Introduction

So in this small book, I am writing small motivational pieces (1 page each) about the different elements of everyday life. From family friends, the importance of time and everything that I see I could benefit the readers from.

I talk about my point of view about different elements and how I see them. How I interpret them and see them in life.

So I hope that you enjoy this book and find it helpful and motivational and that you can benefit from it as much as possible.

Chapter 1: Take Your Time

Part 1: A small introduction

As Philip Wang said, "Take your time, but don't waste your time. There's a difference." Take your time with things; don't rush through them to make them happen. You have to give it justice. But at the same time, don't overwork them. Don't let them become an obsession. Be patient, calm, and relaxed, and enjoy the process.

Part 2: We learn from everything

For every moment we spend doing something we love, we are also spending it learning and becoming more aware. Learning isn't just in the classroom. It's in every place we turn our heads. With every conversation we take, we learn new elements; we learn new things that will make us feel like we aren't wasting our time.

Part 3: Live life to learn from it

As my friend once told me, "Every moment is a time to live." We should live life to the fullest. I don't mean partying, getting drunk, and elements that our generation does. But to see the beauty of life, the elements that make life so beautiful. Read books about the beautiful minds that lived on earth. See other people's thoughts to generate our thoughts. But like I said, take your time to learn about life; take your time with everything you do. But in the end, don't waste your time. Don't end up not learning anything from all the things you've done.

Chapter 2: Enjoy every part of life

Part 1: Little introduction

Every moment of life is a point to learn the importance of our actions. Every moment could be a new learning point.

From learning things to enjoying life and even making every decision matter. We tend to choose what we want with precision because the little things can have a big impact.

Part 2: Real life examples

For example, giving a gift to a person we like. Based on the gift, could represent what we intend to say. Gifting our boss at work is a different scenario that could represent different meanings. But in the end, they are two different scenarios that could greatly impact the influence on our lives. So every moment we should be learning what to do or not to do to make the best decisions.

Part 3: Little conclusion

So, like I said, every moment is the difference point between taking action and the effect of our actions. So when you choose your next move, choose carefully.

Chapter 3: Love

Part 1: Love

What defines love in our lives? What makes love part of our lives? How do we know that we love?

Every moment we spend with a person we consider a friend, family, or neighbour. And we enjoy the moment is considered love.

Part 2: what is love?

Love is moments that stay with us. It's our everyday aim to enjoy moments with the people in our lives. Laughing, smiling, taking selfies, and being next to each other in every moment of our lives. All of this is what makes love.

Part 3: how could we know that we love?

Love is the story of being next to each other in moments of need. Love is the feeling that you feel when you are happy, enjoying time, and feeling safe. These represent love. And to feel them, you have to be with the person who makes you feel these feelings.

Part 4: Small conclusion

The person whom you call your friend, family.

So love isn't just a moment or a word. It's a lifetime that you spend with a special person.

Chapter 4: Finding true love

Part 1: Importance of true love

True love should be part of every person's life. It should be part of the journey of loving and being loved. Love isn't just a feeling; it's a part of the feelings that we feel for a specific person.

It's the moment that we could not live without our partner.

Part 2: True love

It's how happy we are when we are next to them. True love isn't just a moment. It's moments that make us love the other part of us more and more. It's what keeps us motivated.

Part 3 : Small conclusion

At every moment we should be making the love of our lives feel the beauty of love so we both enjoy the fruits of our love.

Chapter 5: Family

Part 1: What is family?

The family are people that we can trust, enjoy time with, and be next to when they need us or we need them. They keep us happy and feeling loved.

Part 2: Importance of family

They are the people that we can trust; we can be next to them all of the time. Family isn't just a feeling; it's a life commitment. Sometimes we feel they don't understand us. Sometimes we feel they don't love us. They could be cruel to us. But sometimes they just love us and want the best for us. They don't mean to hurt us because they love us. Even when they are not next to us, maybe they don't know how to express to us their love.

Part 3: Be part of the family

If they aren't next to you, you be next to them, because they are still your family even if you don't feel like they are treating you like family. You have to be the true family guy.

Part 4: small conclusion

So family is very beautiful, and be happy that you have a family.

Chapter 6: Friends

Part 1: True friends

Friends are an exception to us. Because we feel safe when we are next to them. We feel happy; we feel that we can say whatever we want without judgment or being seen as crazy. Because true friends, they understand us. They know when we are happy, when we are sad, and when we are angry; they know how to relax us.

Part 2: We couldn’t live without them

They are the perfect partner that is always next to us. They keep us from doing stupid stuff and from not enjoying life while at the same time staying safe.

Friends are part of life that we could not live without; they are a part of life that keeps us strong. That keeps us believing in ourselves and our possibilities.

Part 3: Small conclusion

So friends are one of a kind, and it always keeps us strong and happy.

Chapter 7: Being happy

Part 1: It’s you who decides to be happy

Everyone wants to be happy. But I want to tell you something; I don't know if you heard it before. It's your choice if you want to be happy or not. It's up to you. You are the one who decides who you want to spend time with, who you want to be part of your life, when you want to quit your job and follow your dreams, when you want to go on the trip you always dreamed of going on and forget about every problem you are having.

Part 2: Take action

It's always up to you. It's always your choice to be happy or sad. Just do that: go on a trip, talk to the person you like, and tell your boss you shouldn't talk to me like that. It's all in your hand. It's your choice. So live life as you want.

Part 3: Small conclusion

You are the person who writes his future, so write it as you want.

Chapter 8: Staying Strong

Part 1: First step

You may feel weak sometimes, or maybe you don't feel capable of solving a certain problem you're facing. Or just at a certain moment, you feel that everything is going backward and not according to plan.

Part 2: normal feeling

This is a normal feeling; most people pass by it. This doesn't mean you can't do it. You are strong; you are one of a kind. You can do whatever you want if you just believe in yourself. If you keep all of the doubt behind you, you can do it. Because with every moment you can do the impossible.

Part 3: Self-experience

For me sometimes I am weak, but I look at myself in the mirror and say, "No, I can do it, and this gives me strength to continue to achieve my goals. I am not saying I am the strongest person ever, nor am I saying I am not strong, but I have my times when I think I can't do it. So just take a walk, think about everything, drink some water and enjoy the sunset or the sunrise with a cup of coffee, and you will see how it will change your life.

Part 4: Conclusion

So remember you are always strong, and you can do whatever you want if you believe in yourself.

Chapter 9: Dreaming

Part 1: Keep dreaming

You should always dream; you should always keep dreaming of a better tomorrow. You should always dream of what you're going to achieve; they will motivate you to become better.

Part 2: Dreaming is important

It will keep you on the right track of what you want to become. They take us to new places; we know they are just dreams, but they are achievable dreams we could one day achieve. With time you will know what your dreams are.

Part 3: Always dreaming

What is the most important thing you want in life? See life as a dream, so when you achieve it, you will see how much you achieved. Don't dream of impossible things; dream of things that you think you can achieve and make them a reality. Which could one day be part of your life. Keeps the dream simple, and with time make them stronger and stronger to the point where they aren't dreams anymore.

Part 4: small conclusion

Dreams are what keep us strong, so never stop dreaming.

Chapter 10: Anger

Part 1: Influence of anger

We all get angry, but look at how much anger takes from our lives. How much it makes us forget the beauty of life. We shouldn't get angry because there is nothing that is that important to get angry for.

Part 2: How anger affects us

The things that make us angry, we must try and solve them. If we get angry about everything, that means that we are harming ourselves. Because anger isn't going to solve any problem or make it better.

Part 3: Stages of anger

Anger is only going to make it worse. Stay relaxed and try to solve the problem. Try to find a solution to the problem; this will help you more. It will make you more relaxed, more enjoying life. When you feel angry, take a breath and relax, go on a walk, count to ten, read a book, or think of a happy moment. But the most important thing is to relax yourself.

Part 4: Small conclusion

Try to stay calm because anger isn't going to solve any problem.

Chapter 11 Sadness

Part 1: What is sadness?

Sadness is a feeling that every person of us feels, every person in the world feels. It's not a good feeling. It's not enjoyable, and it takes our motivation from us.

Part 2: influence of sadness

The thing is that it's not in our hands when we feel sad. We don't decide to be sad; we just feel sad. The most important thing for us is to get out of this sad moment and be happy. To enjoy life. Look at happy moments. Look at moments that made us happy and made us see how beautiful life is.

Part 3: how to be happy

Every moment should count. Every moment should be a moment we are happy in. We are enjoying life and every moment of it. So always try to be happy.

Part 4: Small conclusion

It's us who make ourselves feel happy.

Chapter 12: Motivation

Part 1: How to stay motivated

Everything should motivate you. Let everything be a cause of motivation for you. Let every little step guide you in your life. You can get motivation from a small thing that happens.

Part 2: A small example

Newton got the idea of gravity from the apple falling on his head. And who knows? Maybe you will get your next motivation from a little thing that happened.

Part 3: Small conclusion

Life is full of surprises, and who knows that a good surprise can change your life?

Chapter 13: Good moments

Part 1: Beautiful moments

No person can deny a beautiful moment that we lived. No one can deny a moment that made us happy, feel loved or even encouraged.

Part 2: How to leave these moments

Try to remember these moments when you feel sad. When you feel that you are sad. We talked before about sadness. But here is a great solution for sadness. Think of the beautiful moments that keep you happy and also motivated.

Part 3: They are part of our lives

These moments are part of our lives; we live them. And like we lived them before, you could live them again and make them again part of your life.

Part 4: Small conclusion

So don't feel sad; just think of the beautiful moments.

Chapter 14: Marriage

Part 1: What is marriage?

Marriage is a beautiful thing; it connects us with the person we love. A bond that makes us truly and only for the person we love.

Part 2: How Marriage combines two people

The two persons that love each other and get married become one. They create an eternal bond between them that will make them stay next to each other and become one soul in two bodies.

Part 3: Small conclusion

So if you love a person, marry him or her and stay with them forever. As a sign of endless love.

Chapter 15: Luck

Part 1: do I believe in luck?

Luck? I don't believe in luck. It's just a word. We people write our destiny. And even I am going to say later that everything in our lives is meant to be.

Part 2: We make our own luck

We people make our destiny. It's us who write what our future will be. There are accidents, and we don't know what is going to happen to us tomorrow. But we should always stay motivated and dream of a better tomorrow.

Part 3: stay strong

We should always say we are strong; don't depend on luck, because luck will not make us succeed; it's our capability and what we try to achieve.

Part 4: Small conclusion

So don't depend on luck; just keep trying.

Chapter 16: Health

Part 1: Diseases and health

Disease can be caused to us by many causes. But we should stay strong whatever happens. We should always be strong and say, We are going to bypass this.

Part 2: taking care of our selves

We could take care of our health to prevent disorders. We couldn't always stop them. But we could help prevent some of them. A good diet, exercising, and taking the right vitamins and minerals that you need. Can help make your health better. And prevent disorders. I AM NOT A DOCTOR. But that is what my doctor told me.