

YOU DON'T
BECOME
WHAT YOU
WANT,
YOU BECOME
WHAT YOU BELIEVE

– Oprah Winfrey

Be aware guys! Because to know your passion, You gotta be aware of yourselves. A person might try 1000 things and have experienced 100000 activities but still don't know what his passion is.

The problem is, passion will never be there if we don't bring it out. Passion is hidden deep down in your soul and the only way to dig that out is to be aware of yourself. Be aware of what you love.

Know yourself first. The way is to stay silent and just think. Be calm and just think of all the experiences and all the things you have explored. Mind works well when you are relaxed. Try to feel all those experiences. Be aware of your heartbeat and your mind. Do you smile when you are doing the activity? Do you find it really enjoying? Would you take that activity as your life time job? Would you do anything just to be able to do that activity? Do you feel like you want to do it all the time? Do you feel, even if you get tired, it still makes you happy? Will you do it even if you don't get paid?

If you answer yes to all those questions for the activity you have on your mind. There is a big chance that what you have what you have on mind is actually your passion. All you need is have a time to sit and be aware of yourself. Life is short, we all need to spend our lives wisely.

The way to be aware of ourselves, is to build the belief that we are worth it and we were all born for a reason just like what I wrote on the first chapter. We should be aware of our existence is in the world.

We should be aware that there are too much of people in this world, the question is do we want to be ourselves or someone else?

We need to be aware that reaching our dreams are a way for us to be free. We need to be aware that this world is filled up with many facilities that would help us. Especially in this millennial era, where everything just seems possible.

We are gifted with life and its facilities. We are also gifted with people. We need to be aware that we are not alone. We all are supporting one another to reach our dreams. Everyone has their own spotlight but when you gather all those spotlight, we all could light up the city.

Awareness is one of the key to reach an attitude which will lead you to an action. I learned that in my Public Relations lesson at campus. Which was more known as 3as. Once we are aware of our personal well being in this world and we are aware that the world facilitates us with supporting system, such as humans and all kind of tools, we would come to an attitude of believing that reaching our dreams is possible. The attitude of being Optimist.

Being optimist is one of the keys to be able to reach success. Without the feeling of optimist, a person would not be triggered to even think of his life. Being optimist is a way to maintain our awareness towards everything mentioned above. Until then, we all are able to make an action.

Other than that, you need to be aware of how the world nowadays is. This world has many incredible things that make us just want to enjoy it every second of our lives.

Be aware of your comfort zone!

I am not saying that we shall not enjoy and have fun. Ofcourse, we need some leisure and relax time but sometimes we take it too often until we forget what it is like to be productive. We are in love with our zone until we forget that we shall move out. Because when we are stuck in our comfort zone, we don't grow up.

What is comfort zone?

Comfort zone is a comfortable zone that stops you from growing. A simple example is your bed. Your bed is a very comfortable place which makes all you want to do is sleeping. Sleeping is not a passion because it does not help you grow. Passion is an activity that you love doing but also makes you grow as a person.

Other example is, for example your passion is swimming. And since you were small you were taught how to swim with a frog style. You love the frog style so much until you refuse to learn other swimming styles or movements. That is an indicator of a person who is stuck in their comfort zone.

Every human being grows, physically and mentally. That is why, we shall not refuse to grow because if we do it, it is just like rejecting the human nature. Sometimes people are afraid to grow because they are afraid not to be good on the other zone. In fact, we shall grow and learn to be able to enjoy and reach success in life.

We all hate growing up, agree? I sometimes think that I want to go back to the time when I was still 5 year old, when everything was so easy. But if I keep focusing on how much I want to be a 5 year old again, I will never be able to face reality. Life is hard. All we need is to get stronger. To be able to get stronger is to grow.

Face your fear, because that is the only way for you to grow up. I am afraid of height which made me cry just 3 months ago, I was having vacation with my sister in Bali. I really wanted to jump from a 10 m waterfall cliff. I love taking new experiences but on that day I was just so scared.

How many of you remember that when you were kids you were much braver because you don't think too much? Yes that happened to me. Long story short that moment reminded me to a moment when I had an operation for my ear because an insect was stuck in my ear. I was brave because I was not thinking at all, I just wanted to my ear to be free from insects. I was 5 and I faced the fear of being injected in the operation room. Through that experience I decided to face my fear and jumped from that 10 m waterfall cliff without thinking too much.

COLOUR YOUR

LIFE AS IF

THERE ARE NO

DARK COLOURS

AVAILABLE

COLOURS AVAILABLE

– Qilan Umara