



7

Problems

By Dirk de Bruin

Stop Your Life!!!

Life has a tendency to become overly complicated and stressful, particularly because things change so quickly. I've identified seven problems that you can eliminate to make your life a whole lot simpler (which doesn't mean boring or less interesting).

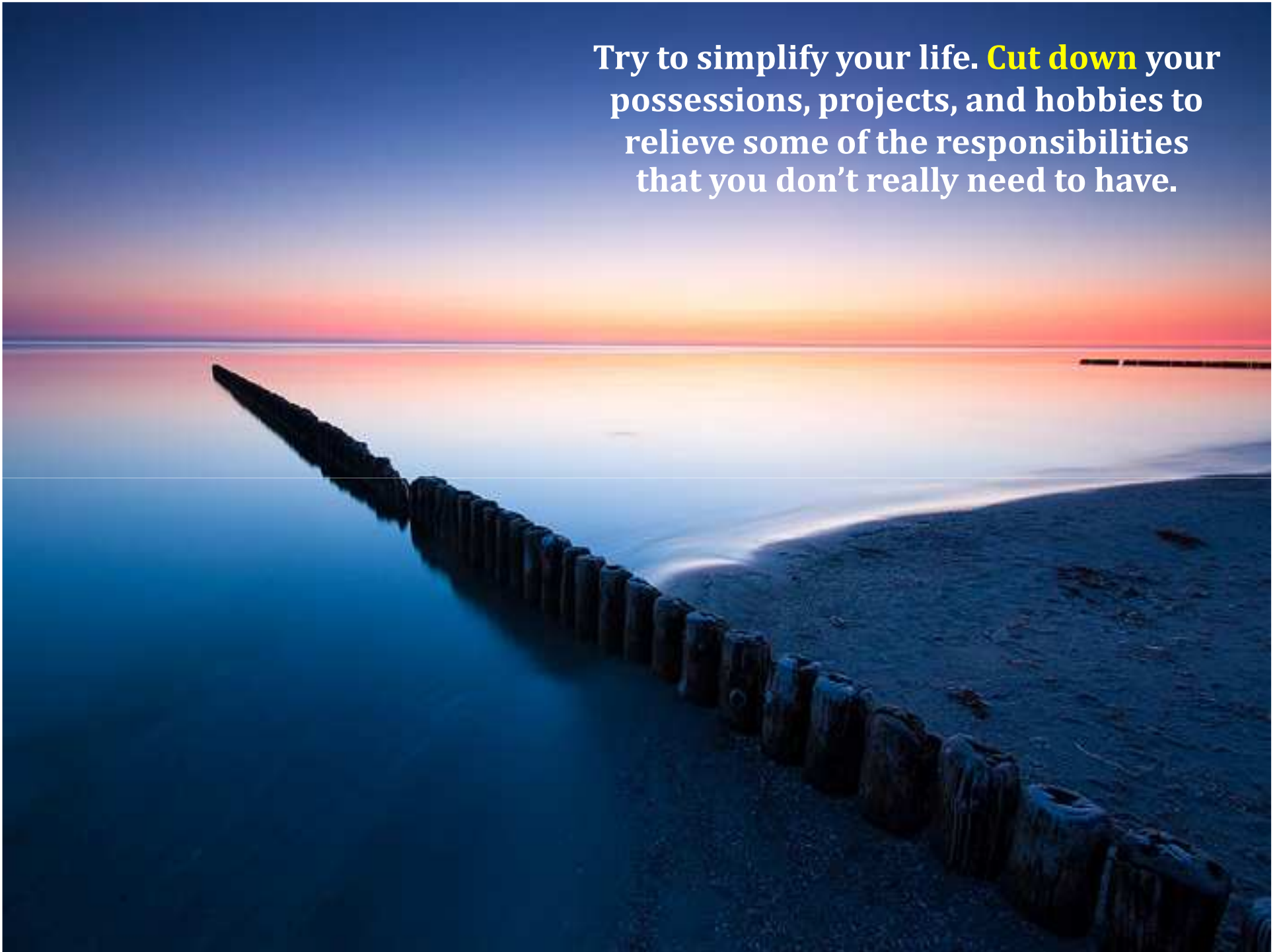


Problem # 1 : Too Much Responsibility

Think back to a year or two ago. You may have too much stuff, too many possessions, too many projects, and too many commitments. These days you must choose to work on 2–3 projects in total. Not only do you feel more relaxed because it's easier to keep track of what you have to do, but you can also see significant progress in your work month after month since you are doing less.



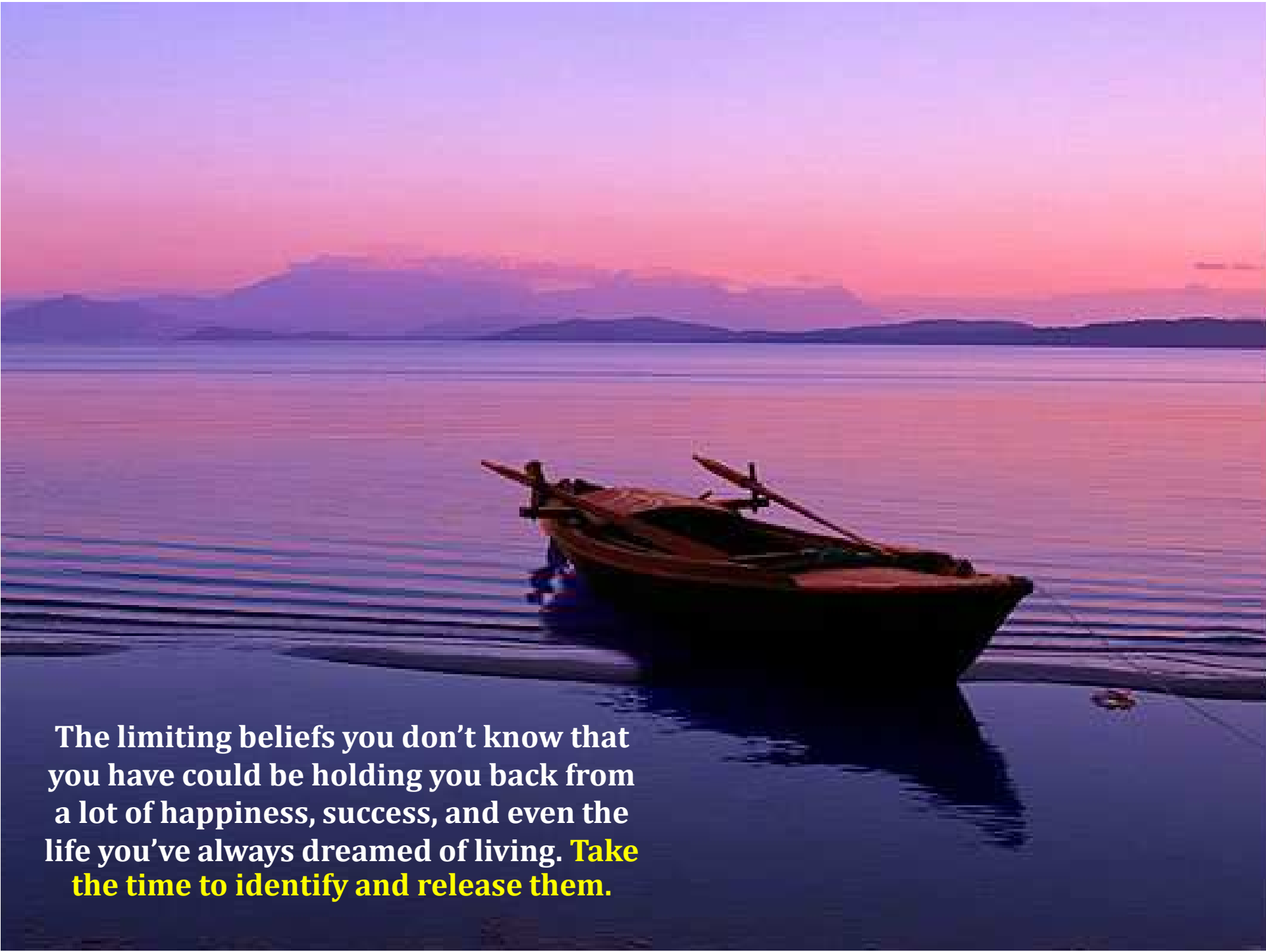
Try to simplify your life. **Cut down** your possessions, projects, and hobbies to relieve some of the responsibilities that you don't really need to have.



Problem # 2 : Limiting Beliefs

Limiting beliefs are negative thoughts that you've come to accept as the truth. You've also very likely told yourself that you're not good enough, smart enough, or talented enough to do certain things. Fast forward a few years and I've managed to make a steady income from my own websites, I've got a circle of close friends that I'm really happy with, and I haven't had any problems meeting girls.



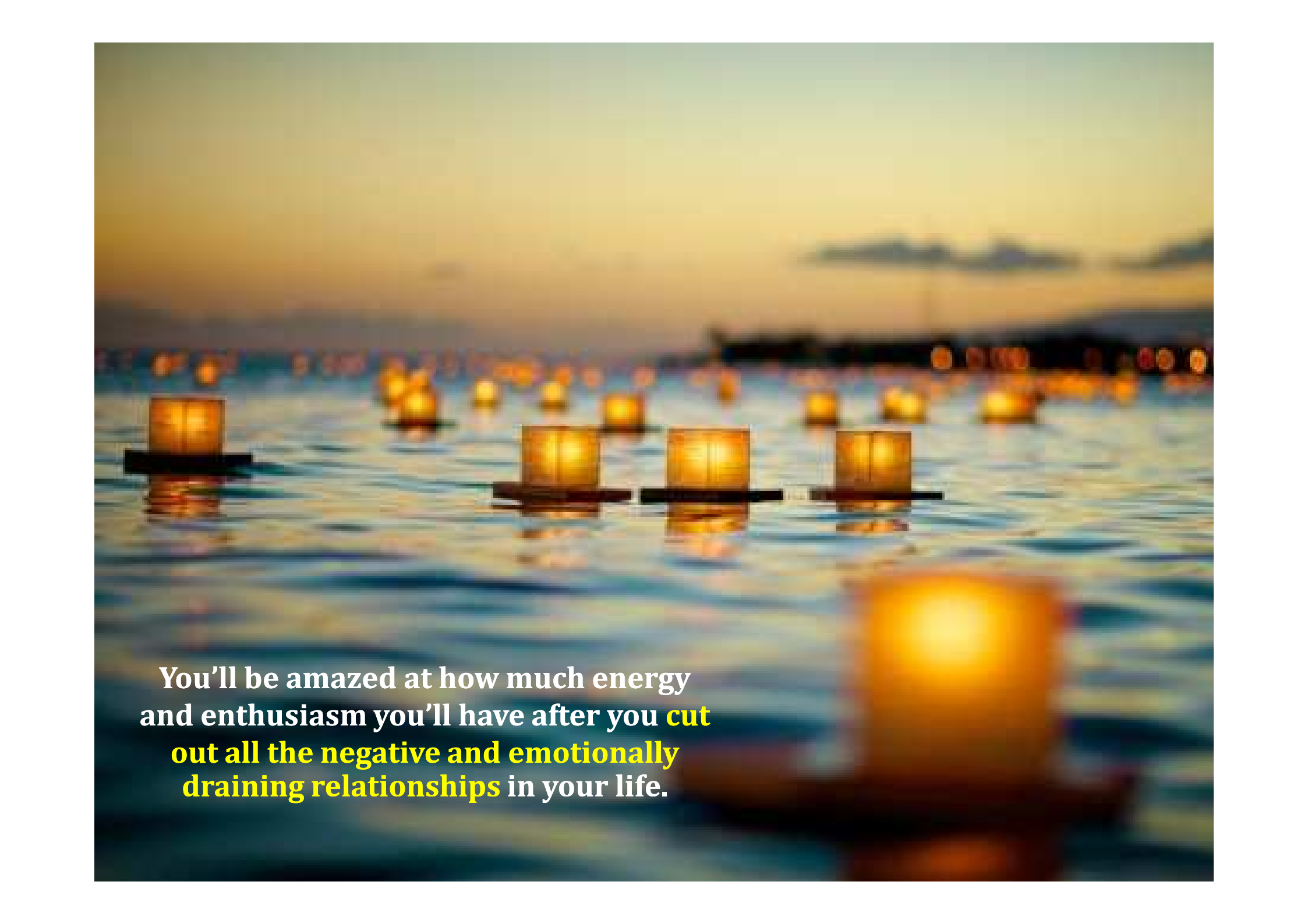
A small wooden boat is positioned in the lower right quadrant of the frame, floating on a calm body of water. The water's surface is smooth, reflecting the vibrant colors of the sunset sky. The sky transitions from a deep purple at the top to a bright orange near the horizon, where the sun has set. In the background, a range of low mountains or hills is visible under the colorful sky. The boat is a simple wooden vessel with a small cabin area and some equipment visible on deck. Its reflection is clearly visible in the water below it.

The limiting beliefs you don't know that you have could be holding you back from a lot of happiness, success, and even the life you've always dreamed of living. **Take the time to identify and release them.**

Problem # 3 : Negative Relationships

Certain relationships can even leave you feeling mentally abused and take advantage of. It can be very difficult to end a relationship like this because there are feelings involved. You hope in vain that things will get better. But these relationships can be toxic. Be polite and let the person know how you feel, but be prepared to cut them out your life entirely if they're not willing to make any adjustments.



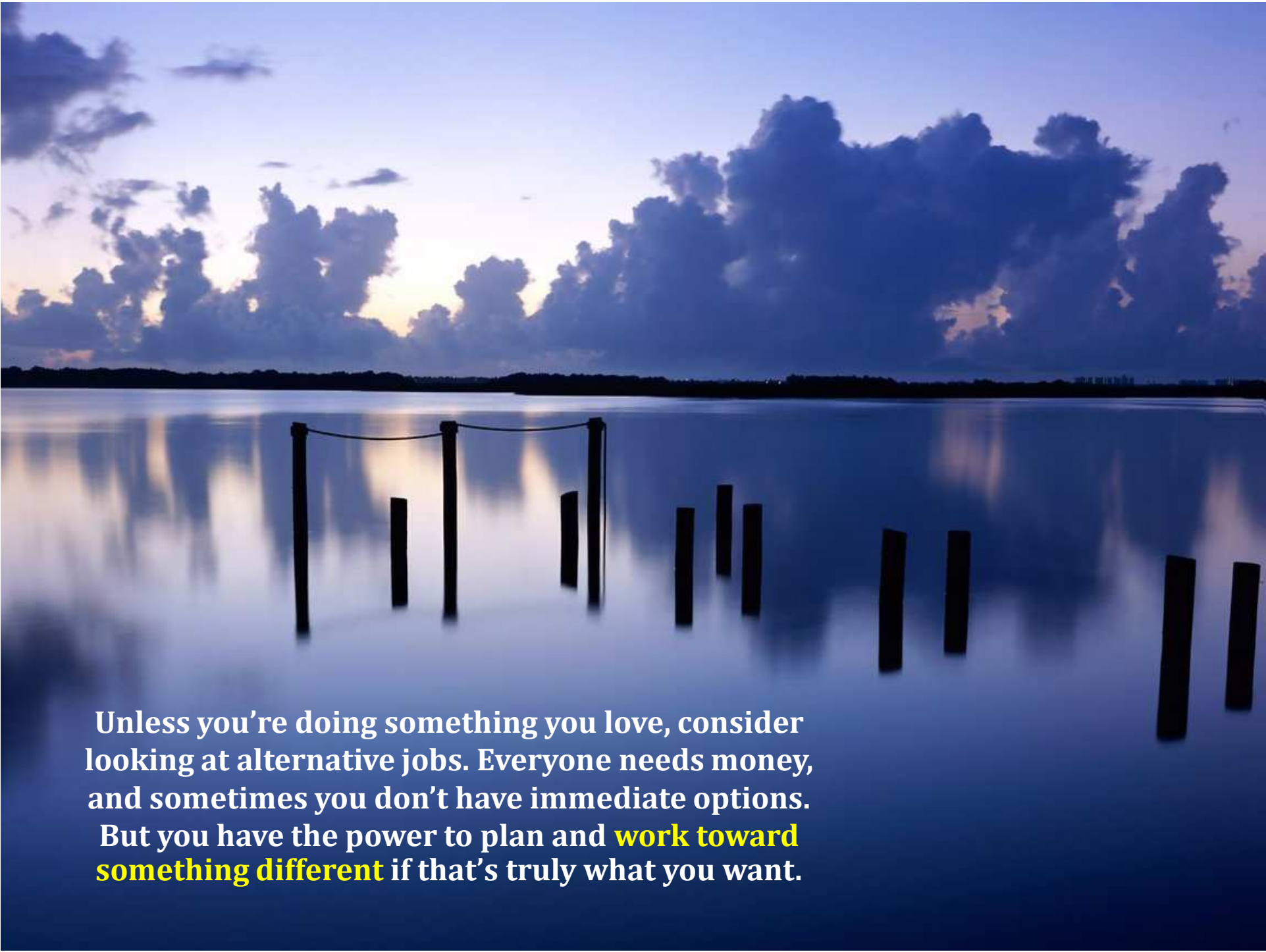
A photograph of a sunset over a body of water. Numerous small, glowing lanterns are floating on the water's surface, creating a warm and peaceful atmosphere. The sky is a mix of orange, yellow, and blue, with some clouds visible in the distance. The water reflects the light from the lanterns and the sky.

You'll be amazed at how much energy
and enthusiasm you'll have after you **cut**
out all the negative and emotionally
draining relationships in your life.

Problem # 4 : Highly Stressful Job

When you're young, you choose your direction, but over the years, you may find that your job creates more stress than you want to deal with. It may even leave you feeling trapped and unhappy about life. Fortunately the business made good money, but when we got the chance to sell and get out, we took it. Sometimes hard work and sacrifice are worth the effort, but there's only so long we can sustain that.



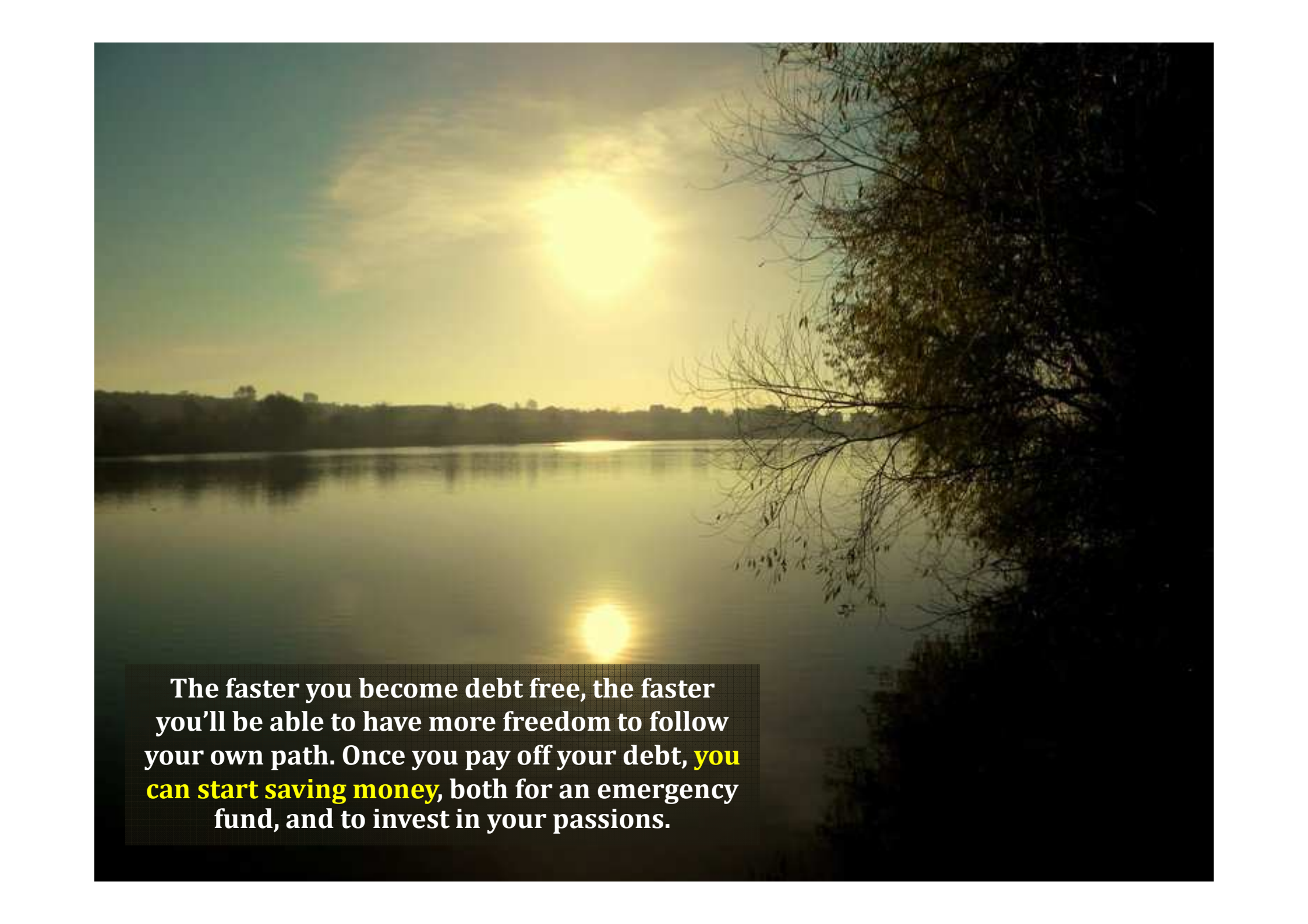
A photograph of a sunset or sunrise over a body of water. The sky is filled with large, dark, billowing clouds, with a bright glow from the sun low on the horizon. The water is calm, reflecting the sky and clouds. In the foreground, several dark wooden pilings or posts are visible, some connected by a thin rope. The overall mood is peaceful and contemplative.

Unless you're doing something you love, consider looking at alternative jobs. Everyone needs money, and sometimes you don't have immediate options. But you have the power to plan and **work toward something different** if that's truly what you want.

Problem # 5 : Debt

Debt enslaves you to other people. It limits the freedom and choices you have, and it might require you to pass on fantastic opportunities because you need to manage your debt first. Aim first to minimize it and then eliminate it. Stop spending money on unnecessary things and start to pay off your debt as fast as possible. You can stop eating out, cook at home, and use the money you save to pay off your debt.





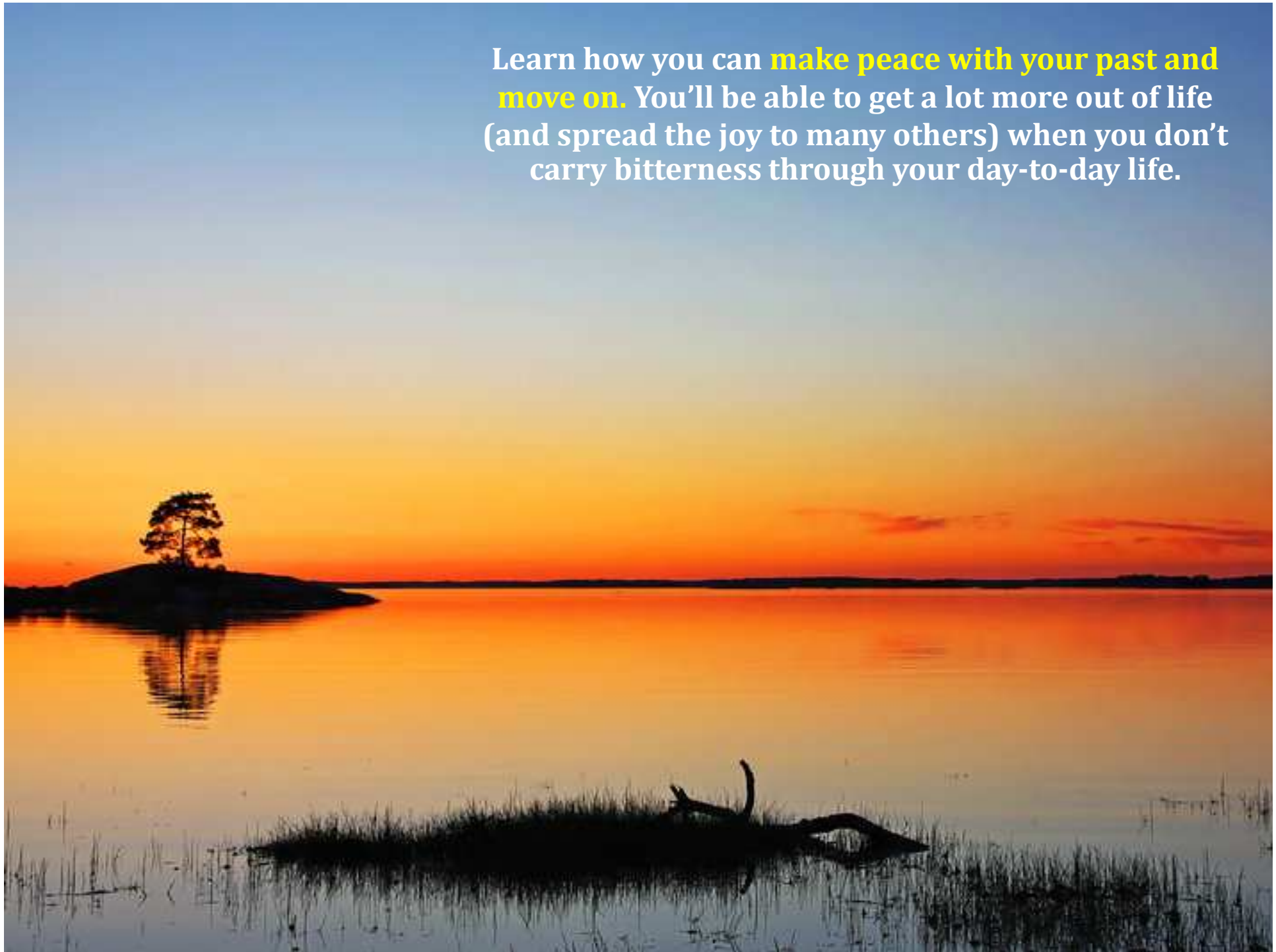
The faster you become debt free, the faster you'll be able to have more freedom to follow your own path. Once you pay off your debt, **you can start saving money**, both for an emergency fund, and to invest in your passions.

Problem # 6 : Bitterness

Sometimes things happen that are difficult to deal with, like death and other tragedies. Events like these can have a big impact on you. You must realize that you couldn't change the past. You need to stop making yourself feel bad about it and just make sure to not let it happen again. You start making your peace with what happened and this lets you make smarter choices then.



Learn how you can **make peace with your past and move on.** You'll be able to get a lot more out of life (and spread the joy to many others) when you don't carry bitterness through your day-to-day life.



Problem # 7 : Hate

Hate is a poison that leads to anger, sadness and, ultimately, suffering. If you hold animosity towards anyone, do the work to release it. That hate hurts you more than them, and it slowly degrades the quality of your life.





The best way to remove the
hate from your heart is
through **forgiveness**. Be the
bigger person, forgive, and
move on. Don't focus on
settling the score. Revenge
only leads to regret.

If you cut out even just a few of these problems you'll find that a huge weight is lifted off your shoulders. You'll also have more emotional freedom to enjoy the things you love doing. What are you waiting for ?





Our problems are man-made, therefore they may be solved by man. And man can be as big as he wants. No problem of human destiny is beyond human beings.
- John F. Kennedy

**Thank You Very Much
Sompong Yusoontorn**