

Content

About the Book Series	1
Chapter 1 – Introduction	6
1.1 Benefits of Connecting with Yourself	7
1.2 About us	8
Priscilla Schelp	8
Richard Lee-Thai	9
1.2 How Richard and I met	10
1.3 Why is this book so important to us?	11
Chapter 2 – Let’s get Started	16
2.1 Let’s start where you are!*	16
2.2 Key question: What is possible?*	18
2.3 Nature vs. Nurture*	19
2.4 Introversion vs. Extraversion*	23
2.5 Everything is Possible	27
2.6 The Superself Framework	28
Chapter 3 – Self-Acceptance*	29
3.1 How much do you accept and love yourself? A quick test.	29
3.2 Inner world vs. Outer world	30
3.3 What do you believe about yourself?	32
3.4 Are you really alone?*	35
3.5 Why You Really Failed and the Snapshot	36
3.6 The Power of Focus	37
3.7 Telling yourself what you’ve always been waiting to hear from others	41

Chapter 4 – Self-Care	44
4.1 Victim vs. Growth mindset	44
4.2 Big events will not change your life!	45
4.3 The Power of Gratitude and Appreciation of Small Things	47
4.4 You can Enhance Your State by Physical Change ..	48
4.5 You can Change Your Mental State	49
4.6 Your Words Matter	51
4.7 How to Handle Unpleasant Thoughts.....	52
4.8 Improve Your Well-being by Naming Your Emotions*	53
4.9 Why You Should Not Put Good/Bad Labels on What Happens	56
4.10 Why You are Not Hurt by What Happens but by the Past	57
4.11 Assess Your Social Circle	58
4.12 Setting and Executing Boundarie	60
4.13 Forgiving Yourself and Others	66
4.14 The Love Letter Exercise	66
4.15 Increasing Empathy	67
Chapter 5 – Self-Development	68
5.1 Comfort Zone vs. Growth Zone*	68
5.2 Happiness in the Now vs. Having a Vision for the Future	73
5.3 Happiness in the Now: How the Reverse Gap Pushes Your Sense of Achievement	76
5.4 A Balanced Life is a Happy Life	77
5.5 Gap and Gain in Goal Setting*	80
5.6 Goal Setting Basics	81
5.7 Why you Should Have Non-money Related Goals.....	82
5.8 About Moonshots and Baby Steps	83

5.9 Finding and Applying Your Character Strength for a Bliss State	86
5.10 We all have 24 hours. Why should we replace entertainment with education?	89
5.11 Variation Increases Happiness – An Ice Cream Experiment	91
5.12 Exploring Yourself	91
5.13 Hard Things First	92
5.14 Delayed Gratification	93
5.15 Making Difficult Things Less Difficult by Reverting	94
5.16 Don't Chase, Attract	95
5.17 Why 'Trying' Sets You Up for Failure	96
5.18 Journaling – Document Your Progress	97
Journaling	99
5.19 Meditation – Managing Your State	100
Chapter 6 – Moving Forward	102
Reference List	103
Pictures Dr. Priscilla Schelp	104
Pictures Richard Lee – Thai	105