between entertainment and internal joy. Internal joy is all the time within you as an anchor point. Once you discover it, you can return to it every now and then. While, entertainment is external injection of happiness in our surrounding environment that disappears as soon as we close its physical source. To retrieve it we need to switch on the source again. This source can be a friend, a TV or a social media account. When we get addicted to the source we deepen a believe that our happiness lies there and that is a fake anchor point. Real anchor points are within and cannot be taken from you.

Now, the fourth block is our restless mind

When on the a new road, feeling anxious, looking for the way, cannot see your next turn, at this moment any sound around you is frustrating, distracting and pushing your anger and fear buttons. Why? Because we have an internal program that runs consciously to make us focus. In this situation if you let you mind stray around, you will get lost

But, in the case of finding the way to excel a skill or a hobby we are not that much alerted. Why? Because it is not threatening. The subconscious program that forces our focus to the situation in hand is not running. So, our mind strays around and we lose the track.

The stream of thoughts in our mind is generated from old situations we had practiced, listened about or watched even in the social media. All these sources are stored in our mind and they pop up when any new situation is there. It tries to tackle it from the old perspective which will not serve our case this time.

Clear Calm Mind

This status of a calm clear mind is when: we receive inspirations, listen to our soul, see guidance that is all the time there around us, see new opportunities, new roads, and new life experiences.

To reach to this status where we can see the new ways around us instead of the old repeated paths we need to be aware of the present moment. The stream of stored thoughts hide the present moment.

To calm down the thoughts, focus your attention for few seconds on a repeated sound out there. If you cannot find it listen to your breath or follow your chest movement. That is why many gurus suggest doing this practice in the nature beside a tree, a flower, even some moss on a rock. Then after those few seconds, catch the thoughts that are coming. Ask yourself: is this thought serving me a solution here and now? However, I do not want a solution here and now, so why this thought is coming?

Usually it is either an old memory or a future anticipation. Then, it will fade away. Repeat this with every coming thought. When you reach to a silent gap while watching this flower. That is when you are not thinking about its colors, its scent, the bee around it, how it grows that lonely in the wild or in a pot. Just then you will have a little whisper; let we do this or go there or call someone and, it will stop. It will not grow as a stream. It will be just a whisper. That is why it is missed in the noise of our restless mind, streams of thoughts and external distractions.

Tip: Think about Yoga, it gives you a great control over your life.

Try this Training: [YOGA 2 LIFE](#)



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Is the thought stream flowing throw our mind useful?

Yes, we might need this stream of thoughts when doing our regular activities. However, it will not show us something fresh. Fresh thoughts comes after silence gaps.

Can you relate to a situation where you spent part of the night in the chaos of thoughts about a next day event? When the next day came and this event is here, you showed spontaneous reactions that is not related to all your previous night thoughts. That is typically when you are in an exam. The thoughts pop up to you with the answers. However, if you quiet your mind, it will whisper a new idea as an answer. You do not know where this idea came from and you label yourself a creative. When you squeeze you mind trying to find an answer 9 out of 10 times, you will not find it. The only way to find a new answer is to take a deep breath and rest to the awareness inside you.

In Conclusion,

During the mind restful and calm moments, that is where you will find your guide to excel your new skill or hobby, in the silence of a quiet mind. Your restless mind is serving you with information you had studied before. Nevertheless, an inspiration or a new idea comes from outside the streams of rehearsed answers. It subtly glides in your awareness from with the silence.

Further reading can be found in Deepak Chopra article and video at CNBC: [Manage your stress today with these 5 tiny practices](#)

Control your Energy and Time to clear the Fifth Block, The Last Block. Block 5.

To understand it try to find the difference between when we desire a glass of water and when we intend to pick a glass of water. When it remains in the desire realm, it is as if thoughts that fly in and out of our mind, creates noise and do not come real. When we intend something, we bring it to our focus and attention for enough period. What happens? It is simply we give this intention energy to live and grow. This energy of intention triggers changes in the universe that will build the energy body of our intention until it is ready to be physically delivered. In case that we do not have any opposing intentions, it will physically appear in our world.

Stop the energy drain!

That is the last block on our road to flourish our unique gift that the world and we can benefit from it. There are no extra “we” on the earth. Everyone has a role in the expansion and evolution of humanity. This role is unique as our eye-prints and fingerprints. This role is vital regardless of its perceived size. The mother who cooks, looks after the home and gives love all the time has a vital role in her family. None of the family members would achieve any success in his role without this cozy home and loving mother. The scientist who is mentioned for a new discovery in any of the science fields is a result of a small and large community that collaborated to enable him or her to reach this discovery.

As a ground role of the universal intelligence, everyone is given the energy enough to pursue his role. Or, guided to the energy sources or boosts that is needed for his specific role.

To have an in depth about how to boost your energy in different ways, read this article from the Chopra center: [Your Guide to a Natural Energy Boost](#)

An athlete will have a daily share of energy equal to that given to an accountant and an artist. However, the athlete will direct his share of energy to his muscles and is taught how to regulate his attention and breathe to boost this energy share. The accountant has this energy in his mind being alerted to numbers and transactions and balances. In addition, he is exhausted physically at the end of the day even he did not step out of his desk. An artist will have his entire energy share directed to creativity. After giving birth to his new piece or show, he is like the mother who had given birth to a nice baby; happy, thankful but drained.

What drains this energy from its intended usage?

Well, life is not unidirectional. All of those roles mentioned as examples have more in their life than their unique gift. They all have families, friends, political interests, attraction to entertainment, thought streams, feelings, past experiences and future anticipations.

How much energy ends in each box of the above is our deliberate choice. This choice we deliberately attain or give away. Each of these life attractions or distractions has a valid reason to be demanding even the entertainment. Without the entertainment, we would end up living in a tightly closed container. After a while, we shall be out of oxygen and our internal candle will be put off.

The deliberate choice would be in the balance of the energy consumed by each demanding aspect of life. The balance is not in the equal distribution but in the enough share given to each to survive and flourish.

Taking the social media as an example. We are blessed in this lifetime with the boom of social media and communication availability. Anything and anyone we want to reach are available here and now just as we think about. There is no time or distance separation. However, do everything we spend time on while in the social media realm is really what we are looking for? Or is it pushed in our way?

To understand this we need to start by a question: What we want to do on social media? And most importantly Why?

Answering these two questions will make the time we spend on social media a benefit for us. This is valid even if the answer to why we are on social media was to entertain ourselves. At this moment, we are conscious about what we do. Hence, we can control it. Try to realize the design of any social media interface. It is built up of infinite stream of feeds that are relevant or irrelevant to us. Being unconsciously, flowing with the social media stream consumes more than its fair share of our energy and the other life boxes end up empty.

The social media example is not a unique case. Same is valid for every other life boxes that demands energy; family, friends, work, past regret, future expectation or fears, entertainment and many other life destinations. The demanding stream each of them introduces to our life is endless. We need to put a conscious end to it for now to save our energy for other equally or more important stuff.

In Conclusion,

We are all born with a unique talent and we are all set on a journey to expand. Our expansion benefits the universe as we grow our talent that was planted inside us for a purpose. To live this synchronous life with the cause of your creation you need to eliminate those five blocks that we detailed above and replace them with the following five (5) remedies:

1. Explore and learn till your talent starts to sprout
2. Make sure that this skill, hobby or talent is among the top priorities in your list
3. Sense the internal joy the small wins and progress you create are there. That is the real happiness.
4. When you did not master your road yet, you need internal guidance. Quiet your mind and listen to it.
5. Give it enough time and energy to grow.

Our time and our energy are the precious life tools that keeps us alive.

Directing and sharing them deliberately between the daunting daily demands and attraction or distractions is our prime activity.

Everything else will be sufficiently done because now I am in charge of my life

Wishing you all the best in life.