

# Be a Better Me in 30 Days



30BBM  
Preview



30BBM

# 30BBM Preview!

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# Introduction to 30BBM



*“This has been an amazing experience. Even though it’s just been 30 days, a lot has happened. I’ve gained more confidence, patience, and understanding for myself and others.”*

*“...The best part was when two separate family members, who had no idea I was doing 30BBM, commented how much I have changed. That they noticed a change proves that 30BBM really works.”*

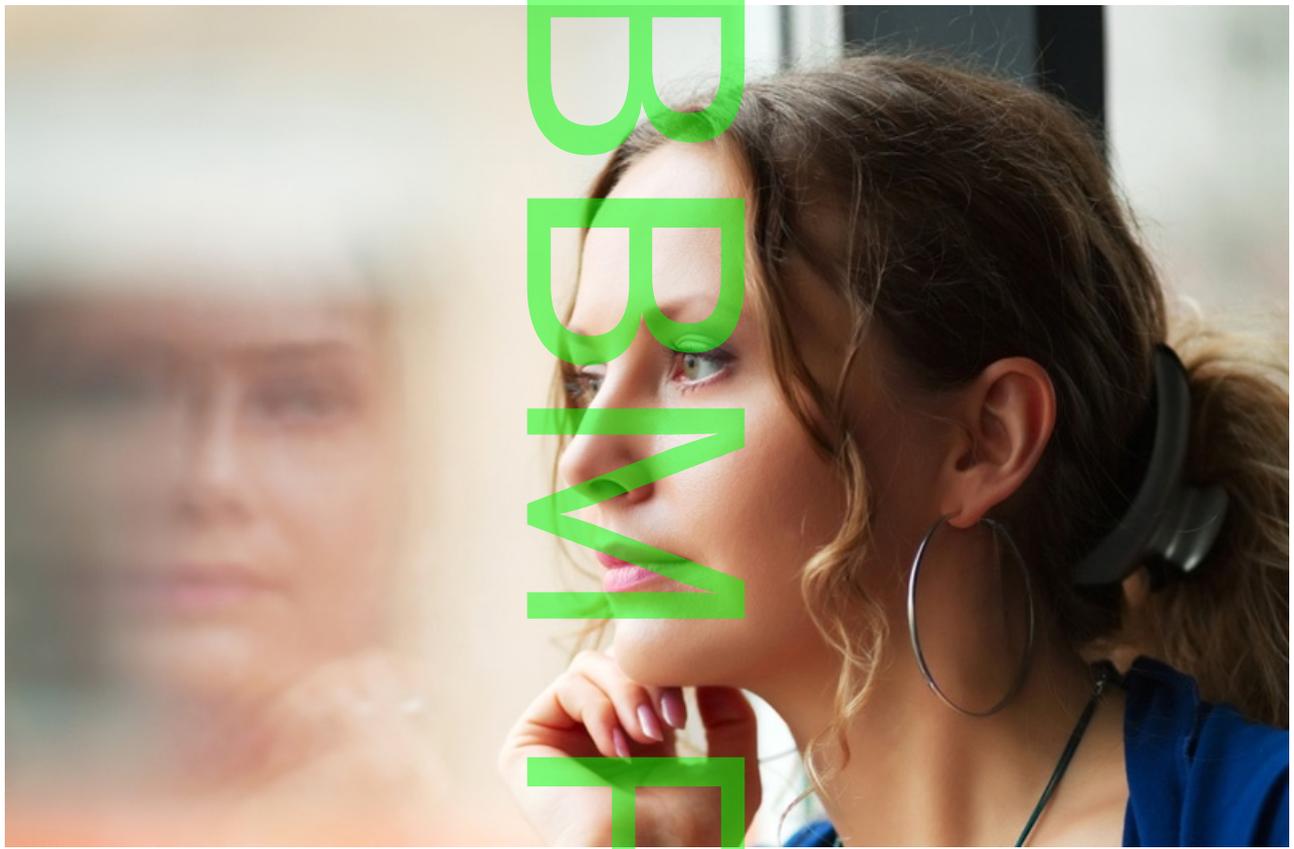
– 30BBM Participants

Welcome to **Be a Better Me in 30 Days™** or **30BBM**, a course to help you transform into a better person in just 30 days. I'm Celestine Chua and I will be your guide for your 30BBM journey! ☺

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## Day 1: Assess Yourself



*“Character is higher than intellect. A great soul will be strong to live as well as think.” — Ralph Waldo Emerson*

Do you have a habit of assessing your character? Back when I was in my late teens to early 20s, I didn't like a lot of things about myself. I was critical, judgmental, harsh, abrasive, bad-tempered, emotionally stingy, among other negative traits. Even though I was highly successful and directed in my goals, there were aspects of myself I didn't like.

While no one ever told me that I had these (negative) traits, and I was never outwardly negative to anyone, deep down I knew I wasn't the highest person I could be. I wasn't being someone I could truly respect and love.

It was during this time when I thought about developing my character. Many people in

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## Day 2: Explore Your Undesired Traits



*“Remedy your deficiencies, and your merits will take care of themselves.” — Edward Bulwer-Lytton*

All of us have undesired traits that are specific to us. Such as being bad-tempered, irritable, or rude. Being demanding, critical, or bossy. Being very approval seeking or overly people pleasing. Being a procrastinator and not doing our tasks. Or perhaps your undesired traits are something else.

When dealing with undesired traits, **what do you do?** Most people either a) ignore them or b) force themselves to act in a different way, such as an impatient person forcing himself to be patient or an angry person forcing himself not to be angry. While such methods can be helpful, that’s only if the undesired traits are not deeply rooted to begin with, or if the person continually remembers to behave in a different way. You may have seen it before — an



undesired traits over the next two days.

### Step 1: Identify 2-3 incidences when you display this trait (5 min)

Refer to your undesired trait, such as bad temper, negative, impatient, etc. Write down 2-3 incidences when you display this trait. They could be recent incidences, incidences from long ago that you still remember, or examples of typical situations when you behave this way.

If you have more than 2-3 examples, go ahead and write more! Simply copy and paste the workbook template to a fresh page. Limit the overall examples to a maximum of 4 as you will be digging into them shortly.

**Example:** Let's say you selected "short temper." What are the times where you are/were short-tempered? Your answers may look something like this:

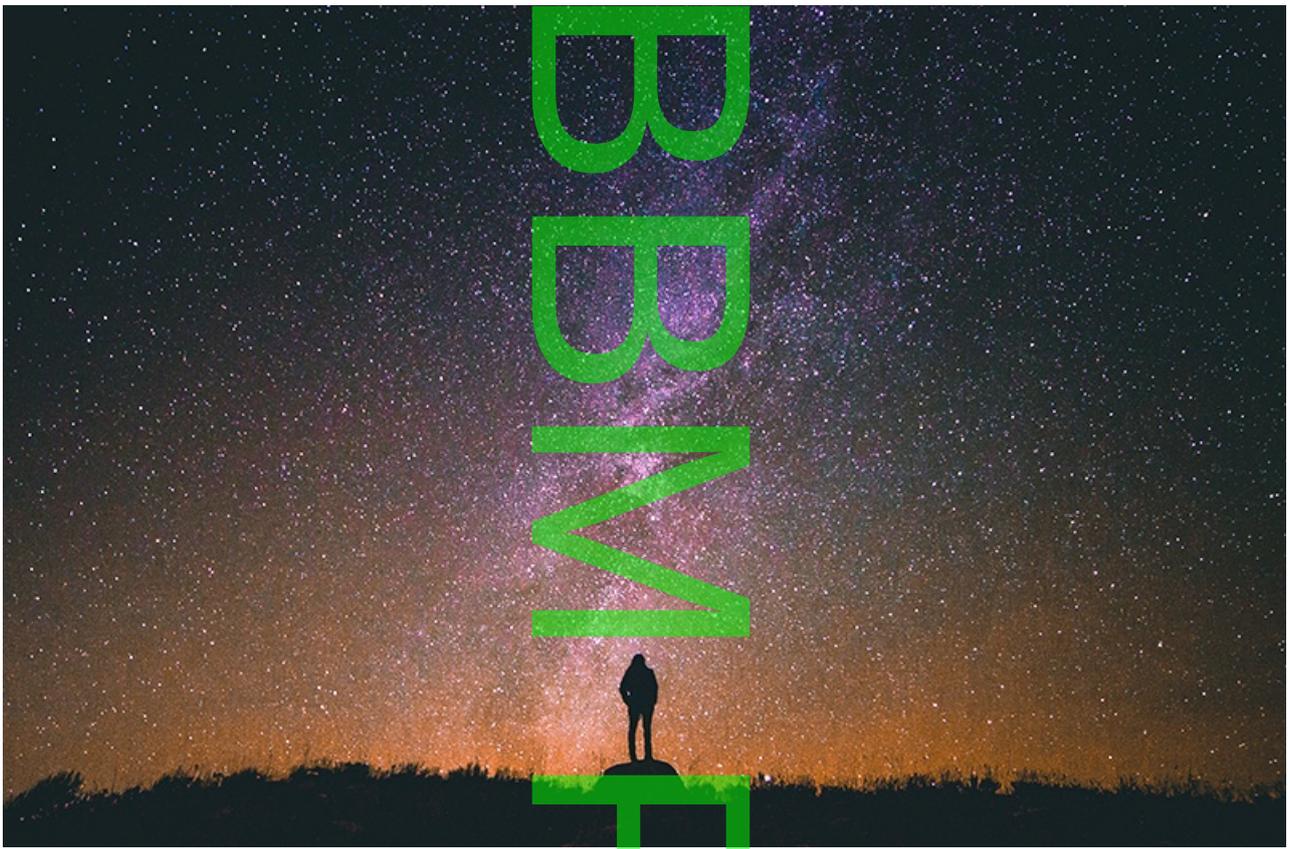
1. Whenever I'm around my parents, I become very short-tempered. I snap almost half the time even though they are talking to me nicely. I have no reason to lose my temper at them, yet I do.
2. I get very angry, annoyed when things fall below my expectations. For example, when I'm waiting for the bus and the bus does not arrive after a few minutes, I will feel irritated. Or when my teammates deliver work that is not on par with what I asked for, I will feel very angry and annoyed on the inside.
3. When I send urgent messages and people take their own sweet time to revert or worse still, not reply at all. I think it's basic courtesy to respond quickly, especially when we already have an agreement going on. It's just rude not to do so.

If you feel that you generally have this trait rather than it being restricted to a few scenarios, you can write "Overall Self" as one of the examples, along with 1-2 specific incidences for the other examples. For example:

1. Overall self. I'm generally short-tempered, especially in the recent years. I feel irritated when things don't go my way and sometimes I can be snappy to my loved ones, such as my partner and my parents.
2. ... Specific Incident #1 when you were angry
3. ... Specific Incident #2 when you were angry



## Day 5: Ideal Self



*“Look within, for within is the wellspring of virtue, which will not cease flowing, if you cease not from digging.” — Marcus Aurelius*

*“There is nothing noble about being superior to some other man. The true nobility is in being superior to your previous self.” — Hindu Proverb*

Have you ever thought about your ideal self? Your ideal traits, who you want to be?

Is he/she joyous, carefree, always smiling?

Is he/she full of love, always spreading love to everyone around him/her?

Is he/she full of strength, not afraid to go all out for his/her goals and dreams?

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Is he/she tough, determined, and persistent, never to back down in the face of challenges?

Is he/she confident, self-assured, and able to express him/herself freely, without restraint?

Back when I started on my character growth many years ago, I thought about my ideal self. I asked myself, *What is my ideal self like? What do I see as the highest version of me? What does it mean to me, the 10/10 me?*

I then saw, in my mind, the image of someone very positive, full of love and light. She is patient, nurturing, and warm. She is emotionally generous with a strong giving attitude, never doing things with the expectation of getting things in return. She is a beacon of love, light, and joy — emanating light no matter where she goes. I imagined her to be beautiful, both inside and out.

When I pictured this image of my ideal myself, I couldn't help but smile. I felt an inner state of peace. Somehow, something clicked when I saw her — I knew that this is the person I want to be. I felt at home when I saw her. After much conscious work, I started to become my ideal self.

Today, even though I'm far from perfect, I feel that I have achieved a lot of growth in being a better me. Work-wise, I have dedicated my entire life's work to helping others grow, starting Personal Excellence, creating courses, and writing high-value articles. I strive to positively touch each life that I come in touch with. With each interaction, I'm always focusing on the positive, helping others better their lives. Compassion, love, emotional generosity, and positivity are qualities that I strive to embrace every moment.

**Your ideal self is what you see as the highest version of yourself as you move forward in life.** Today you are discovering your ideal self!

## ***Task: Discover Your Ideal Self***

*Today's task will take 30 minutes.*

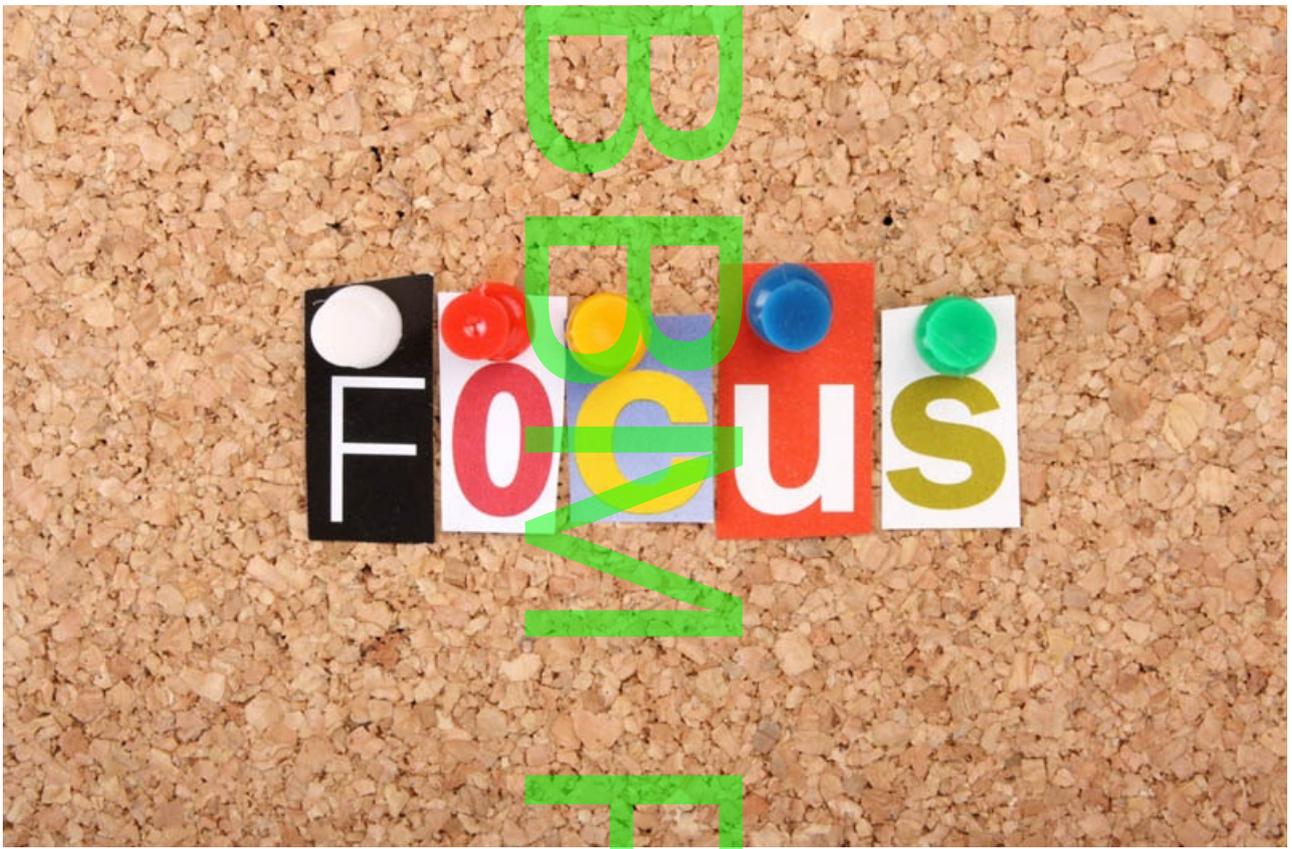
Open your 30BBM Workbook to Day 5, titled "My Ideal Self."

### **Step 1: Meditate (5 min)**

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## Day 6: Character Board



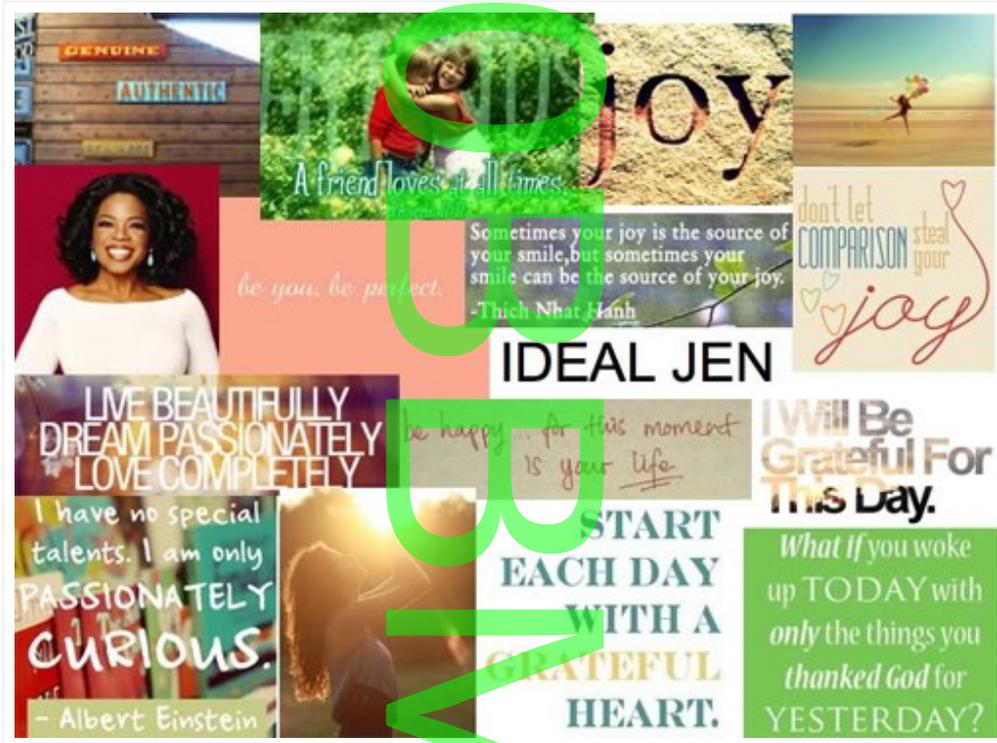
*“Visualization and belief in a pattern of reality activates the creative power of realization.” — A. L. Linall, Jr.*

What is a character board? **A character board is a collage of pictures and/or words to depict your ideal self.** It is a concept that I created when working on my personal growth years ago!

If you have done **Live a Better Life in 30 Days**, you would have created a vision board depicting your goals and dreams. **The character board** is similar in concept. While your vision board celebrates your goals and dreams, your character board celebrates your ideal self!

The objectives of a character board are (a) to bring your ideal self to life using the power of





Jen's character board. She used quotes to bring out the message of her ideal traits. Notice the picture of Oprah. Feel free to include pictures of your personal heroes, including your family, if you like!

While the boards above consist of images, your board can be anything really. It can be a simple board with your 5 traits in plain text — basically a minimalistic board with no pictures. It can have flowcharts with steps on how you're going to bring your traits to life. It can be a selection of inspirational quotes that represent your traits. It can be a combination of photos and text. It can be whatever you want!

Now that you have seen others' boards, in the next 20-40 minutes you are going to create your own character board! 😊

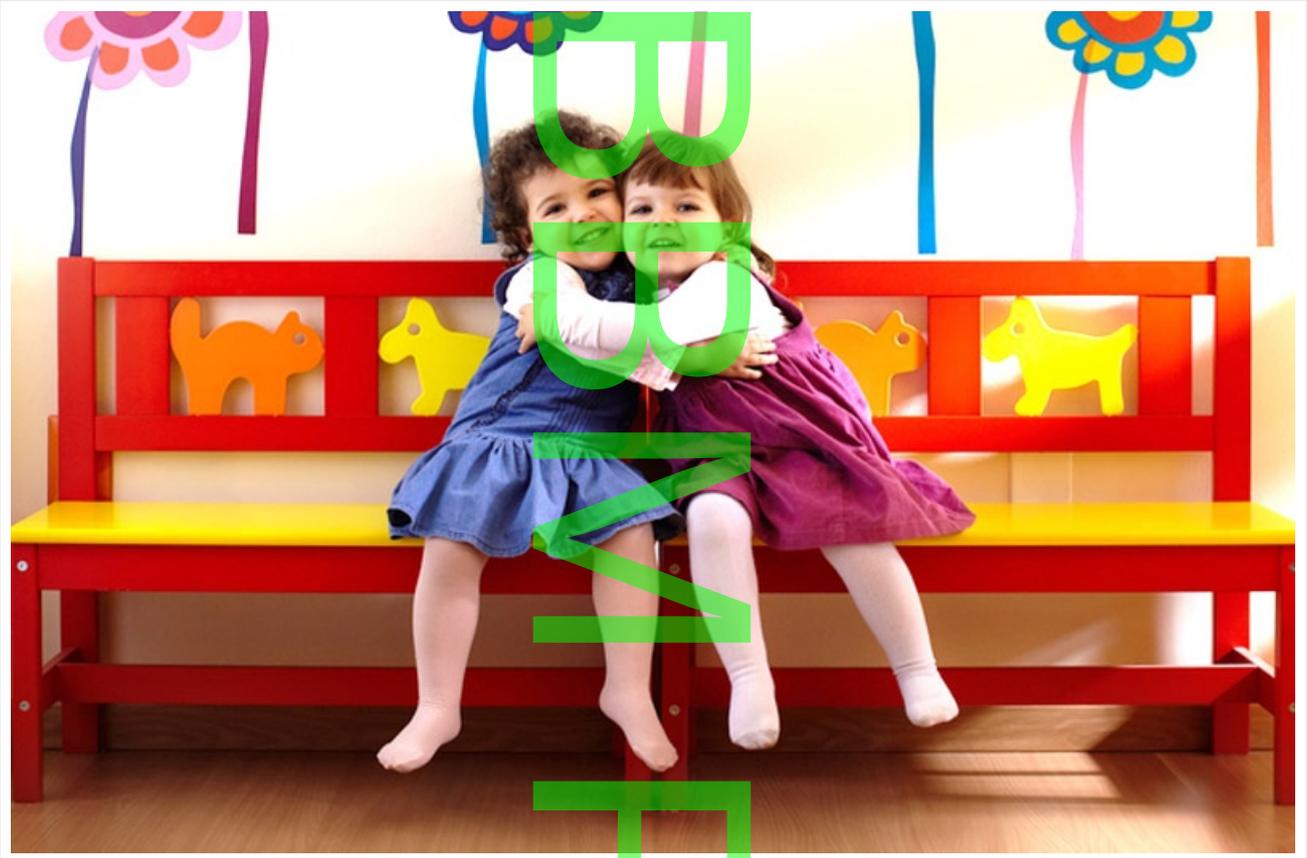
## Task: Create Your Character Board

Today's task will take 20-40 minutes.

Open your 30BBM Workbook to Day 6, titled "My Character Board." This will be your canvas for your character board. Alternatively you can create your board in MS PowerPoint (or **LibreOffice Impress**, a free software very similar to MS PowerPoint) by creating a single slide and using that as your board. If you prefer to use a graphic editor, you can use



## Day 10: Emotional Generosity



Do you know what is emotional generosity? Generosity is the act of being liberal in giving or sharing with others, more than what is expected or necessary. **Being emotionally generous means you are a giver of positive emotions and you make others feel positive, without expecting anything in return.**

Here's an excerpt from my article on **emotional generosity**:

*Emotionally generous people continuously bring happiness, love, and positivity to others without expecting anything in return. They are constantly thinking about how they can make people around them feel better. They love praising people, rewarding them, recognizing their talents and potential, and showing appreciation, among other positive actions.*

As I shared on Day 1 of 30BBM, I used to be a very emotionally stingy person. I would look

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Today your task is to practice emotional generosity, while tomorrow you will be doing acts of kindness! (If you have emotional generosity as one of your 5 ideal traits, use today's task to embody this trait to the fullest!)

## **Task: Practice Emotional Generosity**

*The first part of today's task will take 10 minutes, after which you will follow your plan. Use the end-of-day reflection to review how your day went.*

Open your 30BBM Workbook to Day 10, titled "My Day of Emotional Generosity."

### **Step 1: Visualization Meditation (5 min)**

You'll now be entering the **Room of Emotional Generosity**. Get ready...

Imagine you are standing before a room that is bursting with warm, golden light. The light in the room is so bright that you can see it bursting through the crevices around the door!

As you walk up to the door, you see the words "Emotional Generosity" written on it. This is when you realize this is a room filled with pure "emotionally generous" energy!

Now, step into the room.

- As you do that, you are basked from head to toe in this pure energy. The light is so powerful that it penetrates your entire body and reaches the core of your heart!
- As it does that, it unlocks something deep inside you... Suddenly, a strong beam of light starts to shine from inside your heart, first illuminating your entire body, then bursting into the world out there!
- This happens for a good 10-15 seconds before the light fades away!
- **You're now radiating a positive glow; a luminescent aura that glows so brightly that it overpowers everything else.** Every fiber of your being, every cell in your body, is now filled with pure, positive emotions. **There's no doubt about it — you're now a different person than before! You're now filled with emotional generosity, inside and out. And you are ready to unleash it to the world!**



Day 12: Appreciation

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*“God gave you a gift of 86,400 seconds today. Have you used one to say ‘Thank you’?” — William A. Ward*

**Appreciation** — a positive emotion or attitude in acknowledgment of a benefit that one has received or will receive.

Through your life, who are the people who have helped or aided you in some way or another?

It could be your parents, who have raised you since young, through much toil. Perhaps your parents worked tirelessly to clothe you, put you through school, and care for you, never asking for anything back, only wanting you to be a good person. Perhaps you have a friend who provided you some much needed advice, who lent you a helping hand during a time



when you were down and out. Perhaps you had a teacher or mentor who gave you great life/career advice and even intervened to lift you up in times of need. Perhaps you have a partner who is unwavering in his/her love, who has always supported you through good and bad times, and cared for you in sickness and in health. Or maybe it's someone whom you don't even know personally — an acquaintance, customer, or colleague perhaps — who supported you at one point or another in your life.

To these people, have you ever showed your appreciation? Have you ever said a “thank you,” or did you just take their kindness for granted? Did you assume that they should automatically know that you are grateful, even though you have never said this much to them?

Regardless of how often you share your appreciation to someone, there is no limit to how many times you can express appreciation. Even if you think that the person should know that you are grateful; even if you have already said thanks to him/her before, it's always great to reinforce your appreciation to him/her.

If you have done **Live a Better Life in 30 Days**, you would have worked on gratitude on Day 14: A Day of Gratitude. Beyond being grateful, it's important to express this gratitude to others, to those who have supported us in our lives.

Today your task is to show your appreciation to someone. 😊

## ***Task: Show Your Appreciation To Someone***

*Today's task will take 20 minutes.*

Open your 30BBM Workbook to Day 12, titled “Expressing My Appreciation.”

### **Step 1: Think about someone you're grateful for**

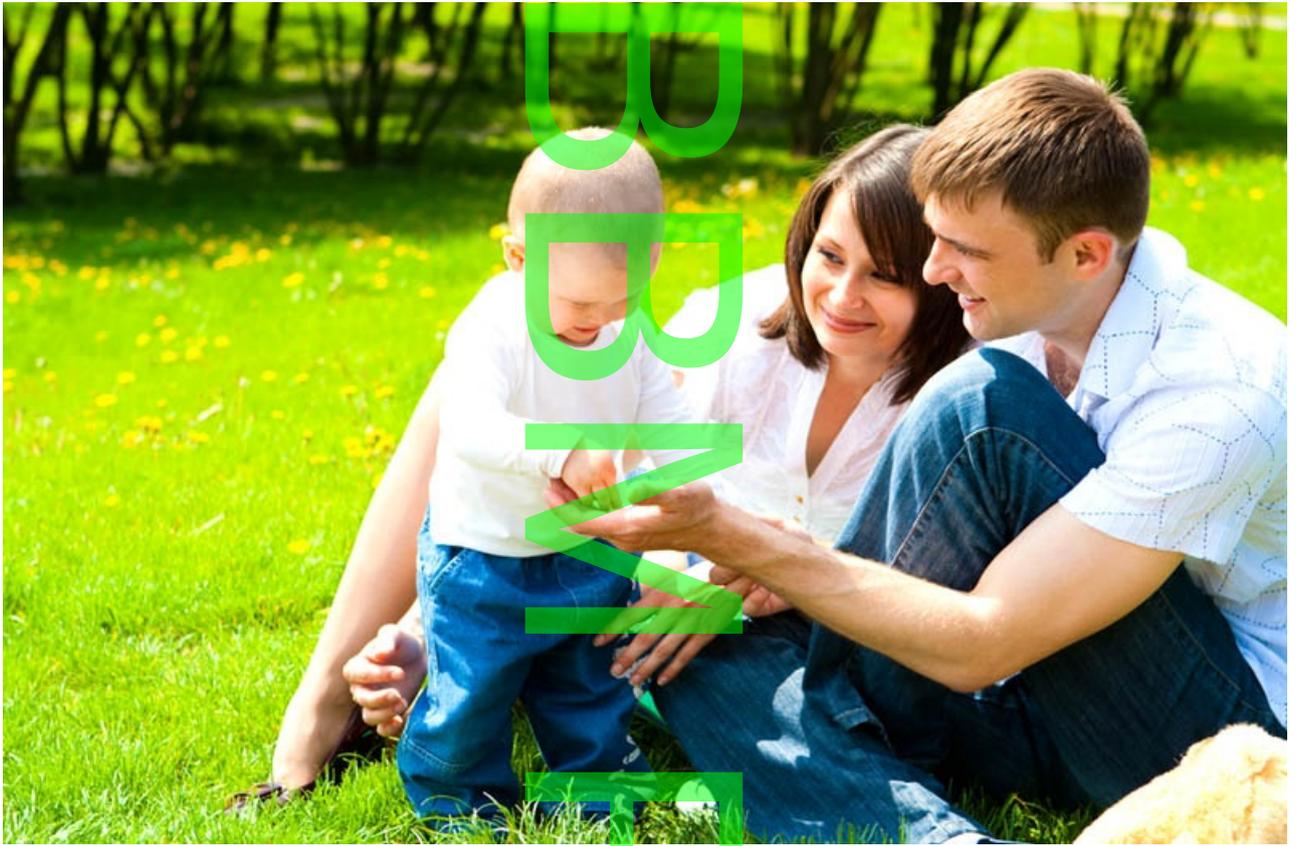
Think about someone you are grateful to in your life. It can be a friend, family member, colleague, manager, mentor, teacher, or acquaintance — anyone to whom you feel a sense of gratitude.

### **Step 2: Write your letter of appreciation (20 min)**

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## Day 17: Your Roles in Life



*“Don’t say that you should have not existed.  
Without you, there will be a hole in creation.*

*A missing life to those in your family.*

*A missing friend to those around you.*

*A missing role in this world.*

*Treasure your uniqueness. It is a gift given only to you.*

*Play your role in life.” — Pravs J*

What roles do you play in your life? A Son/Daughter? Sister/Brother? Partner/Spouse? Mother/Father? Friend? Housemate? Colleague? Manager? Leader? Teacher? Mentor? Coach? Student? Or some other role that’s not stated here?

All of us play different roles in our lives. Some of us may find ourselves switching across

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Open your 30BBM Workbook to Day 17, titled “Evaluating My Roles.”

## Step 1: Identify 3 roles that matter the most to you

Identify 3 roles that matter the most to you. Include the person you play the role to.

For example: “Best friend to Shelly” or “Girlfriend to Peter” or “Employee to Manager X.” Or if it’s a collective group of people (like being a friend to a big group of friends, or a teacher to a group of students), you can state: “Friend to my friends” or “Teacher to my students.”

You can also cite a role more than once if (a) you play the same role to multiple people and (b) each person has special significance to you. For example, say you are a father with 2 daughters and your individual relationship with each daughter is very important to you. Here you can state: “1) Father to Jane” and “2) Father to Mary.” But if you feel that you want to focus on your role as a dad as a whole, simply count it as one role: “1) Father to my daughters.”

Examples of common roles:

- Son / Daughter
- Parent / Father / Mother / Guardian
- Husband / Wife / Boyfriend / Girlfriend
- Friend
- Best friend
- Grandfather / Grandmother
- Colleague / Team member / Employee (to your company)
- Subordinate (to your manager)
- Manager (to your subordinates)
- Business owner
- Leader / Mentor / Coach
- Housemate
- Student



## Day 23: Shames and Vulnerabilities



*“The only shame is to have none.” — Blaise Pascal*

Do you have any shame or vulnerability that you’ve never shared with anyone?

Of course you do. All of us have our own secrets locked away in the little doors of our hearts, never shared with anyone.

It doesn’t matter whether you are the busy, outspoken executive who works in the central business district; the single working mom with two kids; the lone beggar on the street, the young professional just starting his/her first day at work; the happily married father of two who just got promoted; or the independent business owner who just nailed his biggest deal.

Everyone has their secret side not unveiled to others — sometimes not even to their closest



## **Task: Acknowledge a Shame or Vulnerability**

Today's task will take 30 minutes.

Open your 30BBM Workbook to Day 23, titled "My Shame / Vulnerability."

This task is about revealing a shame or vulnerability — *to yourself*. The idea may sound ridiculous, but many of us go through problems we don't acknowledge. For example, smoking problem, drinking problem, **an addiction to food, self-image problem, body image problem, issues with our femininity/masculinity**, insecurities about something, a fear about something, or shame over some past event.

It doesn't matter whether it's big or small. As long as you feel some shame about something, as long as you feel like you need to hide it from the world, then it is considered a shame or vulnerability.

You are not required to reveal this shame or vulnerability to anyone. The point here is to officially acknowledge it to yourself, especially if you have always tried to hide it or block it off in your mind. It's about self-honesty and gaining power over your problems.

### **Step 1: Think about something that you've been keeping inside you (5 min)**

What is a shame or vulnerability you have been keeping inside you?

Consider the following examples:

- An issue with your weight
- Something that you did or that happened to you that you are ashamed to tell anyone
- Hatred for someone
- A deep insecurity about something
- Jealousy of someone



## Day 29: A Letter of Commitment

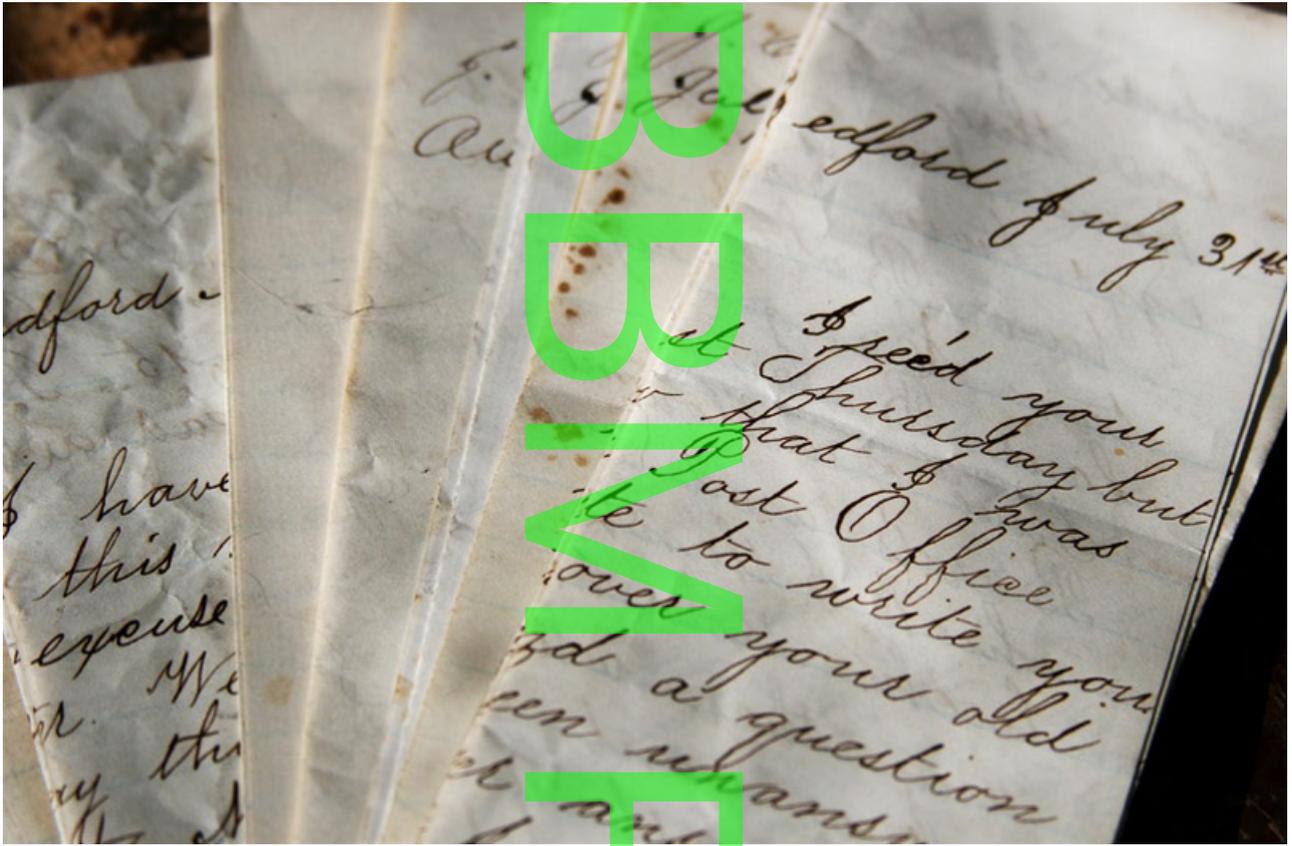


image ©

*“Commitment unlocks the doors of imagination, allows vision, and gives us the ‘right stuff’ to turn our dreams into reality.” — James Womack*

Have you made a commitment to someone before?

Perhaps you are married, and you made a commitment to your partner on your wedding day when both of you exchanged your vows. Perhaps you have a BFF and you made a commitment to him/her to always be there when he/she needs you. Perhaps you are employed, and you made a commitment to your employer when you signed the employment contract. Perhaps you run a business partnership and you made a commitment to your business partners via the contract you signed when setting up the company.

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Have you ever made a commitment to yourself before though?

We make commitments to other people in our life, yet we never bother to make commitments to ourselves. We set goals, but then we change them along the way for other people. We promise others that we will always be there to support them, but we don't make it a point to support ourselves. We take time out for other people and other things, but we hardly make time for ourselves. We help others achieve their goals (including helping our employers achieve their goals), but for some reason, we aren't that committed to our own goals and self.

Think about your higher self, who is your eternal self. He/She is patiently waiting for you to achieve your highest consciousness. Think about your future ideal self — whom you saw during your meditation on Day 5's task — waiting for you to grow into him/her. Think about the millions of people out there, waiting for you to touch them through your goals and dreams. And think about yourself, whom you owe being a better person to.

It's time to make your growth a real priority. Today, your task is to write a letter of commitment to yourself. ♥

## **Task: Write a Letter of Commitment**

*Today's task will take 30 minutes.*

Open your 30BBM Workbook to Day 29, titled "My Letter of Commitment."

For those of you who have done **Live a Better Life in 30 Days**, you wrote a letter to your future self on Day 29 with your vision of your life one year from now. This letter of commitment is different from that letter, in that this letter is meant as a personal pledge to the you today to stay true to your goals, ideal traits, values, purpose, and yourself.

### **Step 1: Meditate (5 min)**

Before you write the letter, do a simple meditation to clear your mind and raise your consciousness.

This is so that you can be in your highest level of consciousness while writing this letter. It's important as you will be reading this letter in the weeks and months to come.

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