

Live a Better Life in 30 Days



30DLBL

Life Transformation Program

by Celestine Chua

30DLBL Preview

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Introduction to 30DLBL



“‘Life changing’ would be the short version. As far as personal development goes, this was explosive. Getting down to the absolute core of beliefs, values, dreams, and ambitions.”

“It’s been one month of self-learning, self-discovery, self-awareness, and self-realization. In these 30 days, I have discovered myself on a whole new level and learned new things.”

– 30DLBL participants

Welcome to **Live a Better Life in 30 Days** or **30DLBL™**, a program to help you live a better life in just 30 days. I'm Celestine Chua and I will be your guide for your 30DLBL journey! ☺

Live a Better Life in 30 Days Program



30DLBL — What To Expect

(The section is the course briefing for 30DLBL and contains the same instructions as [Be a Better Me in 30 Days Program](#) (30BBM). If you are familiar with the instructions, proceed to Day 1's task!)



Here's what to expect:

- **30 tasks for 30 days.** There are 30 tasks for 30 days (Days 1-30). While you can start on the 1st of the month for easy tracking, you should start 30DLBL whenever you can. For example if today is the 15th, you can start Day 1 today and end 30 days later. It's better to start *now* than “wait” for the perfect moment. There is no perfect moment. The perfect moment is now!
- **One task a day.** Each task should be done on the assigned day. If you start Day 1 on the 15th, then Day 2's task should be done on the 16th. Each day's task details can be found in its respective chapter, which includes (a) a **task overview**, and (b) an



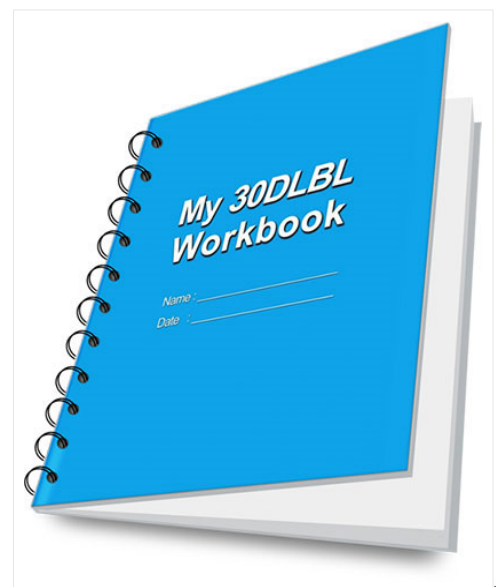
Your 30DLBL Workbook



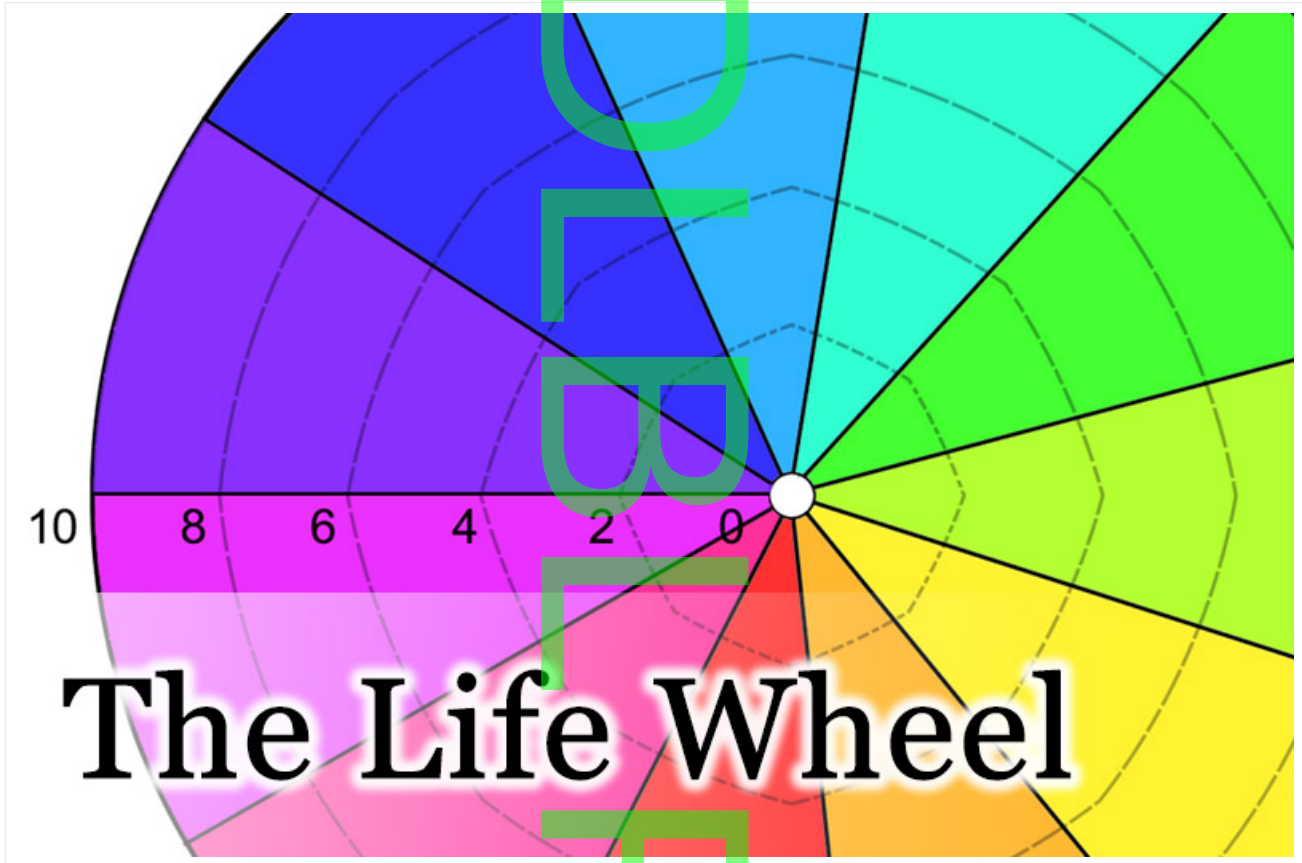
As you do 30DLBL, you will need a workbook to document your journey. Think of it as your personal diary for the 30DLBL program.

I have created a 30DLBL Workbook for you, with templates for the daily tasks. You can print out the .pdf version if you prefer to write using pen and paper, or use the .doc version if you prefer to use the computer. You can edit .doc files using Microsoft Word or [LibreOffice](#), a free word processing software similar to Word. Note that there are slight formatting differences when opening MS Word files in LibreOffice.

If you decide to go with a soft copy workbook, duplicate the workbook and name it "30DLBL Workbook_YYYYMM.doc", where "YYYYMM" is the



Day 1: The Life Wheel



"The first step toward change is awareness." – Nathaniel Branden

Today is Day 1, the first day of your 30DLBL journey. Are you ready? Let's get started! ☺

Every journey starts by being aware of where you are now and how you are doing.

Have you ever used a GPS before? Most of you probably have. For a GPS to work, it needs to know where you are now (point A) and your desired destination (point B) in order to map out the best route to get there. Otherwise it can't calibrate any possible routes.

Similarly in life, you need to know your starting point — how you are doing overall in life and your individual life areas — in order to move ahead. To help you do this, I want to share a tool called the **life wheel**.

[Live a Better Life in 30 Days Program](#)



4. **Social** — How you're doing socially. Do you have friends? Do you have positive, like-minded friends whom you can talk to about anything?
5. **Family** — Your relationship with your family members.
6. **Love** — If you're in a relationship, this represents your satisfaction with your relationship. If you're single, it represents the amount of love you feel in your life and how vibrantly you're living your life as a single. Just because you're single doesn't mean you'll automatically get a 0/10; similarly just because you are with someone doesn't mean you'll get a 10/10. A single can rate him/herself highly here just as someone in a relationship can rate him/herself lowly here.
7. **Recreation** — Whether you have the space to explore your hobbies and interests outside of work.
8. **Contribution** — How much you're giving back. How you are caring for the world and environment. Social causes fall under here.
9. **Spirituality** — Your connection with the universe and your higher self. Contrary to common belief, this has nothing to do with having a religion. How connected are you with the spiritual aspect of life?
10. **Self-image** — Your self-image. This includes your body image and self-confidence.

No matter who you are, these 10 areas are essential to living your best life. They are representations of the 4 aspects of every human being: Mind, Body, Heart, and Soul.

Today your task is to assess your life with the life wheel! ☺

Task: Assess Yourself with the Life Wheel

Today's task will take 40 minutes.

Open your 30DLBL Workbook to Day 1, titled "My Life Wheel."

Part 1: Assess your life (20 min)

- a) **Rate how you are doing in each segment on a scale of 0-10** (0 = lowest, 10 = ideal state). Use the questions below as a guide.



Day 2: Your Ideal Life

Yesterday's task is meant to help you get awareness of how you are doing. Whatever your scores are, the good thing is you are now aware of them rather than hazily moping in the dark.

Over the next few days, we will be working on goal projection as you plan your next steps ahead. Keep in mind your revelations from the life wheel exercise as you work on the tasks for this month. Let's now move on to today's task. 😊



Take for example Roger Bannister. Roger Bannister was an athlete who ran in the 1952 Olympics, finishing fourth in the 1500m race — considered a relative failure.

Faced with a decision on whether to continue running, he set a new goal: to be the first man to run a mile in under four minutes. During that time, running a mile in under four minutes was perceived by doctors and scientists as a biological impossibility and would cause serious physical damage if attempted.

About a year later, he achieved it in 1954 — becoming the first man on earth to run a mile in under four minutes. 46 days later, Bannister's record was broken by his rival. Since then, the four-minute barrier has been broken by many, including high school students. This is despite informed sports observers saying (before Bannister's achievement) that it was impossible, and doctors and scientists advising people from attempting this feat, saying that one might die from doing so.

Nelson Mandela was the first black President of South Africa and the first elected in a fully representative democratic election — at the age of 75. Before that he had been thrown in prison, sentenced to life for conspiring to overthrow the state. He was in jail for 27 years.

Mandela had a dream — to fight against racial segregation and discrimination. It was from his decades of protests, leadership, and sacrifices that South Africa became a non-racial democracy today where all citizens, including those of color, now having equal voting and other rights, when they didn't before. This was an absolutely unimaginable thought in the past. His government ended the apartheid legacy in 1991 by tackling institutionalized racial segregation and promoting racial reconciliation.

My point of sharing these is to let you know the importance of setting goals, of dreaming big, and of thinking of a reality that's bigger than you now. Some of you may be afraid to dream because you're afraid of being disappointed. Maybe you think, *What I conjure here won't happen anyway, so what's the point?* For others, maybe you don't see yourself being in control of your life, so you feel that there's no purpose in setting goals.

While setting a goal or dream doesn't equate to its achievement, all plans need to start somewhere. When you don't dream, you basically allow yourself to stay in the confines of your reality. A reality that maybe you feel 50-50 or 60-40 (60% fulfilled, 40% not so fulfilled) about. A reality that perhaps you think is good but deep down, if you really think about it, you know it can be better. Not only that, you allow your life to be dictated by others who are very bold and aggressive about their goals — and these goals you may not agree with if



you consciously think about what you want. You see them everywhere — in fact you are living in their world right now. Consumer goods companies that market at you from every angle. Junk food companies, with their billions of dollars spent in advertising, trying to get you eat unhealthily. Fashion and beauty companies, with their endless new clothes every season. The government even, with their propaganda on what we should do and how we should think. And of course, society's definition of who we should be.

I want you to dream — because you are the owner of your life. Because if you don't dream, if you don't set a grand vision for your life, no one else will. **You are the CEO of your life.** You hold the reins to your future. **And you can't go anywhere if you don't set your vision first.**

As Stephen Covey said, "All things are created twice; first mentally; then physically. The key to creativity is to begin with the end in mind, with a vision and a blue print of the desired result." When you have a vision, you may accomplish all of it or some aspects of it after a few years of hard work. **But when you don't even set a vision, you don't achieve anything, because there is nothing to work toward.**

You saw your life wheel yesterday. You got clarity of how you are doing in life right now.

For today's task, you will envision your ideal life.

Task: Envision Your Ideal Life

Today's task will take 30 minutes.

Open your 30DLBL Workbook to Day 2, titled "My Ideal Life."

For the next 30 minutes or more, I want you to answer the following:

What if nothing was impossible? What is your ideal life? What would you do?

Who would you be? Where would you live? Who would you be with?

What would be your biggest goals and dreams that you want to fulfill?



Day 10: Frustrations



"I know for sure that what we dwell on is who we become." — Oprah Winfrey

"I've come to believe that all my past failure and frustration were actually laying the foundation for the understandings that have created the new level of living I now enjoy." — Tony Robbins

"Staying frustrated isn't going to help you with your problems. Identifying solutions and taking action will." — Celestine Chua

Is there anything that has been frustrating you? If yes, what is it?

Many of us have things that frustrate us on an ongoing basis. Some of these things can be daily occurrences, like too much workload, things not going well at work, disagreements with others, etc. Other things may be relationship woes, having trouble with your goals, financial issues, and worries about the future.



work.

- b) **Why has it been frustrating you?** I hate my job and I feel like I'm going through the motions every day. Even though it pays well, it is draining me. Every day I count down to when I can leave work. Every week I count down to the last day of the week.

The truth is I need my job to survive. I made bad financial decisions before and lost all my money. I need my job to earn enough money, pay my rent, and pay for my expenses. Without a job, I won't have any money and I will end up in debt. Because of this, I feel chained to my job. I feel like I can never get out of this and I'm locked in this job for survival reasons. I cannot pursue my hobbies or passion. I'm simply surviving and trying to live each day, not living a life true to myself.

Step 2: Objectively assess your frustration (5 min)

Now that you have dumped out your feelings surrounding this frustration, objectively answer this: **How has feeling frustrated improved your situation? Elaborate** as much as you can.

Example: Continuing the example above,

- **How has feeling frustrated improved your situation? Elaborate.** Being frustrated has not helped my situation at all. In fact, it has made it worse. All it has done is make me feel stressed up. I've been losing my temper at things not related to this situation, including my family and my partner. I'm not being fair to the people I love. They are being supportive but yet I'm angry at them for no reason.

I've also been eating junk food to cope with my unhappiness and emptiness, which makes me more frustrated because it's making me gain weight. Ice cream, cakes, pretzels, chips — these are the snacks I eat every week to stay “alive.” Even though I used to feel happy eating them, now I regret eating them. I just eat because I'm unhappy and I feel miserable by the time I'm done eating.

I feel that I behave this way because of my frustration and it worsens my situation; it doesn't help it. At the end of the day, the problem with my job and past money issues is still there and the frustration doesn't help me.



Day 13: Reflection



"Sometimes, you have to look back in order to understand the things that lie ahead." — Yvonne Woon

"Knowing others is wisdom, knowing yourself is enlightenment." — Lao Tzu

How often do you stop and reflect on your life?

In today's world, many of us are often so busy that we hardly have time to reflect on things. Our activities every day boil down to the same few things: seeing what's on our to-do lists, noting down the appointments we have to go to, and preparing ourselves for the work ahead.

After we are done with all that (usually only some of that because there's always so much to do), it's already the end of the day. We turn in for the night and prepare for the next day — only to go through the same cycle.



I believe in taking action and focusing on the future. At the same time, I believe in pausing and taking stock every once in a while. When we stop to reflect, (1) We can see patterns, sometimes **negative patterns** that we want to fix sooner than later; (2) We can anticipate issues that may be brewing and needing attention; and (3) We celebrate victories that happened along the way.

In short, regular reflection ensures that we learn from past experiences, that we turn these lessons into action, and that we are moving in the right direction.

On the other hand, when we keep doing without reflecting, several things can happen:

1. We start to be tunneled into the micro and lose sight of the macro.
2. We become more drawn to the urgent rather than the important things.
3. We become more easily swayed by **naysayers** rather than our higher self.
4. We repeat negative patterns and bad mistakes, never quite realizing that these patterns lead us down a negative path.
5. If we're currently on a wrong path, we don't realize this until it is too late. Sometimes being on the wrong path isn't obvious. It can be something that happens gradually and feels normal, yet causes disastrous consequences. Examples include smoking, eating unhealthily, **chasing negative shortcuts**, and hanging out with the wrong people.

I want you to live your life in a conscious, meaningful way. Which is why today's task is about reflection. Whereas Day 1's Life Wheel is about getting a snapshot of your current place in life, today's task is about reflecting on your life from when you were born.

Task: Reflect on Your Life

Today's task will take 45 minutes.

Open your 30DLBL Workbook to Day 13, titled "My Life Reflections."

Fill in the date today. In the review period, write down the time period that you are reviewing:

- If this is your first time doing this task in 30DLBL, your review period will be from the



Day 18: Evaluate Your Relationships



"You are the average of the five people you spend the most time with." — Jim Rohn

"I just do not hang around anybody that I don't want to be with. Period. For me, that's been a blessing, and I can stay positive. I hang around people who are happy, who are growing, who want to learn, who don't mind saying sorry or thank you... and [are] having a fun time." — John Assaraf

Who are the 5 people you spend the most time with? Spend the next minute writing down their names.

Now, think about what they are like — their personality, habits, beliefs, and even income levels. For each category, write down an average across these five people. Do you see a similarity between this average and yourself?

Believe it or not, the people you spend time with have a strong influence over who you

happens? There may be a limited downside that negative friends can bring you. However, hear this — **you also get a limited upside, because by spending your time around negative people all the time, you are spending time with people who hold you back vs people who can elevate you.**

Of course, I'm not saying that you should cut away everyone with negative traits. For all intents and purposes, you should not have a mercenary attitude toward relationships. **As much as possible, we should uplift people around us regardless of who they are. After all, some of us probably started from a negative place ourselves.** What I'm saying is that we should be aware of the effect our relationships have on us. When we stay around overly negative people all the time and people who stay negative despite our best effort, it will change us for the worse, not better. While we should do our best to help others, we should also be conscious about our own growth and protecting our energy so as to help more people. Furthermore, when you stay in relationships that pull you down, you are not really helping yourself nor the other person. You are really enabling him/her in his/her negativity, which is detrimental for both you and the other person at the end of the day.

The people you are with play a crucial role in the life you lead. While you may be the most conscious individual, if you are constantly surrounded by negative, fear-based, and passive people in life, you will eventually change to become a negative, fear-based, and passive person too.

Today, you will be evaluating your relationships.

Task: Evaluate Your Relationships

Today's task will take 30 minutes.

Open your 30DLBL Workbook to Day 18, titled "Evaluate My Relationships."

Step 1: Identify 5 people you spend the most time with (5 min)

Identify the 5 people you spend the most time with. These 5 people may include your family members, relationship partner, colleagues, friends, clients, managers, online friends (if the relationships are significant enough), and more.



Day 22: Advice From Your Future Self



“Many answers we seek in life can actually be found within ourselves if we look deep enough.” — Celestine Chua

Today I'm going to share with you one of my favorite introspection exercises. I call this “Getting Advice from Your Future Self.” 😊

In this exercise, you invoke your future self (“Future Self”) to speak to the present-day you (“Present Day You”). Your Future Self is very wise and comes equipped with future knowledge, higher awareness, and skills that you don't have right now. Because of that, he/she has tons to advice to offer to you. What are you doing now that is good? Are you doing anything that needs to be changed? Are you on track to achieve your goals? Are you off track but you're not aware about it? What should you do to create your ideal future? These are just some of the things you can ask him/her for advice on. 😊

See this as a timely intervention to live your best life. Perhaps you are very bothered by

some things in your life that your Future Self can advise you on. Perhaps you are bothered by something that happened recently, but your Future Self may tell you that it really doesn't matter. Perhaps you aren't taking enough action on your Q2 goals and your Future Self is here to give you a swift kick in the butt and get you moving!

After I created this Future Self exercise, I would often do it myself. Every now and then, I'd imagine Future Celes traveling from the future to talk to me. I'd get advice from her on how to be a better me and how to better achieve my goals. This advice then helps me focus on the right things. It's an amazingly simple exercise with a huge impact. ☺

The thing is, **all the answers you're looking for in life can be found in you**. No one knows you as well as you do. Your Future Self has lived your life. He/she knows what you've been through. He/she knows how you think. Most importantly, he/she has experienced the future and knows what's to come. He/she has some very handy advice for you on what you should do to create your best life ahead.

Today you'll be talking to your Future Self! ☺

Task: Get Advice From Your Future Self

Today's task will take 35 minutes.

Open your 30DLBL Workbook to Day 22, titled "Advice from My Future Self." Write down today's date.

Step 1: Visualize Your Future Self (5 min)

Go to a quiet spot where you won't be disturbed.

- a) Imagine yourself 10 years into the future. How old would your Future Self be? Visualize him/her as vividly as possible, from his/her clothes, hair, frame, right down to his/her facial expression. How does he/she look? What is his/her expression? Is he/she smiling? Frowning? Laughing? What vibes are you getting from him/her?
- b) Imagine your Future Self now slowly walking toward you, in full corporeal form. He/she has just traveled from the future to give you some very important advice.



Day 23: Cultivating Habits



"We are what we repeatedly do. Excellence, then, is not an act, but a habit." — Aristotle

"First we make our habits, then our habits make us." — Charles C. Noble

"Good habits, once established are just as hard to break as are bad habits." — Robert Puller

What habits do you live by today? Do you have any bad habits? How about good ones?

The quote above by Charles C. Noble is very true: "First we make our habits, then our habits make us." What this means is that when we first work on new habits, it takes effort to put them into place. However, once we successfully instill them, the habit becomes second nature. There's no thinking, only doing, as we practice it along with our other routine habits, such as waking up at a certain time every day, brushing our teeth, eating, exercising, and so on.



healthy eating practices, that I then moved out of the shadow of emotional/stress eating. Read: [How I Overcame Emotional Eating](#) (series)

Another example: I used to check my social media pages fairly often. Sometimes I would be invested in the comments posted. Instead of forcing myself not to check these sites by using site-blockers and what not, I realized that I was regularly checking them because I lacked a bigger ambition to keep me focused, that excited me. I then worked on setting goals that I genuinely care about, that would make a big difference to me when accomplished. This then pulled me out of the low-consciousness rut that social media tends to promote, and into my Q2 plans. I still use social media — it is a tool to easily connect with others — but I use it very sparingly, on a needs-basis. I find that most online networks today are designed to breed addiction and stickiness, and they cultivate group-think and low-level discussions than anything else. Read: [Disconnect](#)

A sure-fire way to fail with new habits is to “force” yourself to adopt them without regard of their root causes. For example, *forcing* yourself to stop smoking without understanding your smoking triggers. *Forcing* yourself to wake up early without identifying why you want to wake up early and why you have been having difficulty doing so. *Forcing* yourself to eat healthy food without understanding [what was making you eat badly in the first place](#). While such a method may work with trivial habits, for deeply embedded ones, it’s important to understand their roots and address them as you work on cultivating them.

Today you will be working on cultivating a new habit. Let’s get started! ☺

Task: Fix a Bad Habit / Cultivate a Good Habit

The first part of today’s task will take 30 minutes, after which you’ll follow your plan for the day. Return at the end of the day for your end-of-day reflection.

Open your 30DLBL Workbook to Day 23, titled “My Habit Cultivation Plan.” Write down today’s date.

Today’s task comes with 2 options. You can

- A) Fix a bad habit OR
- B) Cultivate a good habit if there is no bad habit you want to remove

