

# Live a Better

# Life in 30 Days



30DLBL  
Preview

30DLBL

Life Transformation Course

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, and self-realization. In these 30 days, I have discovered and rediscovered myself on a whole new level.”*

*“Over the last couple of years, a lot of my exuberance was quashed. 30DLBL forced me to look at my life, the way it was going, and create an actionable plan to improve my life.”*

— 30DLBL participants

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## 30DLBL — What To Expect

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

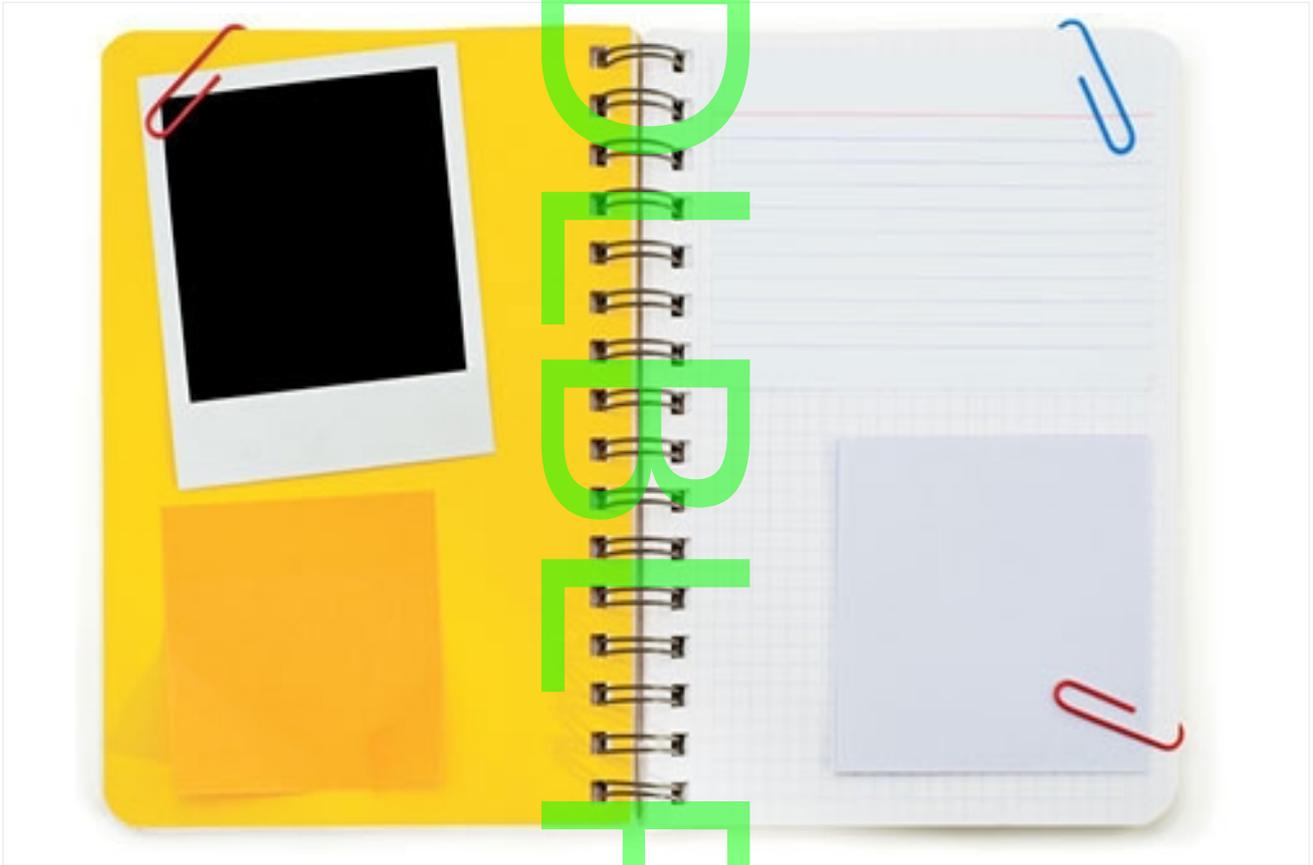


Here's what to expect:

- **30 tasks for 30 days.** There are 30 tasks for 30 days (Days 1-30). While you can start on the 1<sup>st</sup> of the month for easy tracking, feel free to start 30DLBL on any day of the month. For example if today is the 15<sup>th</sup>, 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 15<sup>th</sup>, then Day 2's task should be done on the 16<sup>th</sup>. Each day's task details can be found in its respective chapter, which includes (a) **a task overview**, and (b) **an exercise** with step-by-step instructions. You will write your answers in your 30DLBL



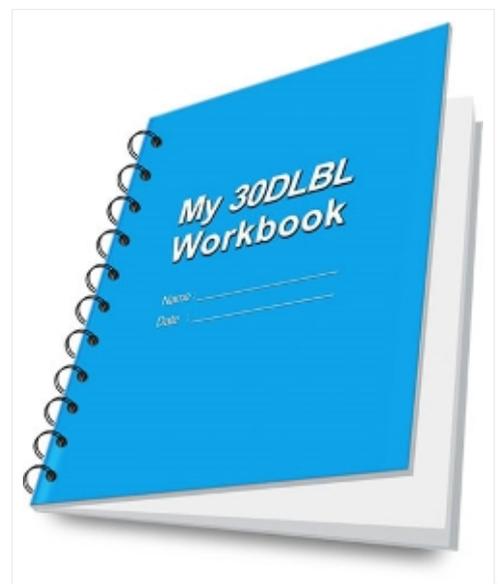
# Your 30DLBL Workbook



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

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.

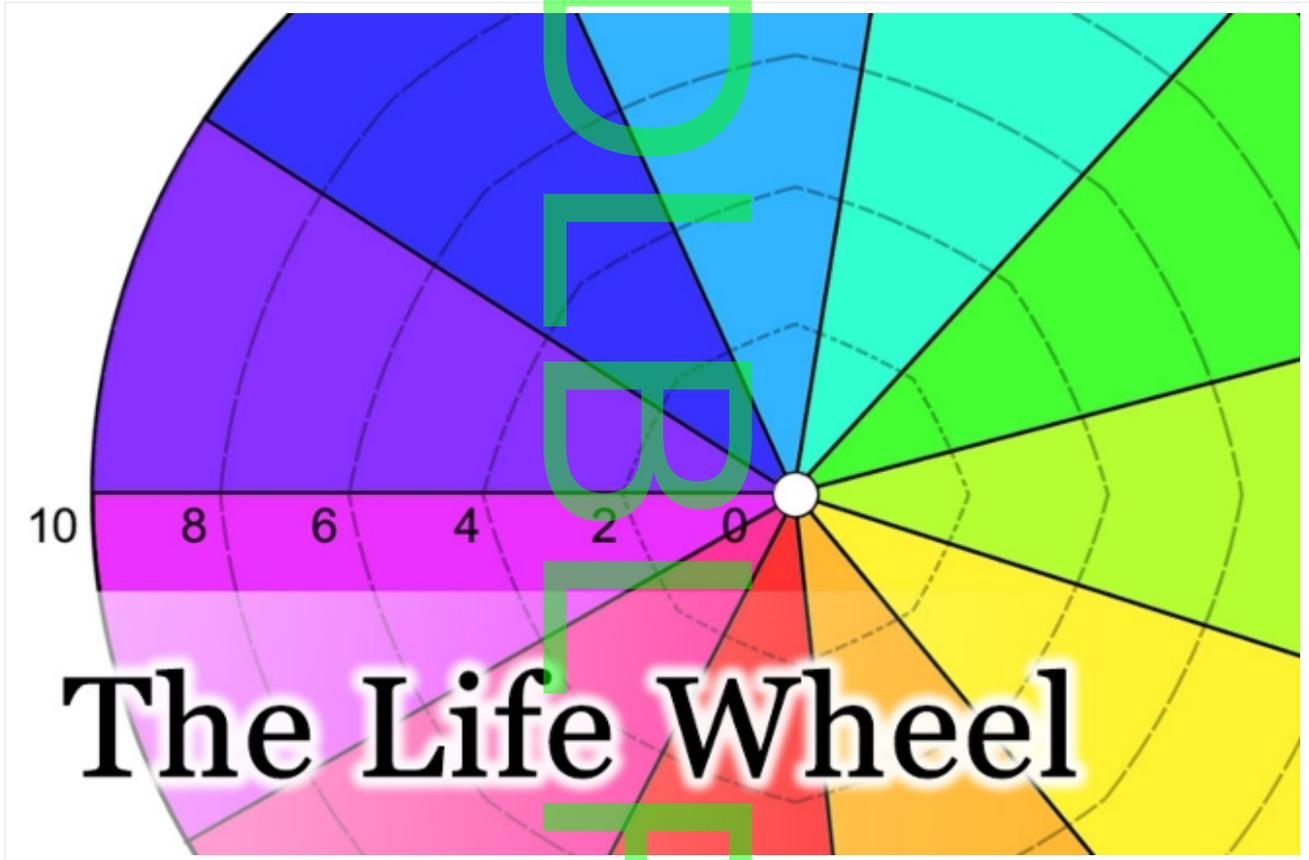
If you decide to use soft copy, create a copy of the workbook and name it "30DLBL Workbook\_YYYYMM.doc", where "YYYYMM" is the



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## 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 start! ☺

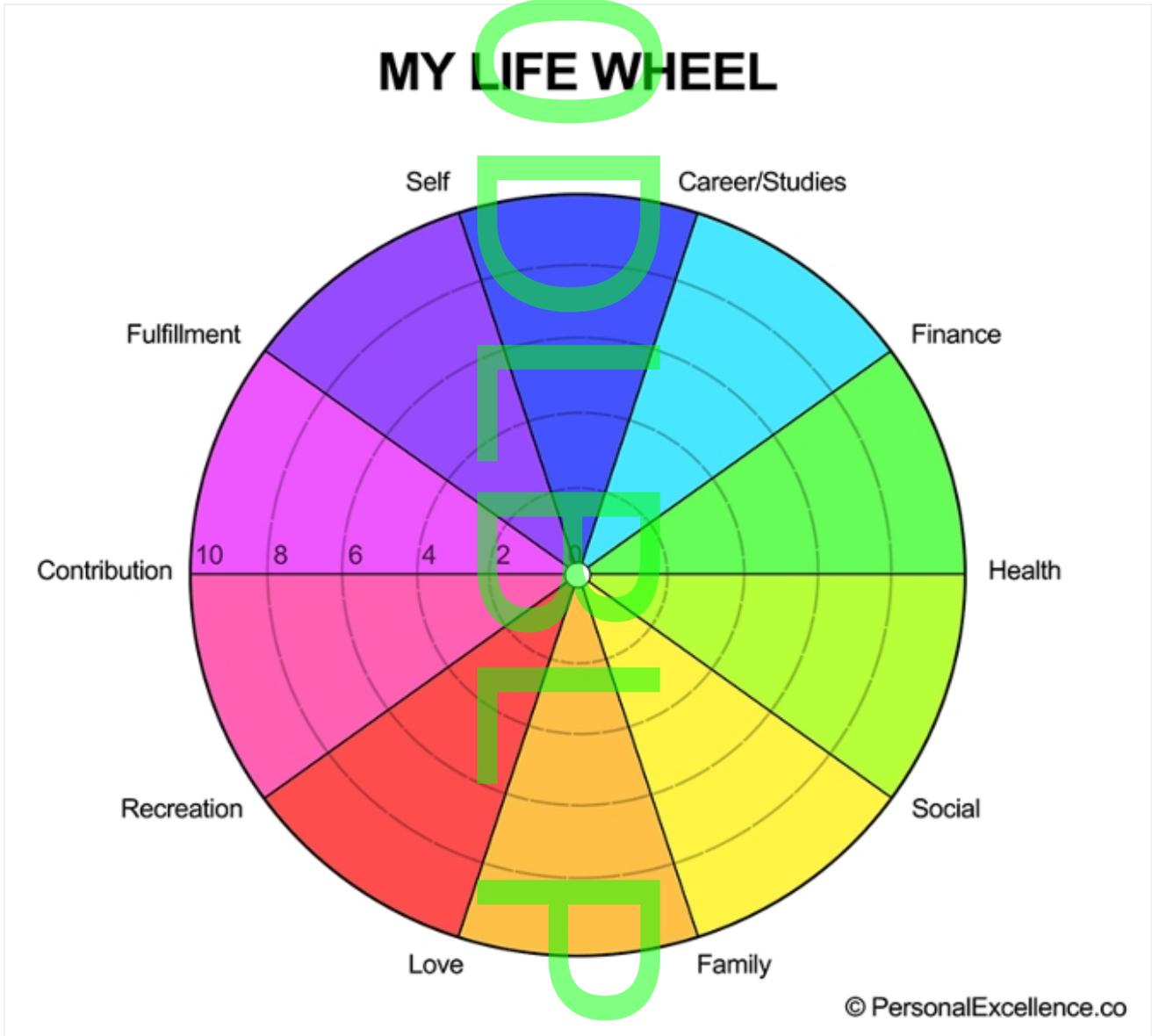
Every journey starts by knowing where you are now and how you are doing.

Have you 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) to identify the best route to get there. Otherwise it can't calibrate the possible routes.

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

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1. **Career / Studies** — The name of this area depends on what's applicable to you right now. Use 'Career' if you're employed or running a business and 'Studies' if you're studying. This is considered a crucial area as work and studies usually make up a big portion of our waking lives.
2. **Finance** — How you're doing in your finances. This includes your income, wealth, and assets.
3. **Health** — How you're doing in your physical health. This includes your diet (whether you're eating healthy), your sleep (whether you're having enough rest), and fitness (whether you're having enough movement in your life).
4. **Social** — How you're doing socially. This refers to your social connections.
5. **Family** — Your relationship with your family members, including your parents,



## Part 2: Reflection... (20 min)

Now that you have drawn your life wheel, it's time to do some reflection.

- a) **What is the shape of your wheel? Why?** Refer to the four shapes above and pick the closest one. Whatever your life wheel looks like, it's not a coincidence. If you had done this assessment a month or two ago, you'd have ended up with a similar shape. The bigger question is, why? Read my analysis for your wheel shape above and apply that to your situation. What are the three biggest reasons your wheel looks like this?
- b) **Which are your lowest scoring areas? Why do you think this is the case?** All 10 segments are equally important to live your best life. Some people may think that they can ignore 3-4 segments and get a 0-1 score in those segments but it doesn't work that way. Whenever there's a part of your life that is put on hold, a part of you is blocked too. Which segments have the lowest scores? Have you been putting off? Why?
- c) **Are you happy with your wheel? What if you have to stick with this wheel forever?** How would you feel? Is this what you want? Would you be happy? Be honest with yourself.

(We will be continuing this discussion tomorrow in Day 2's task on your ideal life.)

## 30DLBL Alumni

Hi, welcome back! ☺ How has everything been since your last 30DLBL run?

As you know, self-improvement is a never-ending journey. The tasks in 30DLBL are timeless and meant to be done again and again, with new lessons to be gained each time. As you work on the tasks in this run, think about what you want to create in your life moving forward as you create your new trajectory of growth. As you work on your plans for your next stage in life, think about what you want for your new ideal life, your new life goals, your new vision board, etc. with the upcoming tasks.

Feel free to refer to your workbook answers from your previous run(s) and see about how you have changed since doing it. You are going to find very interesting insights as you do



## Day 2: Ideal Life



*“Your imagination is your preview of life’s coming attractions.” — Albert Einstein*

Have you ever thought about your ideal life? What would you do if you could do anything in the world? What would you do if nothing was impossible?

Growing up in today’s world, many of us have been beaten by society to focus on what’s practical and “real.” When you were a child, you might have been told by your parents or teachers that your dreams were not realistic, and to set smaller goals instead. As an adult, some of us might have started off our 20s with big dreams, but eventually got beaten down by reality to focus on what’s practical instead.

I can understand that. When I was a student, I had a teacher who regularly shot down our goals because she didn’t think we could achieve them. She would then ask us to set goals that were much smaller and “realistic” instead. As an adult living in today’s sometimes bleak

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## 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, answer the following questions in the workbook:

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

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

*What are your biggest goals and dreams that you want to fulfill?*

### 3 Pointers as You Do the Exercise

1. **Listen to your heart.** As you write, listen to your inner self. What does he/she say? What does he/she yearn for? Write them down.
2. **Be bold and audacious.** See this paper before you as the menu of the universe. Say you hold back from dreaming about your goals because you are afraid they won't come true. But if you don't even write what you want on this menu, how can it even come true? Remember, everything is created twice: first in the mind, then in reality. This includes the world you see today. This includes the laptop or pen/paper that you see before you now (someone first dreamed of it before it got created in reality). Allow your dreams to happen in your mind first.
3. **Cover the different areas of the life wheel.** To create a holistic ideal life vision, refer to the 10 life wheel segments. What does it mean to reach the ideal state in each area? If you run out of space, simply get more paper. You don't need to cover all the areas — simply use them as a guide.

### Example of an Ideal Life

Here is an example of participant Ahmad's ideal life (who works in IT), edited for length:



## Day 10: Frustration



*"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. The frustration can be work-related, too much workload or things not going well with our job or business. It can be relationship-related, like problems in our relationship, disagreement with friends, or conflicts with family members. Or it can be something else, such as health issues, financial issues, or worries about the future.



- a) **What is something that has been frustrating you?** I'm very stressed out with 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 day ahead.

After we are done with all that (usually only some of the tasks 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 need **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 get 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 you are reviewing:

- If this is your first time doing this task in 30DLBL, your review period will be from the day you were born to the date today.



## Day 18: 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 — such as their personality, habits, beliefs, and attitudes. For each category of assessment, identify an average across these 5 people. Do you see aspects of this average in yourself, even if a little bit?

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



Let's say you are an extremely positive person who doesn't get easily swayed by others. What happens? There may be a limited downside that negative friends can bring you. However, there is also a limited upside, **because when you spend your time around negative people constantly, you are being held back from who you can be.** When you are not thriving in the relationship, you're not being your best self to your friends and not able to give your best in the relationship.

Of course, I'm not saying that you should cut away everyone with negative traits. For all intents and purposes, we 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 efforts, it changes 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 protect our energy so that we can help others. Furthermore, when you stay in relationships that pull you down, you are not really helping yourself or 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)**



## Day 21: Childhood Stories



*"If you continue to carry bricks from your past, you will end up building the same house." — Unknown*

*"I am not what happened to me. I am what I choose to become." — Carl Jung*

What are your childhood stories? **Childhood stories** is a term I use to refer to events that happened to us when we were a child, that became etched into our consciousness and formed part of our self-identity.

All of us have childhood stories. They can be monumental events that shook your world when you were young, such as when your parents divorced or when you were abandoned by your father. They can be one-off incidents, such as a time when your mom hit you, when you were berated for something you didn't do, or when you were backstabbed by your good friend. They can be a period in your life, such when you were bullied in school, a painful childhood, or being in an abusive relationship.



though no one was saying such a thing to me.

When we have a childhood story — an event that deeply impacted us, often negatively — we often replay this story in our lives, carrying the beliefs from that encounter and repeating them to ourselves, even when they are not true.

Yet what happened in your childhood does not define you. It is not who you are. It is simply an event that happened in the past, and you were in it or a part of it. And it is possible to unchain your childhood story from your identity and be free of it.

Today, your task is to examine a childhood story and unchain it from your life.

## **Task: Examine Your Childhood Story**

*Today's task will take 40 minutes.*

Open your 30DLBL Workbook to Day 21, titled "My Childhood Story."

### **Step 1: Identify a childhood event that left an impression on you (10 min)**

- a) Think of a childhood event that left an impression on you. This can be a one-off event, such as when your parents got divorced, when you failed your national exams, or when your friend backstabbed you. It can be a series of events that happened over a period of time, such as being bullied in school or a painful childhood.

While I use the word "childhood", the event can be beyond childhood, especially if it has had lasting effects on the way you see yourself. Write down this event and whatever details you can remember, such as when, where, and how it happened.

- b) Identify the beliefs or conclusion you took away as a result of this event.

For this exercise, I'll illustrate the steps using my childhood story, as well as a different example of someone who was abandoned by his father.

**Example #1:** Being berated by my mother when I needed help



## Day 23: 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 where you get advice from... your future self. 😊

Your Future Self is very wise and has greater knowledge, wisdom, experience, and skills than Present-Day You. Because of that, he/she can provide important advice on your goals, what you're going through now, and what you should do to achieve your ideal life.

How are you doing in life now? Are you on track to achieve your ideal life? Is there anything you're doing well, that you should continue? Is there anything you're doing that's not that great, that you should stop doing? Are there areas of your life you're facing difficulties in, and that you could get advice on?



You can ask your Future Self these questions, and more. ☺

See this as a intervention to get you back on track. Perhaps you are very bothered by some things currently 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 goals and your Future Self is here to give you a holler and get you moving!

After I created this Future Self exercise, I would often do it by myself. Each time, 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 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**. Your Future Self is you and knows how you think and act. He/she has lived through the current phase of your life and knows what's to come next. He/She has very important advice on what you should do if you want to create your ideal life.

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

## **Task: Get Advice From Your Future Self**

*Today's task will take 30 minutes.*

Open your 30DLBL Workbook to Day 23, 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 10-20 years into the future. How old would your Future Self be? Visualize him/her as vividly as possible, including his/her face, hair, body frame, and 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.



## Day 24: 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.

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focus on healthy eating, 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 goal to keep me focused. I then worked on setting goals that I'm excited about, such as starting a new challenge and starting my video channel. With a bigger goal to keep me anchored, I naturally stopped checking social media frequently and poured my energy into realizing my goals. I still use social media — it's a tool to easily connect with others — but I use it sparingly and consciously.

A sure way to fail with new habits is to “force” yourself to adopt them without understanding the underlying causes of your behavior. 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 without understanding what was making you eat badly in the first place. While such a method may work with simple habits, for deeply ingrained patterns, it's important to understand their roots and address them as you work on cultivating new patterns of behavior.

Today you will work on removing a bad habit / cultivating a new habit. Let's get started! ☺

## ***Task: Address 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 24, titled “My Habit Cultivation Plan.” Write down today's date.

Today's task comes with 2 options. You can

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

Take your pick and follow the instructions pertaining to your option!

