JASON CAI

SHOTS OF HAPPINESS

A Sneak Preview of Happiness Program 2020: A Good Breakfast (For Your Mind & Soul) 88 Shots of Happiness is a free eBook compilation of more than 88 screenshots from our Happiness Program 2020, "A Good Breakfast (For Your Mind & Soul)".

These screenshots are a sneak preview of what the Happiness Program aims to deliver to our members on a daily basis, that is to inspire happiness through daily motivational boosts starting every morning, 365 days all year round, to nourish your mind and soul.

You can refer to this link if you wish to join our group:

https://www.facebook.com/groups/806488663131247

A Good Breakfast (For Your Mind & Soul) is a paid program at \$2 per month but membership is free for anyone who has financial difficulties. Furthermore, there is a money back guarantee for any unsatisfied subscribers at the end of the program.

It is hoped that through this program, you will be inspired towards living a positively-charged lifestyle filled with happiness and fulfilment, while gaining the strength and courage to deal with life's challenges.



A Good Breakfast

FOR YOUR MIND & SOUL

Joined *

✓ Notifications

Share

Photos Albums Videos

+ Create album

+ Add video



Gorgeous Gard...

14 photos



Amazing Aqua...

16 photos



Stunning Seas

9 photos



Proud To Be Si...

8 photos



Beautiful Flowers

25 photos



Beauty Of Natu...

30 photos



Meal Distributi...

99 photos



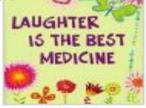
Beautiful Scen...

30 photos



Things To Do ...

21 photos



Laughter Is Th ...

50 photos



Our Lovely Rev...

31 photos



Top Tips For H ...

3 photos



The IT Revoluti...

24 photos



Letters To Hea...

3 photos



Exercise Is Me...

18 photos



Books To Reco...

7 photos

Our Happiness Program 2020: A Good Breakfast (For Your Mind & Soul)

"A Good Breakfast (For Your Mind & Soul)" is a Happiness Program created by Jason Cai to encourage friends to take control of their own happiness by participating in the program activities and thereafter adopting a positively charged lifestyle which brings about happiness and meaning in their everyday lives.

What To Expect?

A Story Every Morning To Kick Start Your Day

I will be scheduling a motivational post every morning to infuse positive vibes in your life so that you start the day on a right note.

A Year Of Love

I want 2020 to be a good year of spreading love for all of us, be it through the community projects that I am running or through the events/ initiatives organised by the other volunteer groups. I will be leading fundraising campaigns to help support the less privileged as well as to encourage more kindness among us.

Practise Positivity

I hope you understand that happiness and positivity do not come to you by default, you need to work hard at getting them. I have worksheets for you to download and print (see under "files" tab) so you can practise every day (if not regularly). There are podcasts that you can listen to every day.





← A Good Breakfast...







Jason Cai contributed to the album Gorgeous Gardens.

Admin · 3 d · 🔄

Seeing these gorgeous garden pictures makes me feel happy, what about you? One of the shots was captured in Singapore, can you find it?







A Good Breakfast...







Jason Cai



Millionaire Doctor Dying From Cancer Warns That Money, Nice Things Bring 'No Joy' in the End

A Singaporean physician, Dr Richard Teo, who lived his life in the "fast lane" had learned one critical lesson after his days became numbered: there's more to life than money.

Teo's story touched the hea

... See more











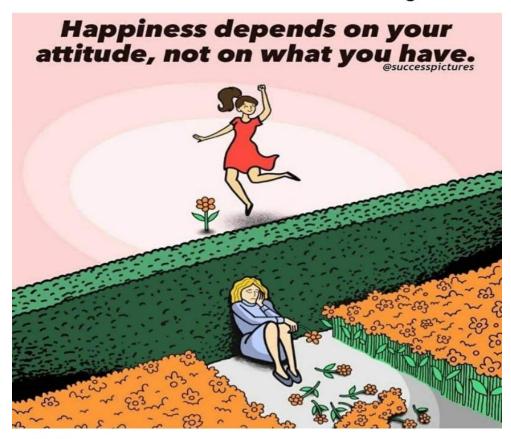


You can have more but feel unhappy.

You can have less but feel happy.

Life is all about perspective and happiness is all about finding contentment.

For friends who are going through a challenging period, such as loss of income, uncertainties on your business/job, always dig in further and see the little blessings that are still with you, e.g. your health, your loved ones ... etc. That will help you rise above your current woes and survive the crisis altogether.







A Good Breakfast... Q







Jason Cai Admin • 20 Jul • 🔄

It is important to understand that the things we do for our family is out of love and not out of obligation or because we are helping our spouse. If we have this mindset of "It's a women's job" or "It's a man's job" to do something, then we set the wrong expectations which lead to unhappiness. Other than breastfeeding, every other role in the household such as housework, taking care of the kids, guiding the kids, earning income, is inter-exchangeable.

When I do chores at home, I'm not helping my wife. I'm doing chores.

When I take care of my son, I'm not baby sitting, I'm being a father

When I cook three meals as a routine, it doesn't mean my wife is lucky, it just means I'm cooking.

All these don't mean im hands on; it simply mean I love my family.





A Good Breakfast...







Jason Cai

Admin · 6 d · 🔊

FTWMs, this post is for you. The world expects 200% from you every day but does not give you twice the time and energy. But you press on nevertheless and that is what makes you amazing and beautiful.

It is sometimes not easy to be a Full-Time-Working-Mum (FTWM).

You have to send your child to your parent/ in-law/ babysitter or infantcare/ childca... See more











← Maria A Good Breakfast... Q







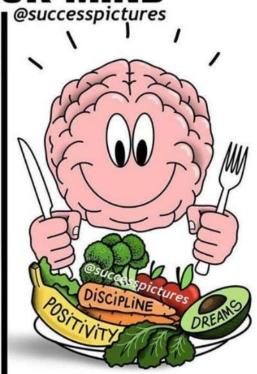
Jason Cai

Admin · 20 Jul ·

The essence of our Happiness Program A Good Breakfast (For Your Mind & Soul) in a picture. We want to feed your mind and soul with all the good stuff at the start of every morning to keep you well-nourished and ready for the challenges ahead.

YOU BECOME WHAT YOU **FEED YOUR M**











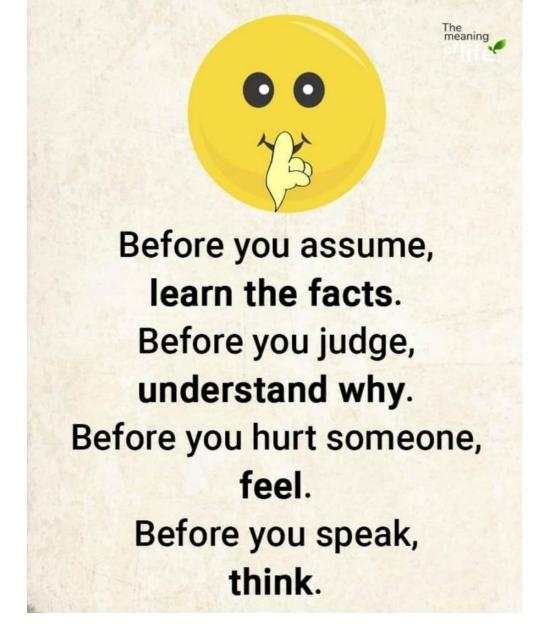




Jason Cai

Admin • 17 Jul • □

If we all can learn not to assume, judge less, have more empathy, patience and tolerance, and think before we speak, then the world will definitely be a better place for everyone. We will find more peace and enjoy better health













Jason Cai ♦ Admin • 18 Jul • 🖪

Is Happiness Costly?

Often when asked "Does more money make you happier?", many people agree that it does. In a metropolitan city of Singapore where cost of living is rising, it is hard to disagree why. We will tend to focus on building up our wealth to achieve that desired standard of living.

Ho ... See more













Jason Cai contributed to the album Stunning Seas.

Admin • 15 Jul • 🖪

There is great healing power in Nature. When you are feeling upset, unhappy or down, you can turn to this free resource from Mother Nature to calm you down and bring peace and joy to you.













Jason Cai contributed to the album Proud To Be Singaporean.

Admin • 9 Jul • 🖪

No matter who wins tomorrow, no matter how long covid-19 is going to drag on, I hope we find all our reasons to be happy living in Singapore.

For me, it is about us living in a good geographical location free from the devastation of natural disasters.

It is about having clean drinking water off the tap that we also use for other purposes like w... See more









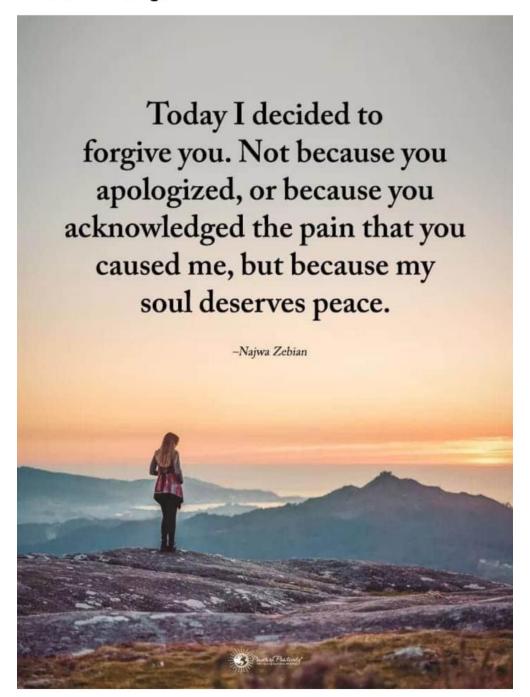




Jason Cai



May those who are broken find the courage to forgive and be at peace without the burden of hate and anger.













Jason Cai contributed to the album **Amazing Aquascaping.**

Admin • 19 Jul • 🖪

The brilliance of men who creates a piece of nature at the comfort of his home sweet home and in turn did the impossible of combining the land and sea realm together. I hope you are inspired to believe in the power of your abilities and dreams.













Jason Cai shared a link.

Admin • 18 Jun • 🖪

A good initiative which can facilitate bonding among family members and teach the young ones about gardening and biology. The seeds are free for you to kickstart your new hobby.

Give a man a fish, you feed him for a day. Teach him how to fish, you feed him for a lifetime.

All the best to all our aspiring home gardeners





CHANNELNEWSASIA.COM

NParks to give packets of vegetable seeds to households to encourage home gardening

<The Humble Billionaire & His Views On Wealth>

Chinese movie legend Chow Yun-fat says he plans to give his entire net worth, a whopping \$5.6 billion HKD (that's \$714 million USD) to charity. "My dream is to be a happy and normal person," Yun-fat recently told Hong Kong movie site Jayne Stars. "The hardest thing in life is not about how much money you earn, but how to keep a peaceful mindset and live the rest of your life in a simple and carefree manner." The same site reported earlier that the actor claimed to spend only \$800 HKD (\$102 USD) per month.

Apparently, he stays frugal by taking public transportation as often as possible and doing charity work instead of spending it on himself. He also had a Nokia phone for 17 years (we can only assume it's a flip phone), and only upgraded to a smart phone recently, when his Nokia one stopped working. He shops at discount clothing stores, because, he said: "I don't wear clothes for other people. As long as I think it's comfortable, then it's good enough for me."

My Thoughts: It is difficult to keep your feet on the ground in the showbiz industry, especially when you have so much wealth and fame. But Chow Yun-fat has shown us that the most important thing in life is not to live chasing that crazy amount of money, but to live happily and at peace. So much we can learn about materialism, humility and happiness from this great man.







← Maria A Good Breakfast...







Jason Cai contributed to the album **Beauty Of Nature - Wild Birds** Collection.

Admin • 25 May • 🖪

There is so much beauty in nature that just looking at the pictures is serene and therapeutic. This album is a collection of the most beautiful wild birds in the world. I wish all of us the courage to fly free of whatever is holding us back in life and soar high towards our dreams.







A Good Breakfast...







Jason Cai Admin • 19 May • 🖪

We are given a life. Good or bad depends on how we live it.

Some people are famous (seems like a good life) but feel lonely inside them (seems like a bad way to live).

Some people are rich (seems like a good life) but have no one they can trust (seems like a bad way to live).

Some people are poor (seems like a bad life) but have many good friends and every day is meaningful (seems like a good way to live).

So, whatever life gives you, it can turn out good or it can turn out bad. It all depends on how you make full use of your situation and get the best out of it.



...

We are unhappy about many things living in Singapore, e.g. weather too hot and humid, things are so expensive, everywhere is crowded (before covid-19) and now so bored staying at home and cannot go to the many places we want to visit.

But, this life that you are unhappy about: with a roof over your head, with a nice comfortable bed to sleep on at night, with ready drinking water from the tap, with food in the fridge, with a clean home to live in, with amenities within walking distance, with people delivering food to you when you don't feel like going out, is the dream life of many fellow human beings living in other parts of the world.

So, let's just take a moment to pause and be thankful for the blessings we have in life. Because life could be so much worse being born in a different geographical location in this world.

https://www.facebook.com/groups /806488663131247/permalink /867466043700175



UNIT 9 • COUNTING OUR BLESSINGS IN SINGAPORE









This is very meaningful. Never underestimate the power of that one smile, one word, one laugh and that one person in you who is going to make a great difference.

https://tinyurl.com/vo4q7tt













Jason Cai Admin • 17 Jul • 🖪

I heard that we are in the same boat.

But it's not that.

We are in the same storm, but not in the same boat.

Your ship can be shipwrecked and mine might not be See more









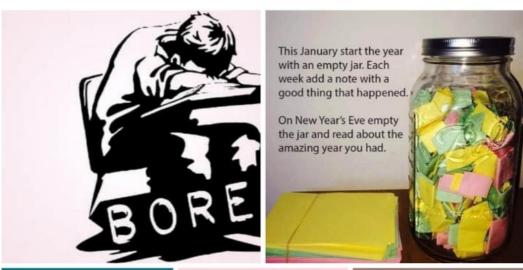




Jason Cai contributed to the album Things To Do When You Are Bored At Home.

O Admin • 29 Mar • ■

For friends who are staying home be it LOA, SHN, QO or Work From Home, this album aims to provide some suggestions for you when you are feeling bored at home.





Bored? Try these:

- 🙈 Try a new recipe 🥌
- Do ya nails
 Braw something
- Netflix and YouTube is great
- & Workout 🖫
- Scroll through Pinterest
- Read a shower! Shave too cus

y not



UNIT 4 • INTERESTING ACTIVITIES TO RECOMMEND

Things To Do When You Are Bored At Home



Jason Cai contributed to the album Free Music for Download in A Good Breakfast (For Your Mind & Soul).

♦ Admin • 26 Nov 2019 • 🖪

[Relaxing Music For Download]

Listen to these music while you are anxious, negative or sad may help to soothe your mood and calm you down. Have them ready in your phone or audio player so they can come in handy for you.

* Click on each photo and get download link in the description.



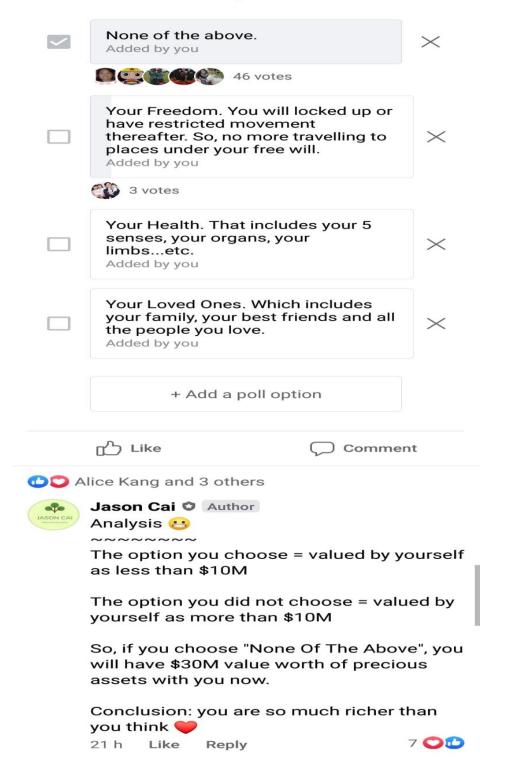


Jason Cai created a poll in A Good Breakfast (For Your Mind & Soul).

21 h • 🔣

If a filthy rich tycoon (somewhat sadistic control freak) wants to give you \$10M to exchange with something precious to you, which one would you choose?

After you have chosen your answer(s), refer to the comments for analysis.













For friends who are too stressed up over your work, this message is for you.

Don't allow a job to stress you out because yur job will be posted online before your orbituary

WORKING











Wishing all a beautiful Monday and a wonderful week ahead!













Jason Cai **♦** Admin • 3 Apr • 🖪





🤵 Covid-19 Care Package 🍄



Dear Friends,

I have prepared a series of resources that I hope can brighten your day and lift your mood amid the gloom and uncertainties surrounding the pandemic we are in. I hope they are useful to you in some ways.

Laughter Is The Best Medicine:... See more



UNIT 4 • INTERESTING ACTIVITIES TO RECOMMEND

♦ Covid-19 Care Package ♦











Jason Cai Admin • 9 Apr • 🖪

33 Maya Angelou Quotes to Inspire Your Life

- 1. I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.
- 2. You may not control all the events that happen to you, but you can decide not to be reduced by them.
- 3. We delight in the beauty of the butterfly, but rarely a... See more



UNIT 7 • MOTIVATIONAL POSTERS & POSITIVE QUOTES

33 Inspiring Maya Angelou Quotes







A Good Breakfast...







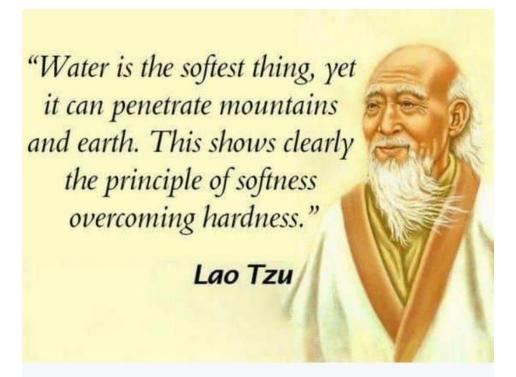
Jason Cai

♦ Admin • 25 Feb • 🖪

111 Inspirational Quotes by Lao Tzu (ebook)

Lao Tzu, also known as Laozi, was a philosopher in ancient China, who lived in the 6th century BC.

According to the legend, Lao Tzu was the keeper of the archives at the imperial court, which gave him the opportunity to study the archive books and gain a great deal of knowledge. During his life, Lao Tz... See more



UNIT 6 • FREE EBOOKS & WORKSHEETS FOR DOWNLOAD

111 Inspirational Quotes by Lao Tzu (ebook)











[Free eBook for Download]

A useful guide to understanding the causes of anxiety and social anxiety disorders and how to deal with them.

Are you feeling overwhelmed and out of control? Has it come to the point that it interferes with your daily life? Everyone feels nervous at some point in their lives. No one is immune to it. Anxiety levels can f... See more



UNIT 6 • FREE EBOOKS & WORKSHEETS FOR DOWNLOAD

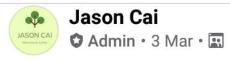
Understanding Anxiety









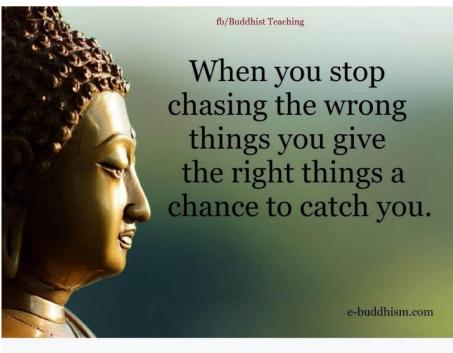


A collection of 101 of Buddha's quotes.

Each quote contains a wealth of wisdom, inspiration, and practical advice.

They are suitable as guiding principles for our day-to-day living as well as dealing with the challenges we face.

"Happiness comes when your work and words are of benefit to yourself and others."... See more



UNIT 6 • FREE EBOOKS & WORKSHEETS FOR DOWNLOAD

A collection of 101 of Buddha's quotes





<Stress Management Worksheet>

If you are feeling stressed up over the current situation or facing any kind of stress in your life, this worksheet will be useful to help you identify the source of stress, the reason behind it and the strategies to deal with it, so that you can reduce your stress level and in turn live a happier life.

Download here... See more



UNIT 6 • FREE EBOOKS & WORKSHEETS FOR DOWNLOAD

Stress Management Worksheet

《The King & The Boulder》

In ancient times, a King had a boulder placed on a roadway. He then hid himself and watched to see if anyone would move the boulder out of the way. Some of the king's wealthiest merchants and courtiers came by and simply walked around it.

Many people loudly blamed the King for not keeping the roads clear, but none of them did anything about getting the stone out of the way.

A peasant then came along carrying a load of vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to push the stone out of the road. After much pushing and straining, he finally succeeded.

After the peasant went back to pick up his vegetables, he noticed a purse lying in the road where the boulder had been.

The purse contained many gold coins and a note from the King explaining that the gold was for the person who removed the boulder from the roadway.

Moral of the story:

Every obstacle we come across in life gives us an opportunity to improve our circumstances, and whilst the lazy complain, the others are creating opportunities through their kind hearts, generosity, and willingness to get things done. So, see the opportunity and learn the lesson in every difficult situation you are in.













Jason Cai

♦ Admin • 3 Dec 2019 • 🖪

The Hospital Window Story

Two men, both seriously ill, occupied the same hospital room. One man was allowed to sit up in his bed for an hour each afternoon to help drain the fluid from his lungs. His bed was next to the room's only window. The other man had to spend all of his time flat on his b

... See more



UNIT 2 • INSPIRATIONAL SHORT STORIES

The Hospital Window Story

SEE UN...











Jason Cai contributed to the album ••• Dealing With Depression.

♦ Admin • 29 Nov 2019 • 🖪

Depression is like the cancer of the mind and it is affecting more people today in our stressful society. We hope that the resources in this album can help you cope better if you are feeling sad, down or depressed.



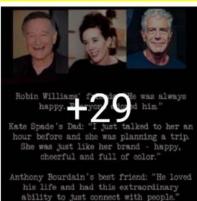
MANAGING DEPRESSION



have to prove how unwell they are - they're fighting an invisible illness that is life threatening. @RealDepres

If You Don't Understand









🕍 A Good Breakfast...



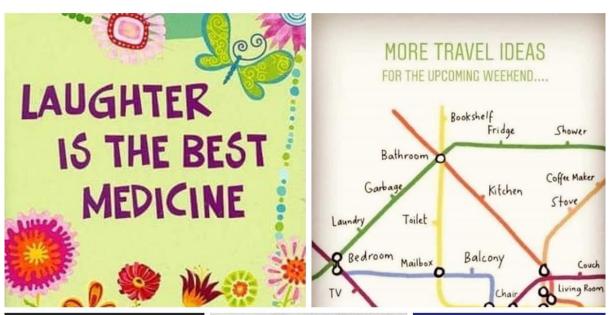




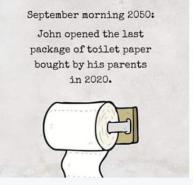
Jason Cai contributed to the album Laughter Is The Best Medicine.

Admin • 28 Mar • 🖪

Creating this album to spread some laughter around and lighten the mood and lift everyone's spirits.







If they shut schools for too long.
Mothers are boing to find a solution for the virus before all scientists.

UNIT 5 • JUST FOR LAUGHS

Laughter Is The Best Medicine Album

SEE UNIT











Jason Cai

<19 Everyday Tips To Help You Save More in Singapore>

When it comes to your financial well-being, it's **not just how much you earn** but also how much you spend.

Singapore is often considered one of the most expensive cities in the world, and while there are definitely luxurious lifestyle options i ... See more



Savings

19 Everyday Things You Can Do To Help You Save More in Singapore

I was searching around for a clock and I realised something, I can buy the most beautiful clock or the most expensive clock but I can't buy time. Every hour, every minute and every second that ticked away will not come back to me again. We may think that there is a lot of time left because we are young but the fact is no one knows how much time we have left.

For every minute we wasted doing something that is unconstructive nor beneficial to us, is the one minute we trade to do something that is useful and meaningful to us. For the time we spend bearing grudges, hating someone, getting angry over some people, worrying about something that may not happen, having irrational fears, envying others, playing politics, is the time we could have better spend with our loved ones, doing more for the society, exploring new hobbies, good food, new places of interest (home & abroad) and rejuvenating in Nature.

Every minute is precious, make it count. We are all trading our time for memories, that is one thing that we hold on to until the very last minute, not tons of cash in the bank. If you have not been trading your time wisely for happy memories, now is the good time to start.

An Article from "Finding The Magical Realm Of Happiness"















Jason Cai 🗘 Admin • 4 d • 🔣

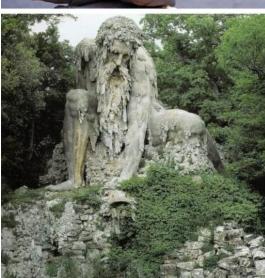
<Amazing Sculptures>

A reminder of the deep human potential that lies inside all of us and that if allowed to grow, this seed can blossom into a lush beautiful tree

























•••

Share Your Business Products & Services Here



Day 1 of 14 Days Share Your Business Initiative

Post a picture of the product/ service you are offering and write a short description to introduce your product/ service. You can attach your business' FB/ IG link to get more likes/ following.

SME, Home Businesses, Stay Home Mums, do make use of this opportunity for free publicity (potential 2k viewership) to help you in your business and tide through the covid-19 crisis

Slyvia Kin and 46 others

135 comments











Jason Cai

Admin · 20 Jul ·

Let's try this on a Monday morning and spread more positive vibes around for the rest of the week 7













Jason Cai

🗘 Admin • 6 d • 🔣

This is meaningful.

Every one of us has a purpose in life and it is usually associated with what we do best, i.e our strengths and gifts. Once you can identify that, you are on your way to finding your purpose in life. Always believe that you are made for great things so don't settle for being mediocre:)



The razor blade is sharp but can't cut a tree; the axe is strong but can't cut hair.

Everyone is important according to their own unique purpose.

Never look down on anyone unless you are admiring their shoes.











Jason Cai shared a link.

Admin · 6 d · 🖪

Happiness is being able to save money on our daily expenses, especially during this period whereby the economy is in such a bad state and people are losing jobs or unable to find a job.

I recently watched Kelvin's videos and it inspires me, not towards investing/ personal finance but in another way. Kelvin does not speak perfect English or has ex... See more



YOUTUBE.COM

Top 10 Ways To Save Money In SingaporeSingapore is the most expensive city to live in, 5 year...

There will be awesome days in your life but on some days, your biggest achievement is to survive it all until the hot shower at night.

Be it good days or bad days, always remember this:

- Every day is a blessing
- Find your reason to be happy
- You will be fine
- 4. Don't forget to breathe, live and dream!

Have a wonderful week ahead, everyone 🤎













Jason Cai ✿ Admin • 18 Jul • 🚉

<10-Day No Smartphone Pledge>

The smartphone, backed by the Internet and social media, is so fascinating that we can literally spend hours on it. But at what cost?

We cannot reap the benefits without giving up something in return. How long has it been since you properly sat down with your child without using your phone? And not just chatting abou... See more













Jason Cai



Being able to write and share these positive uplifting posts every day is my way of giving back to our society amid the cloud of negativity that is engulfing us. We will get through this. Jiayou everyone

The world need more positivity and uplifting posts as compared to the social media thrash, clutter and the likes! So, thank you for contributing positively to society, am sure u had made a difference in someone's life

truly a rare breed of soul 🙂











Jason Cai

Admin • 19 Jul • □

Things To Remind Someone In A Depressive Episode:

They're not a burden

Their identity and life are not defined by this moment

They're strong for still being here

It is okay if all they do is survive today

This too shall pass

Their depression is lying to them

They have a 100% success record of surviving tough times

You're there for them and you'll get through this together







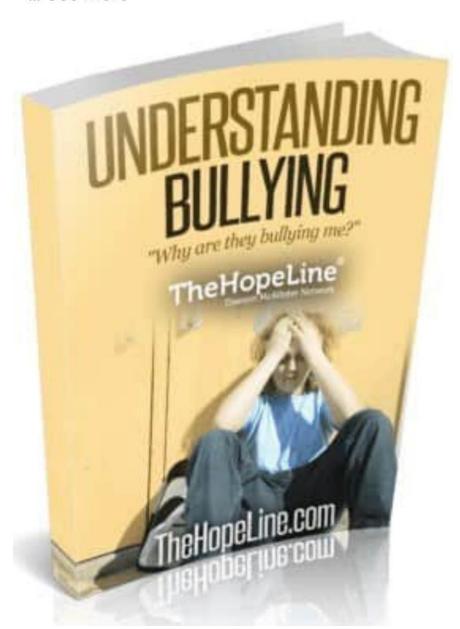
Winnie LovesRed and 16 others

3 comments



<Free eBook for Download>
Bullying is an act of aggression towards
someone, and can take on many forms.
Anyone can be the target of bullying. Every day
activities like going to school can be
overwhelming. Taking a stand and alerting
those in authority are essential to stop the
hurtful, damaging cyc

... See more













Jason Cai Admin • 17 Jul • 🖪

I do not like to talk about the topic on death and I am sure many people are like me. Death has just so much negativity attached to it. It represents loss, a permanent separation from the things we hold dear. It brings sadness and sorrow. It sometimes creates guilt and remorse that will not go away even after a long time.

Yet, death plays such an... See more







A Good Breakfast...







Jason Cai shared a post.

Admin • 16 Jul • 🔄

This is simply amazing by a 77-year-old Uncle. It goes to show how important motivation is to succeed in life. If you are motivated and passionate about something, there is a high chance you will do it well. Also, not forgetting the power of encouragement that inspires Uncle to do better each time.

Thanks Jenny Chan for sharing this with me so I c... See more



🚗 Our Grandfather Story 🤡

14 Jul • 🕙

Why do you need pen and paper to draw when you have twigs? 😕

This resourceful 77-year-old uncle collects fallen twigs to create beautiful portraits... See more







🕍 A Good Breakfast...







Jason Cai

Admin · 26 Mar ·

Wellness Tip: Meditation

Meditation can provide you with a lot of benefits: physical health, mental health, and even emotional stability. It can generate positive emotions that can lead to a healthier and happier life.

If you are troubled by all the negative news that is ongoing recently, try meditation to bring back the inner peace and good heal... See more

How to Meditate:

A 14-Step Guide for Beginners



1

Schedule a time and a prompt for your meditation technique.



2

Use a prompt to motivate you.



3

Find a quiet and comfortable place to do your practice.



4

Make yourself comfortable.



5

Notice what your legs are doing.



6

Sit up straight, but make sure that you're relaxed.



7

Feel and think about your arms.



8

Soften your gaze.















Jason Cai shared a link.

Admin • 15 Jul • 🔣

I grew up watching many of these Mr Bean classic and no matter how many times I watched, it is still so funny. The amazing thing is there is not even any script or cheesy lines to provide the entertainment. I hope this video brings some happiness to you and cheer your day. Always remember Laughter is the best Medicine 🝪 🤣 🤣



YOUTUBE.COM

Time To Cool Off with Mr Bean | Classic Mr Bean

You can buy a watch but you can't buy time.

You can buy flowers to show love but you can't buy love.

You can buy medicine and supplements to boost your immunity but you can't buy health when it is deteriorating.

You can buy a big house house to accomodate many people but you can't buy a family or kinship.

You can buy a cot but you can't buy children or fertility.

You can buy someone beer but you can't buy trust or true friendship.

You can buy an expensive holiday package but you can't buy companionship.

You can get a Masters degree but you can't buy wisdom and experiences.

You can engage a helper or be a boss of many employees but you can't buy respect.

You can sign a contract with someone but you can't buy loyalty.

You can send your kids for enrichment classes but you can't buy values like filial piety, humility and kindness. You need to be a good role model yourself.

There are so many things we can buy with money, which make money very attractive to own but there are more that money can't buy. Life is meaningful when we pursue the things that money can't buy.

Written By: Jason Cai
An article in "Finding The Magical Realm Of
Happiness"
tinyurl.com/y34re4c5

THINGS YOU CAN'T BUY IN STORES













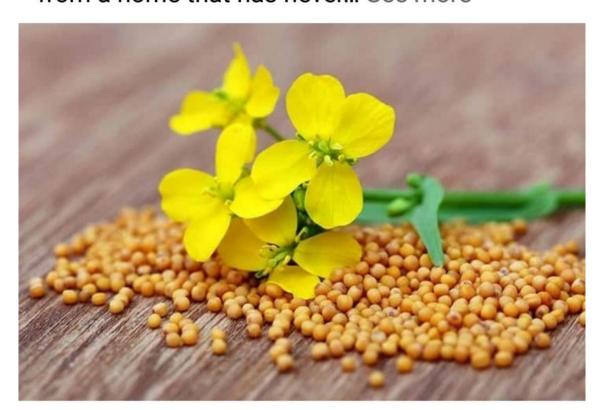
Jason Cai

Admin • 12 Jul • 🖪

<The Magical Mustard Seed Story>

There is an old Chinese tale about a woman whose only son died. In her grief, she went to the holy man and said, "What prayers, what magical incantations do you have to bring my son back to life?"

Instead of sending her away or reasoning with her, he said to her, "Fetch me a mustard seed from a home that has never... See more













12 Reasons Why Singaporeans Are Unhappy



1. Resentment (Govt, Bosses & Spouse)

We harbour resentment against people/ organization who are not doing a perfect job. The government is to be blamed for high cost of living, high property prices; the bosses are to be blame for the workload, stress while the spouse is always not d... See more











🚺 🕍 A Good Breakfast...







Jason Cai

Admin • 24 Jun • 🖪

🍅 🥑 🧅 A Good Breakfast 20-Day Gratitude Challenge 🚄 🥈 🏆

Dear Friends,

I will be starting a 20-day Gratitude Challenge and I hope you can participate every morning to have a good start to the day and take control of your happiness.

Here is how it works.... See more

25/06/20 Day 1 of 20-Day **Gratitude Challenge** What Are You Grateful For Today?

26/06/20 Day 2 of 20-Day Gratitude Challenge What Are Your Blessings In Life?

27/06/20 Day 3 of 20-Day Fratitude Challeng br Happiness Toda

14/07/20 y 20 of 20-Day Gratitu Challenge nat Are Your Reaso II You Choose Happine Today?



A crow lived in the forest and was absolutely satisfied in life. But one day he saw a swan. "This swan is so white," he thought, "and I am so black. This swan must be the happiest bird in the world."

He expressed his thoughts to the swan. "Actually," the swan replied, "I was feeling that I was the happiest bird around until I saw a parrot, which has two colors. I now think the parrot is the happiest bird in creation." The crow then approached the parrot. The parrot explained, "I lived a very happy life until I saw a peacock. I have only two colors, but the peacock has multiple colors."

The crow then visited a peacock in the zoo and saw that hundreds of people had gathered to see him. After the people had left, the crow approached the peacock. "Dear peacock," the crow said, "you are so beautiful. Every day thousands of people come to see you. When people see me, they immediately shoo me away. I think you are the happiest bird on the planet."

The peacock replied, "I always thought that I was the most beautiful and happy bird on the planet. But because of my beauty, I am entrapped in this zoo. I have examined the zoo very carefully, and I have realized that the crow is the only bird not kept in a cage. So for past few days, I have been thinking that if I were a crow, I could happily roam everywhere."

Moral of the Story: That's our problem too. We make unnecessary comparison with others and become sad. We don't value what was given to us. This all leads to the vicious cycle of unhappiness.

Learn to be happy in what you have instead of looking at what you don't have. There will always be someone who will have more or less than you have. The person who is satisfied with what he/she has, is the happiest person in the world.













Jason Cai











The accessibility and use of urban oases and green spaces are therapeutic and healing. The biologist Edward O. Wilson used the term biophilia to mean the "inherent human need to affiliate deeply and closely with the natural environment, particularly it's living organisms" (1984).

Research suggests tha... See more







A Good Breakfast...



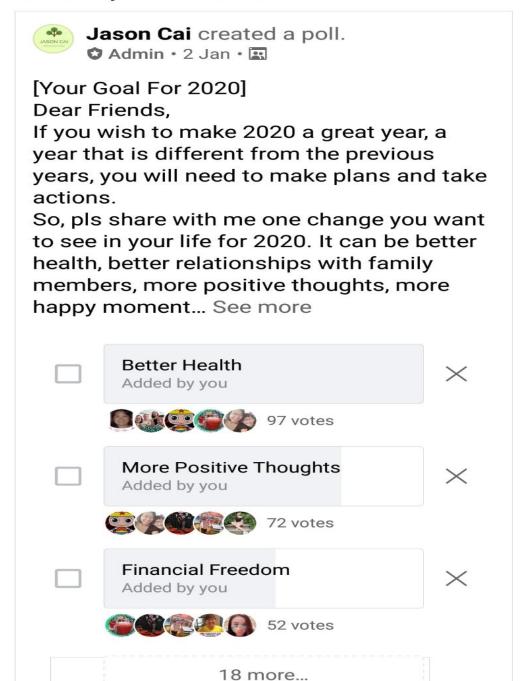




Jason Cai shared a post.

🗘 Admin • 13 Jul • 🖭

We are past the halfway mark in 2020. How are you on track for the goals you set for 2020? Are you near or far away? Are you making progress through baby steps? Or simply. do you have new goals now? Especially 2020 is such a different year for all of us.











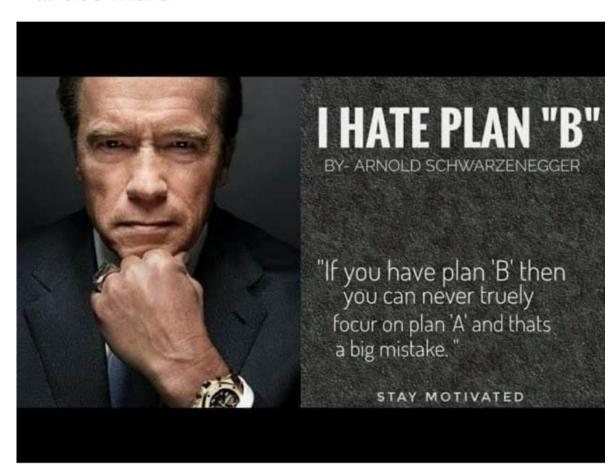


"I Hate Plan B" ~ Arnold Schwarzenegger

For friends who are **failing in life**, be it in work, business or pursuing your dreams, I want you to watch this inspiring 5 minutes video.

https://www.youtube.com/watch?v= _NRRRBxcq5Y

... See more



There will be days where you feel like giving up altogether.

But there will be good days too where you see hope and believe that you can make it through.

So, take life one day at a time.

Hang in tight when the storm hit you, grab onto whatever strong sturdy support you have around you.

Look out for the stars to guide your path when it is pitch darkness in your world.

And lastly, enjoy the sunshine and rainbow when your crisis is over.





A brand new week awaits.

Things will get better.

Hang in there.

Keep moving forward.

One step at a time.

This letter is to you.

The you that's had a rough week.
The you that seems to be under constant storm clouds. The you that feels invisible.
The you that doesn't know how much longer you can hold on. The you that has lost faith. The you that always blames yourself for everything that goes wrong.
To you. You are incredible. You make this world a little bit more wonderful.
You have so much potential and so many things left to do. You have time.
Better things are coming your way, so please hang in there.
You can do it.

-Jodi Ann Bickley

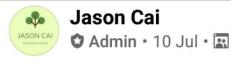












<The Story of The Stolen Watch>

An old man meets a young man who asks:

"Do you remember me?"

And the old man says no. Then the young man tells him he was his student, And the teacher asks:... See more







A Good Breakfast...





A lovely little girl was holding two apples with both hands.

Her mum came in and softly asked her little daughter with a smile: "My sweetie, could you give your mum one of your two apples"?

The girl looked up at her mum for some seconds, then she suddenly took a quick bite on one apple, and then quickly on the other!

The mum felt the smile on her face freeze, she tried hard not to reveal her disappointment! Then, the little girl handed one of her bitten apples to her mum, and said: "Mummy, here you are, this is the sweeter one!!

No matter who you are, how experienced you are, and how knowledgeable you think you are, always delay judgement. Give others the privilege to explain themselves. What you see may not be the reality. Never conclude for others.





On the days where you think your deskbound job is boring and there are not much choices at the foodcourt nearby, there are other people risking their lives for their jobs, suffering under the mercy of the weather or taking a quick bite to tide through their hunger, all for one purpose: to bring the bread back to their families.



...

[Have A Break]

After so many years (decades), I can still remember this Kit Kat advert very vividly.

I always use this advert to remind myself this: You can spend your whole lifetime pursuing something but it will still **elude you at the most critical moment.** So, in actual fact, we are never in control.

I share with you another inspiring quote:

"The **bird of paradise** alights **only** upon the **hand that does not grasp**."

Live in the moment and enjoy every moment and stop trying to always be in control. Some beautiful things will come to you when the time is right.

Lastly, when you are overwhelmed by negativity or responsibilities, always remember the kit kat slogan:

"Have a break, Have a Kit Kat"



YOUTUBE.COM

Kit Kat Panda TV Commercial

Still running in the UK 25 years after it was first created. To see more of my ...

Many of us do not know how to handle our negative thoughts, such as anger, worries, fears sadness or depressive thoughts.

We sometimes focus on them and allow them to manifest into something bigger. We sometimes try to suppress them or fight these thoughts but again it is ineffective. They end up coming back stronger. Just like how you use paper to wrap fire, which resulted in the fire burning more ferociously.

I want to teach you a technique that you may find effective when your mind is swarmed by negative thoughts. You can use this mantra when you feel tortured by the thoughts in your head:

"I acknowledge that I am feeling negative because of certain incident/ people, but I also have the wisdom to know that having these thoughts is not going to help me in any ways. Therefore, I choose to let these thoughts go and shift my focus to something positive and meaningful. I choose to love myself and I deserve to be happy."





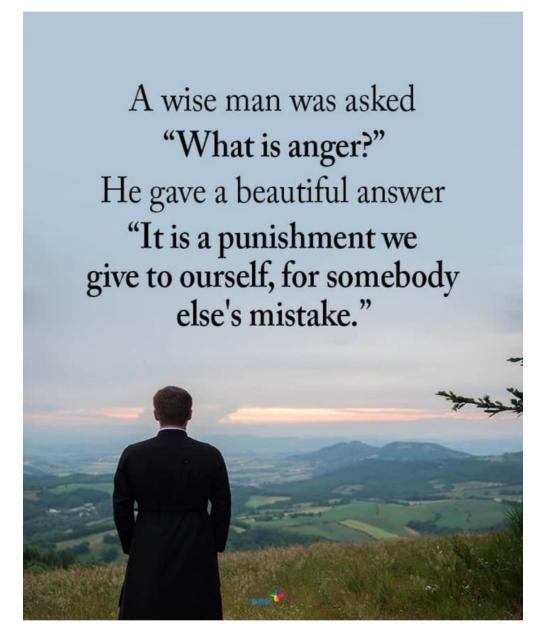








Remember that Anger is like consuming poison and expecting the other party to die from it. You can be so tormented by your angry thoughts while the other party goes "scot-free" and living happily. Be kind to yourself and let the angry thoughts go.













Jason Cai Admin • 7 Jul • 🖪

Sometimes, success comes when you are on the verge of giving up. So, hang in there!













This is the reason why I always caution against the trap of social media/ TV/ newspaper. The negative news is aplenty and it often catches your attention, especially with the headlines, e.g. crimes, fights, wars, pandemic, deaths.

If you do not make an effort to moderate/ neutralise/ diffuse with positivity, chances are you will be sucked into the... See more













Jason Cai

🗘 Admin • 5 Jul • 🔄

When you think that your spouse is not sensitive enough, not loving enough, not taking initiatives, someone out there could be suffering from abuse issues in their marriage.

When you think that your kids are not smart enough or taking care of them is draining all your time and energy, some parents out there could be struggling to care for a specia... See more

DO YOU WANT TO KNOW HOW MUCH YOU ARE BLESSED?

 Your terrible job is the dream of every unemployed.

- Your house is the dream of every homeless.
- Your smile is the dream of the depressed.
- Your health is the dream of all the ill.
- Your lifestyle is the dream for somebody else.

Don't let difficult times make you forget your blessings.













...

This is meaningful. Always remember the people who stayed to clear up the mess in your life when everyone else has left. If you have one such person in your life, be it a friend or your family member, you are blessed. Focus on what you are blessed with will bring you happiness.

.

.

.... See more

Life is kind of like a party. You invite a lot of people - some leave early - some stay all night - some laugh with you and some laugh at you - and some show up a little too late. But in the end, after the fun, there are a few who stay behind to help you clean up the mess (most of the time, they aren't even the ones who made the mess). These people, the ones still there emptying the middle of the night trash - these are the true friends, the ones meant to go the distance. Hold on to them.













Jason Cai Admin • 2 Jul • 🖪

For friends who are coping with loss, I hope this message brings some comfort to you 🤎







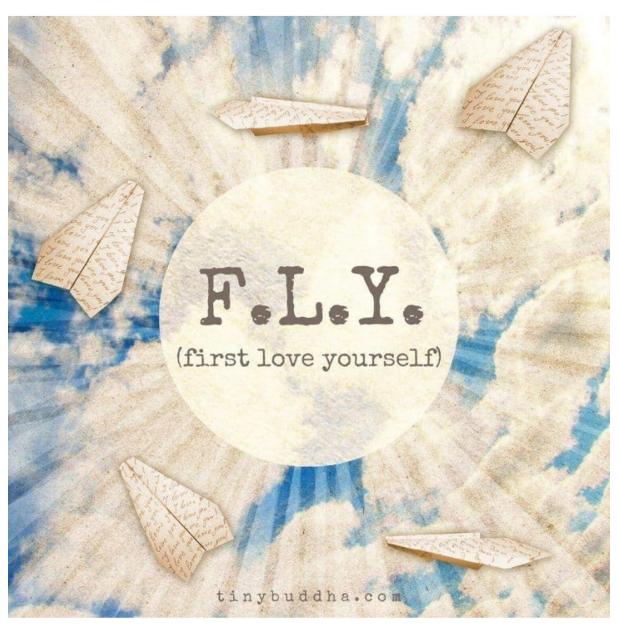






Jason Cai Admin • 5 Jul • 🖪

When you can First Love Yourself, you will FLY!

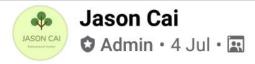












Sadness is a perpetual feeling and we all are born with it. There is no escaping or hiding from it. when you feel sad, remember, this feeling is a part of you. and it's okay.

It's okay if your parents didn't understand you. if they made a 'joke' that hurt you. or your sibling snitched on you. remember, people you grow up with – they have your best... See more













Jason Cai uploaded a file.

Admin • 4 Jul • 🖪

<Free 8-week Happiness Program ebook>

A very useful ebook developed by experts from Khoo Teck Puat Hospital (School of Psychological Medicine) on helping you to be happier in 8 weeks.

This 48-page ebook explains the science of happiness and has exercises planned out in an 8-week program to guide you on a lifestyle change towards living a healthy and happy life.

Download it here and start practising \bigcirc





PDF

Achieving Happiness In Singapore E Book.pdf











Jason Cai

🗘 Admin • 1 Jul • 🔣

If you happen to meet one of them or all of them, please remember that they are Life's best teachers to bring you valuable lessons and make you wiser. Learn from them though it may not be the most pleasure experience for you.

Life's three best teachers:



Empty pockets.

Failures.

Heart Breaks. I have a friend who was doing quite well in his insurance biz just a couple of years ago. I remembered during our catch up, he drove a sports car to pick me up for lunch. Then he told me he had another sports car at home for his dad. He shared that his monthly expenses was more than 10k but it was alright, since he was earning much more anyway.

Recently, we chatted again and he told me that he was not doing too well, a few failed business ventures made him lose a lot of money. Unable to accept his business failures, he tried to use gambling to recoup his losses and ended losing more, totaling a million dollars of losses. He was still in debt as per our last convo.

Life may get you up to the highest point but it can also send your world crashing, just like my friend. Don't envy others when you see the glamorous side, what you didn't see could be the pain and sacrifice, or the turbulence they may have to go through thereafter. Find contentment in your life and count your blessings, because while you may not ride the hot air balloon to admire the scenery of the world, you could also be safe and sheltered from the punishing thunderstorm.

Written By: Jason Cai

An Article From "Finding The Magical Realm Of Happiness" tinyurl.com/y34re4c5





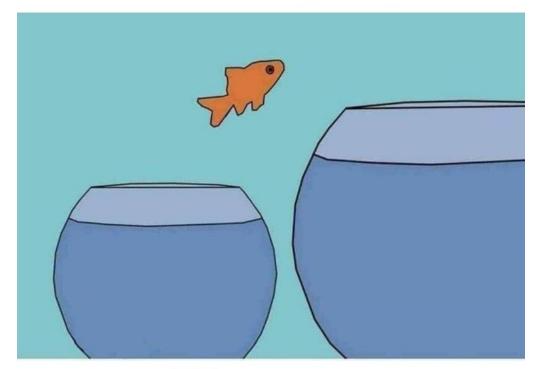








Many times, change is painful and it involves courage. Not all will succeed and make it but for those who do, it is worth every bit of effort and the sense of satisfaction is great, especially in overcoming all the self-doubts and insecurities while taking the leap of faith.



Change is good but, it's never easy.

A student asked his teacher, "What is Greed?" The teacher said, "In order to answer your question, go through the chocolate factory next to our school and pick the one chocolate you like the most. But there is a rule. As you pass through the factory, you can not turn back. You must pick the chocolate as you go forward only."

The student went to the chocolate factory. As he walked through, He saw the one chocolate wrapped nicely, he instantly liked it but he wondered that he may find much bigger one further. So, He walked further, then he saw another chocolate. But again, he thought the same. When he started to reach near the end of the factory, he couldn't see any chocolates as big as the one he didn't pick earlier and started to regret his decision of letting it go.

Finally, he gave up. He went back to the teacher with an empty hand and gave an explanation of what he did.

The teacher told him, "You did like the one chocolate very much but still you kept looking for a bigger one. And later you realized that what you let go off was the best chocolate you could find there. That my dear is called Greed."

Moral Of The Story: We let go of many good things in our life because of our greed for having even better things. Human Nature is such that we always want better and better. But in the search of better, we let go of many good things which could have given us similar satisfaction and made us happy. Learn to make your choice wisely.







← 🌆 A Good Breakfast...







Jason Cai contributed to the album **Beautiful Flowers**.

Admin • 14 Jun • 🖪

Whenever you feel down, you can always count on Nature for some healing vibes.

P.S. Feel free to download these photos for your computer wallpaper if you like them.

HD Photos Here:

https://drive.google.com/drive/folders/1 _wfDnP6UqUL1ievtyBz1n2_AwkhQZNjq?usp= sharing



Inspiration From 5-year-old Emma

"Treasures"

3-piece acrylic on canvas

Emma explains that the treasures in the middle are protected by the two paintings on the left and right. Her "treasures" are little things like the flowers she picks up from the ground for mommy, the beads she collects over time, or the animal figurines that she plays with everyday &

Everyone's "treasures" are unique and beautiful in their own ways... hope Emma's paintings remind you of the things that are dear to your heart and make you smile



Heidi Nguyen-Buan is with Huong Tran and Ivan Buan.

27 Jun • 🔇

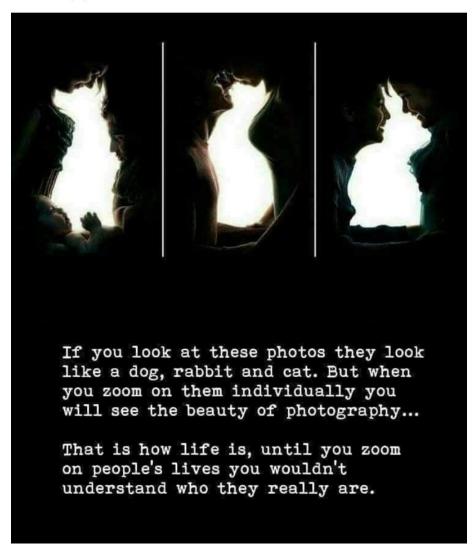
UPDATE: after much thinking about whom she could better help, Emma has decided that she would like to give the whole angbao that she's receiving for this painting set to St John's sheltered home for elderly persons.

In the past (before Covid), Emma and her preschool friends have gone to home for the elderly persons to perform songs and chit chat... See more





This is like the social media effect. Everyone seems to put their best photos forward to look glamourous and blissful. However, we will never know what's going on in their private lives. Some could be dealing with abuse, infidelity, mental illness, debts but most people will not tell, not to mention share it on social media. As a result, we see the good in others and started envying and feeling miserable for ourselves. Take a step back and reflect on this, because it could be your source of unhappiness.



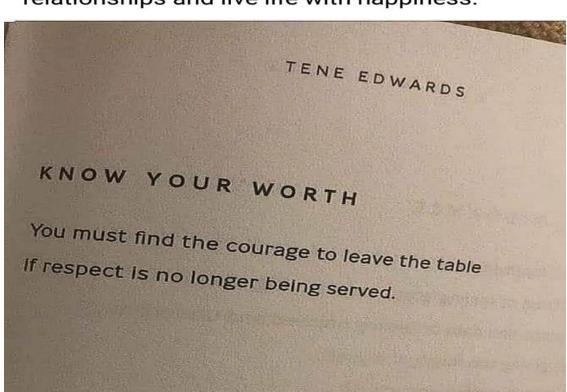
I can totally relate to this because for past few months, I was working under a rude, unsupportive and sarcastic supervisor who always uses his words to bring me down and make me feel unworthy.

I tried to look for the positive side of my job and 忍 (endure like most employees would do). However, things got out of hand when he repeatedly crossed the line. So, I had an outburst with him and later requested for a transfer!

And do you know what toxic people do? Blame everything that has happened on me, using the most ridiculous reasons.

I don't know what the future will bring but I am glad I have the courage to leave when someone is not showing me any respect.

May all of us find the courage to leave toxic relationships and live life with happiness.













Singapore Spends 3.1 Billion Annually on Stress-Related Illness

The issue we face is real and yet, many choose not to talk about it.

Despite being an affluent country with many rich people ranked among the wealthiest in the world, we are also spending a lot of money treating illnesses arising fr

... See more

illnesses annually: Study



Stress-related conditions can refer to physical and mental symptoms caused by stress such as headaches, muscle aches, joint pain, anxiety, depressive and panic disorders. ST PHOTO: KELVIN CHNG

O PUBLISHED NOV 21, 2019, 4:36 PM SGT









Globally, 84 per cent of people surveyed in past studies admitted to feeling stressed, said Cigna's regional chief executive officer Julian Mengual, while 64 per cent reported that they operated in an "always on" environment.

This refers to people feeling the need to engage with work both during and outside office hours, a culture which Mr Mengual said contributes to stress levels worldwide.

"Stress is a big issue... (but) sometimes this is a topic that people don't like to talk about, and we really need to address it to move things forward," said Mr Mengual, who also noted that stress is linked to diseases such as hypertension and diabetes.

Cigna's latest study analysed healthcare utilisation rates and related costs of stress-related conditions using public and private data on inpatient and outpatient admissions, and visits to general practitioners (GP) and the emergency department in each region.



Dalai Lama

22 Jun at 17:31 · 3

I'm 85 and physically very healthy. I fe because my mind is peaceful as a res cultivating altruism. My favourite pray "For as long as space endures, And fo as living beings remain, Until then ma abide, To dispel the misery of the worl in trying to fulfil that aspiration, I feel I has been of some benefit.













Jason Cai

🗘 Admin • 25 Jun • 🖪

For friends who are going through a difficult time, be it financially, relationships or at work, remember this: your current situation is not your permanent destination. And nothing is permanent in life. Treasure the good times and hang in there during the difficult times. For this too shall all pass one day.

Repeat after me: My current situation is not my permanent destination.







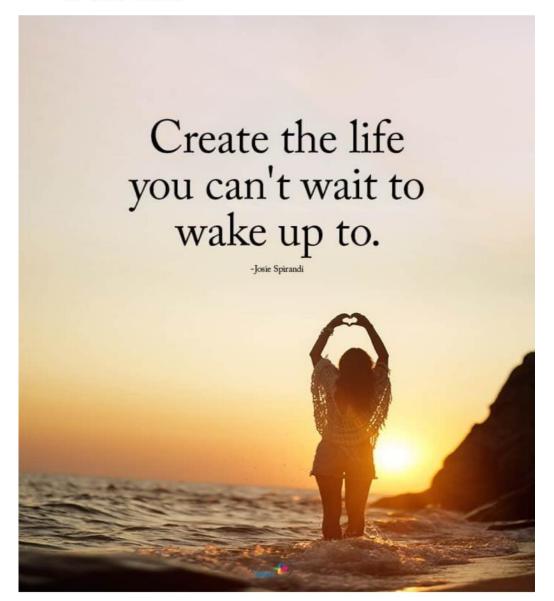


How many of us aspire to do that? But can't find what is our purpose in life.

And even if we do, we lack the courage to break out of comfort zone. It is always too risky to ditch that high pay or job security.

End up, we live a life that we do not find passion or meaning in.

***... See more



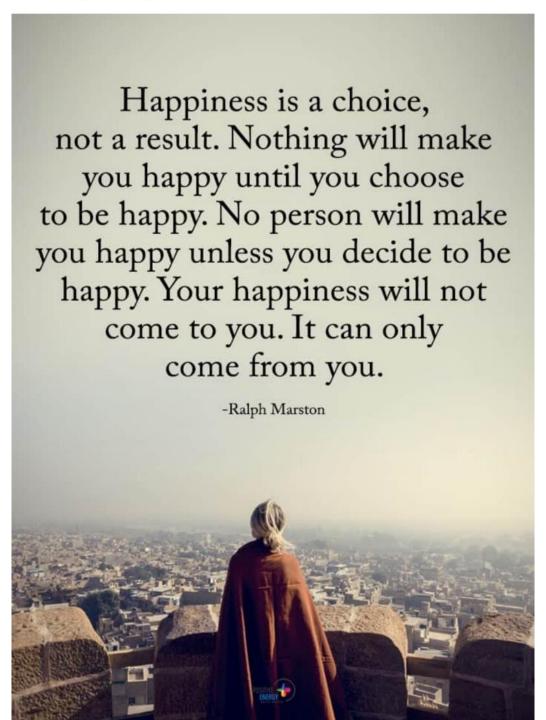








An important point to note regarding happiness: you are always in control of your own happiness and no one can make you happy until you decide to do so.







A Good Breakfast...







Jason Cai created a poll. Admin • 16 Jun • 🔣

What is the Biggest Source of Unhappiness in Your Life?

Awareness is the first and most important step if we want to change our life for the better or to remove negativity from our lives. This question aims to help you become aware of what is making you unhappy, so that you can work towards overcoming the challenges you may be facing and living the life you always wanted to live.

Please spend a minute to vote and feel free to add on any options that I may have missed out. I can use your answers to design future content for our Happiness Program too. Thank you.

Toxic People (Family Members/ Colleagues/ Friends) Added by you	×
35 votes	
Lack of Purpose/ Meaning In Life/ Life too Mundane and Monotonous Added by you	×
12 votes	
Lack of Money Added by you	×
10 votes	
7 more	

...



[The Art Of Blooming Late - Mini eBook For Download]

A very meaningful writeup that I convert into a pdf ebook for your reading pleasure.

The article uses Mozart the genius composer as an example and how he spent many frustrating years being mediocre instead of excelling in his passion and gifts.

The author then explains that many of us live a very mundane life and going through life with no sense of purpose and feeling frustrated because we are so fixated on the idea of success.

Except:

"What, then, is holding you back? Rich Karlgaard, the publisher of Forbes magazine and author of Late Bloomers, argues that our culture's obsession with early achievement dissuades us from pursuing our passions. Instead of having varied interests, studying widely, and taking our time-essentials for self-discovery—we're encouraged to ace tests, become specialists right away, and pursue safe, stable, and lucrative careers.

As a result, most of us end up choosing professional excellence over personal fulfillment, and often we lose ourselves in the process."

I hope you enjoy reading this article as much as I do and draw some inspiration out of it.

Download link:

https://www.facebook.com/groups /806488663131247/permalink /940311636415615/













It will be tragic to realise one day that after spending all your life chasing money, accumulating wealth and the relentless pursuit of material possessions, it cannot bring your loved ones back to you.

The loneliest feeling is living by yourself in a big mansion and the poorest person dies with no one by his side.

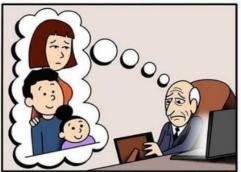
Take a step back and evaluate your life again, before it is too late to do so.

RELATIONSHIPS ARE THE MOST IMPORTANT ASPECT OF OUR LIVES













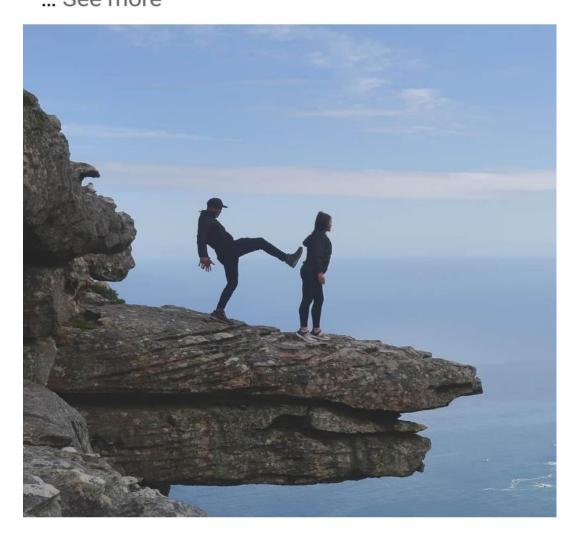






Toxic People Never Apologize for Anything or Admit Their Mistakes

At some point in our lives, we all have to deal with toxic people. You'll get many things from toxic people - requests, claims, reproach - but there's one thing you'll never receive: an apology. Even if they say the words, there's a ... See more













Jason Cai shared a link. Admin • 22 Jun • 🖪

PLEASE WATCH OR LISTEN TO THIS VIDEO IF YOU HAVE TIME

This is the reason why our Happiness Program is called A Good Breakfast (For Your Mind & Soul). Because what I aim to do is to help you win the morning so you win the day. Start your day with a positive article and make you feel charged up for the rest of the day. A good start is half the battle won.

And if you have no time to watch 10 mins+ videos like this, please download our podcasts and listen to them as you do your chores/ activities.

The folder of podcasts is here:

https://drive.google.com/open?id= 1BkkB8tdtgjcTx9CYj40sA3Lmunj5qL9-

HAPPINESS IS IN YOUR OWN HANDS.



YOUTUBE.COM

Win The Morning, WIN THE DAY! Listen Every **Day! MORNING MOTIVATION**







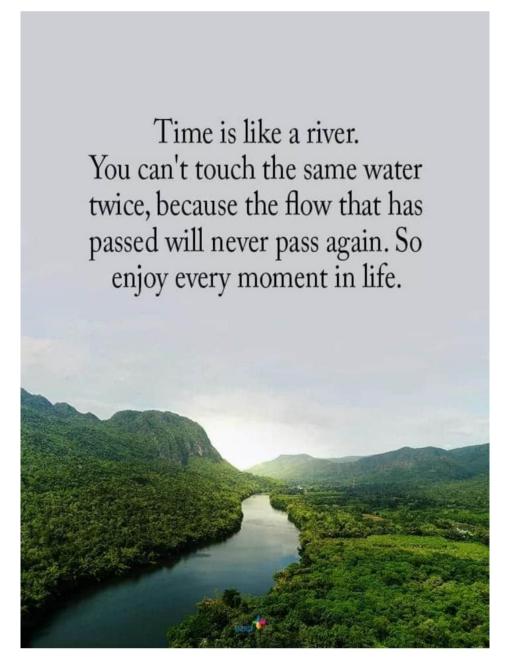




Jason Cai

🗘 Admin • 20 Jun • 🖪

Very meaningful words. Indeed, you will never get back the time that has passed just as you will touch the same river water twice. So, treasure every minute that you are blessed with and choose to be happy and thankful.











<The Inspiring Story of Keanu Reeves>

"Most people know me, but don't know my story. At the age of 3, I watched my father leave. I attended four different high schools and struggled with dyslexia, making my education more challenging than it is for most. Eventually, I left high school without earning a diploma.

At the age of 23, my closest friend... See more



This man riding the subway is Keanu Reeves. For every movie he ever made, he donated most of his earnings to charities and hospitals. He doesn't own a mansion and lives an ordinary life and humbly rides the NYC subway to go work.



A Good Breakfast...







Jason Cai Admin • 12 May • 🚉

[Download Our Happiness Podcast To Change Your Life]

These podcasts are one of the most valuable resources in our Happiness Program and I hope you take some time out to download and listen to them.

If you are feeling down, lost or unmotivated in life, please listen to them on a daily basis and it will bring more positive vibes and energy to inspire you.

It does not matter if you only have 5 mins or 10 mins per day. Listening to them even while you are surfing social media will bring the right signals to your mind, the conscious and subconscious part, as your action evoke your auditory senses to change your life.

You infer a lot on the content by the title of the podcasts alone:

- 1. 4 Minutes To Start Your Day Right
- 2. 5 Ways To Get Back On Track When Youve **Lost Your Way**
- 3. 7 Principles to Live by for a Successful Happy Life
- 4. 7 Beliefs You Must Have To Live A GREAT LIFE
- 5. 10 Habits of All Successful People
- 6. Confuse Them With Your Silence and Shock Them With Your Results
- 7. STRUGGLE makes you STRONGER
- 8. When You Feel Like Quitting Remember Why You Started! - Motivational Speech
- 9. The Best Revenge Is Letting Go Moving On With Your Life

We have 29 tracks in the album and I will be adding more as we go along.

Download link:

https://drive.google.com/open?id= 1BkkB8tdtgjcTx9CYj40sA3Lmunj5qL9-

My Drive > A Good Breekfa	st (For Your Mind & Soul) > Po	doests > Daily Podoests - g	65)		
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D 4 Minutes To Start Year Inc.	G - N Wayn To that Back On Tox.	42 - If Ballatia You About Have To	Q - Y Principles to Live by for e	\$2 - 2 Yestings Visua Should Melver	O 10 materia of Alf Sociemator
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UNIT 1 • OUR HAPPINESS PROGRAM 2020: A GOOD BREAKFAST (FOR YOUR

MIND & SOUL)

Powerful Podcast For Down **Everyday Listening**



Interacting as profile













[A Letter to Single Parents]

Dear (Single) Parents,

I hope this message finds you well.

Life often doesn't go accordingly to plan, does it? When you were younger, you dream of finding Prince Charming who will love and protect you for the rest of your life. But happily-ever-after seems so far away from you now.... See more







🗟 A Good Breakfast...







Jason Cai

🗘 Admin • 16 Jun • 🔄

To many people, happiness is about having more money. The more money we have, the happier we will be. Is that really true?

I would like to bring your attention to 2 articles (see screenshots below). We have 200k Singapore residents in world's top 1% and half of our population in the top 10% wealthiest. But, why are we not the happiest in the world? Or at least top 10 happiest country? We are ranked 31st (see 2nd screenshot).

This is the reason why I come out with the Happiness Program: to change the belief that happiness is all about having more money and to stop falling into the money trap of wanting more.

Friends & members, need your vote here: https://www.facebook.com/groups/806488663131247/permalink



The report said it took its numbers from

/957723594674419/



Finland is world's happiest country; Singapore ranked No. 31



© PUBLISHED MAR 20, 2020, 5:03 PM SGT UPDATED MAR 20, 2020, 7:06 PM



...

<Top 5 Regrets Of The Dying>

Point 1 & 5 are especially meaningful to me.

Have you lived the life true to yourself, not the life your parents, friends, society expect of you?

Have you loved yourself more to let yourself be happier?

(Read more in the comments)

Members pls read this announcement:

https://www.facebook.com/groups/806488663131247/954303828349729



- I wish I'd had the courage to live a life true to myself, not the life others expected of me.
- I wish I hadn't worked so hard.
- I wish I'd had the courage to express my feelings.
- I wish I had stayed in touch with my friends.
- I wish I had let myself be happier.



I am a firm believer of the law of universe and that it will bring you what you need when the time is right.

I chanced upon this message and it couldn't come at a more appropriate time. Recently, I met MRS RIGHT. I called her MRS RIGHT not for romantic reason, but because she seems faultless and flawless. Well, that is her own opinion actually.

So how do I deal with this situation? Let her win, let her be. I only clarify on some misleading pointers, the rest I leave it to others to make their own judgement. I may not have won the debate but I am wise not to be embroiled in a vicious cycle of agrument, hate and anger. With that, I have already won the battle within.













Jason Cai

🗘 Admin • 12 Jan • 🖪

No matter who you are, how many people who love you, whatever good cause you are pursuing, there will be doubters, naysayers and haters.

Sometimes, it is in your words, or your actions; other times, it is how you dress or how you look, the little things somehow trigger something in another person.

Bottomline is, you can't please everyone, you don't need to please everyone and you don't need their approval to do what you know is right. Be yourself and be true to yourself. Don't change so that people will like you; instead, be so good even your haters will respect you.

Subscribe to our Happiness Program here: https://tinyurl.com/vo4q7tt













Jason Cai

Admin • 15 Jun • 🖪

Bruce and Chelsea were like any other couples. They fell in love, got married and then had kids. After becoming parents, they quarrelled very frequently. They no longer felt the passionate love like before and had many times contemplated going separate ways.

On one strange night, a wishing star landed in their house and magically changed their fat... See more



The man can't see the snake biting his wife, and the woman can't see the boulder on her husband's back. The moral of the story here is that sometimes a man can't see the pain his wife is suffering from and women can't understand the pressure men feel on a day to day basis, within couples we need to learn to understand each other more and communicate better so we can seek out the problems and turn weaknesses into strength 💚 💯













I watched the interview with Tainan Earthquake survivor, Wei-ling, and it was heartbreaking to see her narrate her story. The tragedy totally ripped her life apart but yet, it is so amazing that she continued to live life as cheerful and positive as she can.

Wei-ling became a happy mum at age 43 and her loving husband asked her to stop work when s... See more











What Bhutan Taught Me About Happiness

Happiness is not a laughing matter, at least not in Bhutan.

Happiness is serious business for the people there. It is so serious, they have even established a Gross National Happiness (GNH) Commission, which ensures that everything the country does contribute

... See more



UNIT 8 • MOTIVATIONAL ARTICLES & WRITINGS

SEE U...











...

There will be good days, but there will also be bad days, and some days are just going to be so hard that you want to give up altogether. It's okay, cry if you must, crawl if you have to, but keep moving forward, because this too shall pass.

And some days life is just hard.

And some days are just rough.

And some days you just gotta cry before you move forward.

And all of that is okay.

[Top 5 Secrets of Longevity]

The most commonly cited advice from a group of centenarians who shared secrets to living a long life:

- 1. Keep a calm mind Stay calm and relaxed and don't let your feathers get ruffled. This is the same advice the supposedly 256-year-old Li Ching Yuen said, in addition to his three other secrets.
- 2. Don't retire- Stay curious about life, do work you love, and continue to do activities and participate in the community.
- 3. Eating right and staying active (traditional longevity)
- 4. Friends, social networks, and family One of the longest-running Harvard studies of all time follow men from college to the present day. George Vaillant commented that (in regard to happiness and life satisfaction) "There are 70 years of evidence that our relationships with other people matter, and matter more than anything else in this world."
- 5. Have a hell of a good time Just a general love for life, constant curiosity and desire to learn, grow and live

Credits: Modern Health Monk















This is really good stuff 👍 👍 👍



For friends feeling very tense up, anxious, stressed or depressed, I would highly recommend that you watch this video to calm yourself down.

The first 1.5 hours of this video will bring you through different forest scapes that provide calming therapy for your mind through your visual & auditory senses.

Peaceful Birds Sounds, Stress Relief Music Video:

https://www.youtube.com/watch?v= RjTPKIKPM3Y

Download the MP3 file here:

https://drive.google.com/open?id=1cUEEAj _GSqeGfn4h-c-EY1urrj3ib3dL













Jason Cai uploaded a file.

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A meaningful article on why Singaporeans are unhappy and some practical tips and advice on how we can go about finding the happiness we deserve.

Dr William Wan:

"Choose contentment over competition... being content means not comparing yourself with others, regardless of how much more they have achieved. There will always be someone smarter, richer, better than us."

Happiness Scientists:

"Pursue relationships and experiences with people you love – not material goods. Buying things you like can often give you an emotional high. But that feeling eventually wears off and you return to your original emotional state."

"Switch off your electronic devices. You'll be surprised how much calmer you feel when you don't have to check your phone ever so often."



PDF

A Formula For Happiness.pdf

No matter how beautiful the sunset is, it will be meaningless if there is no one beside you, to admire together with you.

Our loved ones are the reasons we work so hard for, but they are also the reasons why we should not overwork ourselves. It is our responsibilities to preserve our health for as long as we can, so that we can be there to take care of our loved ones and to enjoy Life's best moments with them.

The world is moving at a fast pace, work may get more demanding and challenging, stress level will go up as well. However, we must always bear in mind, what is most important to us, that is our health and our loved ones.

No one is indispensable in any organisation but you are indispensable to your family. Always remember that and strive to strike a balance, there is a time to work and there is a time to rest.

An article from:

Finding The Magical Realm Of Happiness https://tinyurl.com/y34re4c5

P.S. The most beautiful sunset that I have ever watched is at Mt Kinabalu after I scaled a few thousand feet above sea level with a group of friends. And yes, we are above the clouds and it feels like heaven on earth.













This is classic!

And a good way to deal with the hurt and abuse that others are throwing at you.

You are going to get better with every experience. Keep going and outshine all those who hurt and try to destroy you.

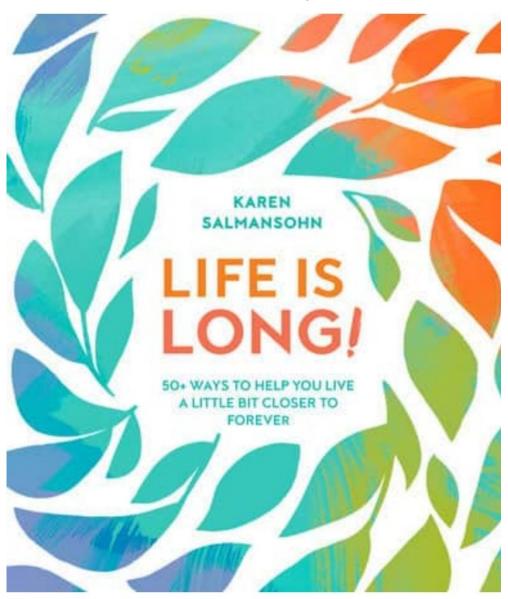
***... See more



ABOUT LIFE IS LONG!

Want to live forever? This handy little guide will get you close!

Best-selling author and wellness expert Karen Salmansohn presents a witty, inspiring collection of the top 50+ tips for a long and healthy life, backed by a wide range of longevity research. You'll discover insights from the world's Blue Zones (whe... See more





A Good Breakfast...

<The Ownership Of Your Happiness>

We are the true owners of our own happiness. In every circumstance we are in, we can give ourselves reasons to be happy or reasons to be unhappy. When we are angry with someone, when we harbour hate inside us, when we feel negative, we surrender a part of our happiness ownership to them. The more we dwell on the negative thoughts, the more of the happiness ownership we transfer to them. In the end, we start to blame the people who have hurt us, the people who make us angry and the people who cause us so much misery.

This results in more hate, anger and frustration, especially when we think that all these sufferings are out of our control. When that happens, we have basically surrendered all our happiness ownership to them. We have no control over our happiness as our mind is obsessed with the negative thoughts.

This is not true, we have absolute control over our happiness. While there may be people or events that create the negativity in us, we do not need to transfer the ownership of our happiness to them. There are no benefits doing that because we get more negative and in the end, the ones who suffer most are ourselves.

So, take ownership of your happiness, don't play the "blame" game and choose all the reasons to be happy. The people/ events who are taking control of your happiness are not worthy to be the master of your happiness, only you are worthy, so don't give it to them.

Written By: Jason Cai





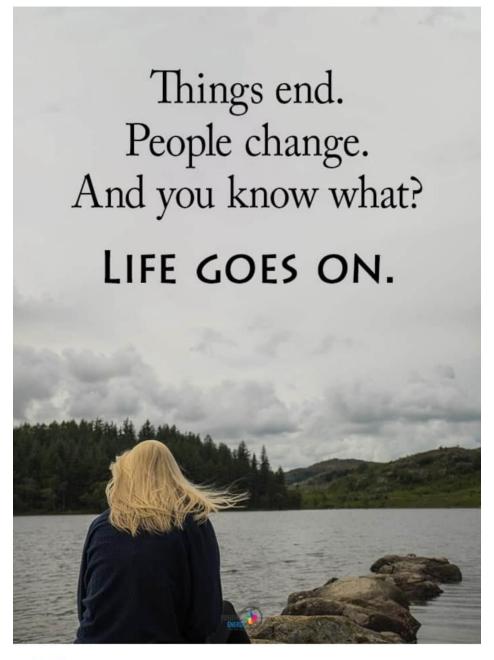








No matter how bad things can be or have broken, life goes on. Keep moving forward, one day at a time.













《Kepong Boy With Deformed Arms Inspires Netizens, Despite Being Made Fun Of In School》

A Malaysian boy inspired thousands of netizens, because of a story his father shared on Facebook. William Foo expressed his concerns about his son's deformed arms, saying that he was worried when his son finally began going to school this year.

In his post, he... See more













Jason Cai Admin • 2 May • 🔄

[A Letter To The Person Who Hurt Me]

To the person who hurt me, betrayed me and broke my trust, I choose to forgive you.

No, I did not forget what you have done and will never forget in this lifetime. The cracks of the vase will always be there, I simply choose not to break the vase further.

To the person who hurt me, I do not want to take reven... See more



UNIT 8 • MOTIVATIONAL ARTICLES & WRITINGS

A Letter To The Person Who Hurt Me

SEE U...



This is Charlie Chaplin at age 26, photographed 100 years ago. Below is a poem he read on his 70th birthday, written by Kim McMillen.

As I began to love myself
I found that anguish and emotional suffering
are only warning signs that
I was living against my own truth.
Today, I know, this is Authenticity.

... See more

