Create

Daily Thoughts

Your

from the Year the World Stopped

Own

by Lilia Yermak

Worlds

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Dedication

For those whose mission is greater than their human life.
For those who understand why we were born and what we came here to do.
For those who think on a planetary scale — who know that life is far more than the dash between cradle and grave.
For the ones who shape the future — not just for themselves, but for their children and grandchildren.
For those who remember that the world is a vast and wondrous mirror, and beauty always depends on the eyes that behold it.
For those who see no "us" and "them" because they know — we are one.

To you, dear souls, I dedicate this book.
With love, with reverence, with hope that our paths have crossed not by chance.

Acknowledgments

I extend my heartfelt gratitude ***to my family,*** whose unwavering enthusiasm and belief in me have made it possible to turn my dream into reality — to my beloved husband Oleksandr and our three children, Yana, Yakiv, and Yaroslav, my eternal sources of inspiration.

My deepest bow ***to my parents,*** Semen and Liudmyla, for all they've poured into my soul, and for their unconditional love that has always carried me.

I am thankful ***to my mentors and teachers,*** whose influence on my growth in awareness and spirituality is immeasurable. Artem Nesterenko, Serhii Shevchenko, Alex Yanovsky, Valerii Maksymchuk, Tetiana Druhova, Ivan Anikieiev, Kateryna Trofimuk, Yurii Shapoval, Liubov Chakvitadze, Robin Sharma, Sadhguru, Robert Kiyosaki, and Will Smith — each of them, in their own way, whether personally or through their work, has played a role in my journey toward success.

I am grateful ***to the Almighty*** for supporting my ideas.

And finally, I am deeply thankful ***to all my students and colleagues*** — you continue to inspire me every day.

Foreword

They say a leap year can be special.
The year 2020 turned out to be extraordinary — not only for me, but for all of humanity. How did we make it through? What did we achieve? What challenges did we face? What lessons did we learn? Because every trial teaches us something essential — doesn't it?

Each day, you walked your own path of discovery — exploring the world, and your place within it.
Today, you are no longer who you were yesterday.
Tomorrow, you won't be the person you are today.
You'll change — with new thoughts, new feelings, new insights and awakenings. Armed with experience and understanding, you'll move closer to your true self.

I, too, spent this year in search of truth — trying to find myself and my place under the sun. And as I wrote down my reflections day after day, I slowly came to realize my purpose: ***I am here to learn how to live, and to live in order to teach.***

So if these writings speak to even one soul — if someone finds comfort or clarity in these pages — then none of it was in vain.

Memories. Thoughts. Personal moments.
366 days of my life during a pivotal moment in the history of our planet. This book is the **diary of my soul.**


Enjoy
Every
Moment

January 1 — My Core Beliefs

"Who doesn't know me?!" That was my honest reaction when someone asked me to introduce myself online. In our digital world, it's easy to assume that the people who like, comment, and react to our posts know us well. But truthfully, we're all strangers — unless we take a moment to really connect.
So let me tell you a little about myself.

I love this planet. I love being alive. I love to travel — so far, I've visited 23 countries: Austria, Germany, Hungary, the Czech Republic, the Netherlands, Belgium, France, Slovenia, Italy, Spain, the UAE, Egypt, Bulgaria, Romania, Serbia, Greece, Russia, Georgia, Moldova, Slovakia, Oman... I live in Poland with my family and have spent a few summers working in Bulgaria by the sea. (And no, Turkey doesn't count — they didn't let me in. Long story.)

But what I love most of all are my children: Yana, Yakiv, and Yaroslav — bright, kind, talented, and wonderfully close. They are the proud continuation of our family line. I'm deeply grateful to my husband, the best father I could imagine for them.

I'll never forget the day a woman approached me at a school event and asked, "Are you Yakiv Yermak's mother? Thank you for your son. You raised a real man." I was speechless. My heart almost jumped out of my chest.

I see myself as a living link in my family line — between ancestors and descendants, between the past and the future, there I am: Lilia Yermak, in the present.

Within me live the dreams of those who came before, and in my genes are hidden the talents they passed on. That's why I do so much — I'm a mathematician, a poet, an English teacher, a researcher in tourism education, an entrepreneur and coach in the MLM field. I love music, art, driving my BMW, and playing sports. And I believe this wide range of passions is no accident — it's all part of my soul's mission, which I hope to pass down, multiplied a hundredfold.

I believe in God. Without question, I believe that our world — our universe — is a constant battle between Light and Darkness. I stand with the Light. In fact, more than that: I try to be a light.

It might sound lofty, but in my heart is a sincere desire to help people — in every way I know how. I believe every human being is unique, talented, and worthy of joy.

I'm a dreamer. Big dreams have always been my fuel — they pull me into the current of Life. I turn dreams into goals, gather information, build plans, take action, celebrate wins, reflect, and then… fall in love with the next dream and begin again.

My family and friends have learned to trust this rhythm. They don't argue with my wild ideas anymore — they cheer me on. They help. They believe in me.
That faith is priceless.

To all who read this: thank you for being here on this planet.
I believe we've all crossed paths for a reason. Each of us is a universe, and at the same time, we're all pieces of a much larger puzzle. Let's do our part to make that puzzle a masterpiece — because we can.

January 2 — A Message to My Childhood Self

The other day, I was flipping through old family photo albums when I stumbled upon a picture of myself as a little girl… and I paused.
What would I, grown-up Lilia, say to that bright-eyed child if I could send a message back through time?

First, I would thank her.
Thank you, little one, for your curiosity and unstoppable hunger for knowledge.
I remember how many books you devoured as a child, how you explored every corner of the village library. You read everything you could find. Some of it you didn't understand, and some of it your parents had to hide — not exactly child-friendly! But what you did grasp, you absorbed with lightning speed… and shared with your friends. Looking back, I see it clearly now: even then, you were living your purpose — to collect wisdom and pass it on.

Second, I'd tell you this:
Don't hold on to hurt. Most people don't mean to cause pain. They're just trying to find their own version of happiness, even if they don't always know how to do that without hurting others in the process.
People need to be taught how to seek joy without creating sorrow.

We all want to be happy — and if we can do that without wounding anyone else, why wouldn't we?

And third, I would make a promise:
Your dreams will come true.
Not by accident, but by belief.
Keep your childlike faith, even if it feels naive.
Live as if your dreams already exist in the future —
and your only task is to walk toward them, day by day, year by year.
And what about you, dear reader?
If you could send a message to your childhood self…
What would you say?

January 3 — Be Alone With Yourself

A few times a year, you should leave your country — just for a few days — and be alone with yourself. Immerse yourself in a different culture. Try something new. Explore a place where the language, faces, and rhythms are unfamiliar. Or slip away into nature—somewhere unlike your everyday surroundings—and let your mind wander.

This, I believe, is one of the most powerful expressions of self-love. Because in these quiet, unfiltered moments, the real strategies are born—the ones worth millions. This is where clarity arrives. This is when you realize what truly matters to you. I've always loved to travel.

Changing my environment fills me with energy. New places, new faces — they spark ideas I didn't know I had. I begin to see the patterns in my life more clearly.

I remember my role in this strange, beautiful play we're all acting in.
I reconnect with my worth, my creativity, my uniqueness.
And when inspiration hits—it's not a trickle. It's a tidal wave.

It doesn't matter whether you disappear into the mountains for a few days or walk alone through a foreign city, lost between ancient palaces and modern skyscrapers.
What matters is this: you're somewhere new, and you're face-to-face with yourself. And that? That's a gift everyone needs.

January 4 — The Countries I've Visited

I can't remember how many countries exist on Earth — but I've seen over twenty of them with my own eyes. Some of them more than once. **Traveling is magic.** It's like an emotional drug — once you taste it, you crave more. New places, new experiences... and it doesn't even matter what kind of transportation you use.

Personally? I adore flying. At first, I even kept count of every takeoff into the endless sky — but eventually I lost track. I still remember that flight to Egypt in 2005. Everything below looked so small, I felt like I could just reach out and hug the world. I made everyone on the plane laugh when the pilot announced, "It's 50 degrees outside." *"Wow, it must be boiling hot out there!"* I said out loud — forgetting that he meant minus 50 Celsius, not plus. The sun was just so bright through the window, I was fooled!

A few years ago, I did a road trip through Europe by car. Somewhere in Poland, I saw a road sign with a moose and the word KONIEC underneath. For weeks, I thought it meant "beware of wild horses". Turns out, "koniec" just means "end" — as in, the end of the moose zone!

Once, during a bus tour in Vienna, we had some free time to explore. I was sitting on a bench when a man came up and asked me for directions — in German. So I answered in German, of course. But as I spoke, I heard his children chattering in Russian behind him. His whole family was Russian-speaking! For a split second I hesitated: should I switch to Russian? Should I keep going in German? In the end, I stuck with German — let his kids be proud of their dad for navigating a foreign country like a pro.

Ah, Paris. The metro there is massive — and you should definitely avoid it at night! It closes in sections. Once, at 2 a.m., I had to lead our entire tour group out of the subway system after we got stuck underground. We were rescued by a helpful Frenchman who gave directions in French… which were translated into English… and then into Russian… by me. Four adults, standing in a circle, creating a human chain of languages — French to English to Russian and back again. We made it out.

Back in 1995, I went to the Netherlands — and for someone who grew up in the Soviet Union, it felt like stepping onto another planet.

They housed us in a student dorm in Eindhoven and assigned us a student guide named Mark. He was kind and polite, but even he couldn't help blurting out, "What is she doing?" when he saw me crouch down to touch the grass. I just wanted to see if it was real — bright green lawns in late March were completely foreign to me!

Then there was Prague — where I once lost my students during a tour. I had taken them abroad to "practice English in the real world," and after our scheduled excursions, they were allowed some free time. But when the meet-up time arrived — no students. Panic set in. I ran through the streets in the pouring rain, peeking into every open door. Eventually, I found them near the closed supermarket — just 200 meters from the bus. They looked calm, but weeks later they admitted they'd been terrified… they just didn't want to show it.

Honestly, I could go on and on with travel stories — but I'll stop before this turns into a novel. Let me just leave you with this:
Travel.
Step outside the "home–work–backyard" routine.
Go somewhere you've never been.
Make your life an adventure.
It's worth it.

January 5 — The Sistine Madonna

Anyone who's visited Dresden will tell you—it's an exceptionally beautiful and balanced city. A perfect harmony of grand architecture, rich culture, world-class museums, and peaceful walks along the Elbe River.

I still remember my very first trip there…
Like many travelers, we made our way straight to the Zwinger art gallery to see the works of the Italian masters. My friend Ann had dreamed for years of seeing The Sistine Madonna by Raphael with her own eyes.
So of course, on our very first day, we went.
Some rooms in the museum were filled wall-to-wall with paintings.
Others had just one enormous canvas, stretching from floor to ceiling.
What surprised me most were the sofas — right in the center of certain halls.
But then it made perfect sense. You can't truly admire a massive painting from up close — you have to sit, and let it speak to you from a distance.

We finally entered the room that held The Sistine Madonna.
We sat in silence, watching her eyes — soft, eternal.
Watching the angels. Watching the stillness she carried.

After a long pause, Ann sighed and whispered:
"Now I can die in peace."

And in that moment, I understood something deeply:
Art can move the soul in a way that words never could.

January 6 — The Character of Our Thoughts

The quality of our life — whether it feels joyful or heavy — depends on the quality of our thoughts.
Optimistic thoughts and **positive** emotions have a rhythm.
They make the heart beat freely, the blood flow easily.
They create an inner pulse that encourages us to act.
But **negative** thoughts?
Sad, heavy, brooding thoughts?
They slow down the mind.
They turn motion into stillness.
They create mental inertia — and eventually, physical inaction.
In other words: inaction is often the physical symptom of negative thinking.
This is why changing our thought patterns is so important.

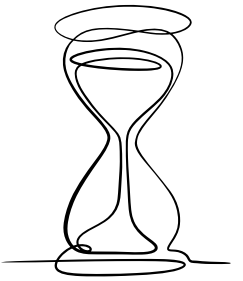
And here's the good news — our brain is surprisingly adaptable.
It's capable of forming new patterns, new ways of thinking.
That flexibility is a sign of its health.

To live consciously is to take responsibility for what we think.
Are you willing to do that?

January 7 — Bright Thoughts

I've decided:
I'm going to live a long and happy life.
And I'm looking for like-minded souls!
Let's chase away the thoughts that bring us down.
Let's fill our minds with light.

We live in a time when reality is shaped not just by words — but by thoughts.
That's why it's more important than ever to learn how to think clearly. *Consciously.*
Strangely enough, most of us were never taught how.
But it's never too late to learn.



January 8 — Living in the Past

Why do so many people cling to the past?
They replay it.
They analyze it.
They imagine: What if...?
That question — What if... — is a parasite. It steals energy.
And the truth is, it never leads to peace.
The past has already served its purpose. The lesson is learned.
Now it's time to live — to live in the present moment.
So many people waste their energy on old regrets, or memories they can't let go of. They stay frozen in a mental time loop. You can feel it in how they talk, in the way they carry themselves — they're stuck in yesterday.
But if you want joy… clarity… movement…
Then remember this:
The past is gone.
The future hasn't arrived.
All you have is now.
So clear out the mental clutter. Let go of grudges. Let go of "what could have been." Take only what serves you: experience, strength, wisdom — and keep going. Write today in ink. There won't be a second draft.

January 9 — Everything Inside You Will Resist Growth

The human mind is a marvel.
And nothing reveals its power more clearly than the moment it starts fighting change — even when change is clearly needed.
Your psyche is equipped with an army of defense mechanisms.
Their job? To protect the status quo.
To reject anything that might shake the foundations of your current self.
Even now, some of you are reading this and feeling your brain push back:
"Nope. Not me. That's not true. That's overblown."
But it is true.

Change is uncomfortable. It's risky. It's hard work. It's scary.
Real happiness? It demands effort. And courage.
Because when you commit to growth, you might fall.
You might fail. You might lose something. And it's so much easier — so much safer — to just sit back and critique what others are building.
"That movie was dumb."
"These kids are spoiled."
"Their relationship is a mess."
"That millionaire? No character."
"That restaurant? Overrated."
"This writer online? Total fraud."

Let's be honest:
The moment you try to build something — a poem, a business, a relationship, a new habit — you will be surrounded **by non-creators.**

Some of them will mock you quietly.
Some of them will do it to your face.
Some of them will be your friends.

Your drinking buddies won't love your sobriety.
Your lazy friends won't cheer your fitness goals.
Your unemployed friends may resent your new career.

And total strangers? They might call you arrogant, fake, a narcissist, a weirdo, a fraud… Let them talk.

Do. Not. Let. It. Stop. You.

Look inside.
You have a gift. The gift to create.
Use it. Grow it. Create your own worlds.
Dream it. Then do it.



January 10 — Life Is a Game

Life is a game.
But the real question is: ***Who's writing the rules?***
Have you ever noticed how most of your days feel like a script?

- You wake up.
- You eat.
- You get the kids to school.
- You go to work.
- You come home.
- You run the evening program…
- And then repeat.

Same song. Slightly different verse.
So, again — ***who wrote your script?***
And what's your role in it?
Sometimes you need to pause.
To step back.
To watch the play from the audience instead of acting on stage.
You withdraw. You observe. You reflect.
And suddenly things start to make sense.
You see where you are.
And where you don't want to be anymore.
That's when you start making changes:

- What to do next.
- Where to learn.
- Who to live with.
- Which path is yours now.

You take the pen.

And start writing your new script.
Then you return to the stage — **this play called Life** —
but this time, with intention.

Here's the truth:
Life is a game.
But it's also a cycle.

And the more consciously you live, the more you learn to play all **three roles**:

The Player, who dives in.
The Observer, who watches and understands.
The Director, who creates the vision and steers the story.
Which one are you today?

January 11 — How to Discover Your Life's Purpose

Do you believe you were born for a reason? That your upbringing, choices, and even your setbacks were preparing you for something greater? Is there really such a thing as a calling? Or is it all just chance and circumstance?
Let's forget the mystical theories of fate or karma for a moment and ground ourselves in something simpler — real life.

There's one thing many fulfilled people agree on:
You won't find peace — or joy — until you find the one thing that lights you up inside. That's your path. It's the kind of work or activity that excites you, makes you come alive, helps you grow through challenges, and somehow — even in struggle — gives you joy.

Every human being is completely unique. There's no copy of you.

That's not just poetic — it's cosmic truth. Your uniqueness is your greatest value, not just for you, but for the world. And that uniqueness doesn't start with your talents or even your personality. It starts at the level of your soul — the ancient part of you that's been here far longer than your current lifetime. This is the core of you. The spark that won't let you settle for a dull life. The truth is: many people work in jobs just to survive. Their soul quietly waits, tucked behind obligations and bills. They fulfill responsibilities, they provide. And that is noble.

But here's your challenge.
Look inside — really look — and ask:

- *What activity makes my soul sing?*
- *What gives me energy instead of draining it?*
- *What would I do for free just because I love it?*

That's your spark. That's your path.

Grow it. Shape it. Nurture it.
Create your own worlds.

January 12 — Vision

Do you know what you want?
To achieve anything meaningful, you must be crystal clear about your vision.

- Are you studying? Why?

- Running a business? To what heights do you aim — and what are you willing to give in return for success?
- Building a relationship? Ask yourself — what for?

When your vision is clear, you become unstoppable.
Your subconscious begins to align everything — your thoughts, your actions, your focus — to guide you in the right direction.
But it needs a map. A blueprint. A destination.
People are naturally drawn to those with energy, conviction, enthusiasm, and direction.
Many around us live in uncertainty — jumping from one job to another, switching goals, drifting in and out of relationships.
Not because they're weak, but because they don't ***know what they want.***
You can't hit a target you haven't defined.
Clarity isn't just a motivational concept — it's a tool of power.
When you define your destination, every step becomes intentional.
So today, carve out your vision.
Name it. See it. Believe in it.
And then — go get it.

January 13 — Dreams As They Truly Are

Do you know your dream?
I ask because so many people misunderstand what a dream really is.

- Some confuse it with idle daydreams — vague thoughts that offer momentary escape from daily life.
- Others chase wild fantasies — blurry visions with no plan, no anchor in reality.
- Then there are those haunted by dark images — fear-fueled thoughts that spin worst-case scenarios, leading people into anxiety rather than inspiration.
- Some dream of utopias, imagining what the world could be if only everyone changed.
- Some wait for someone else to come and make them happy — romantic illusions that fade fast.
- Others think a title, a career, or an award will bring them joy. They won't.
- Not even wealth, as seductive as it sounds, is the answer.
- In fact, modern society is drowning in borrowed dreams — people absorbing someone else's desires, living a copy-paste version of life, disconnected from their own truth.

So pause for a second.
Ask yourself:
Have I gotten lost?
Do I still recognize my dream?
A real dream ignites your mind and spirit. It energizes your will. It fills you with clarity, momentum, and the inner fire to act.
A real dream gives you a future so vivid, it pulls you forward like gravity.
Dreams matter. Deeply.
They are fuel. They are compass. They are purpose.
So let me ask:
Do you allow yourself to dream?
How often?
And more importantly — do you know how to dream… the right way?

January 14 — Life Plans

"If your life plans are blurry — your life will be blurry too."

That's a quote I heard during a coaching game. And it hit me.
Right now, I do know what I want and where I'm going.
But I also give myself permission to adjust my plans anytime I need to. I change them when I feel it's right — and that's okay.
I've learned to accept that plans evolve.
What seems clear today may shift a month from now.
And that's growth — not failure.
My current vision for life helps me organize my thoughts, keep direction, and move at my own pace — with joy.
This week, I invite you to reflect on this:
On a scale of 1 to 10, how clearly do you know what you want?
Not for the next decade — just the coming year.
Or even the next few months. *And:*
How does that clarity (or lack of it) impact your progress?
Because knowing what you want… that's the ***first step to creating*** it.

January 15 — Let's Talk About Dreams Again

What do you dream about?
Is it something vague and elusive, floating deep in your subconscious?
Or is it a clear, well-formed desire you can put into words?

Maybe you've already taken it further — broken it down into steps, even made a plan. Or maybe… your dream is flickering, barely alive inside your heart, on the edge of vanishing. Don't let it die.
Here's what to do:
Step One:
Write your dream on a large sheet of paper — or draw it!
Hang it somewhere you'll see it several times a day.
Let it become part of your environment, your routine, your mindset.
Step Two:
Google it.
Seriously.
Figure out what it actually takes to make it happen:
Do you need time? Money? Knowledge? Mentors? New ideas?

Take these two small steps toward your dream, and it will take ten steps toward you. Dreams survive on attention. Give yours some today.

January 16 — The 7 Core Needs That Drive Us

At different points in life, we crave different things.
Sometimes it's finding a purpose.
Other times — a partner, a project, a place to belong, or the peace of being alone.
We reach one goal and feel happy — for a while.
Then something shifts, and a new desire takes the lead.
Why? Because we are built to respond to seven universal needs.
And long-term happiness depends on meeting them wisely.

1. The Need for Certainty
To feel safe. To know where you live, who you're with, and what your role is.
2. The Need for Variety
To feel alive. To explore, to travel, to try new things, to break routine.
3. The Need for Significance
To feel important. To be respected, seen, acknowledged, and capable of leadership.
4. The Need for Connection
To feel love. To belong, to be understood, accepted, and surrounded by your tribe.

5. The Need for Growth
To evolve. To learn, develop, stretch your potential, and grow as a person.
6. The Need to Contribute
To give back. To share what you've learned, help others, make a difference.
7. The Need for Meaning
To feel aligned. To understand your mission in life, to see your place in the world.

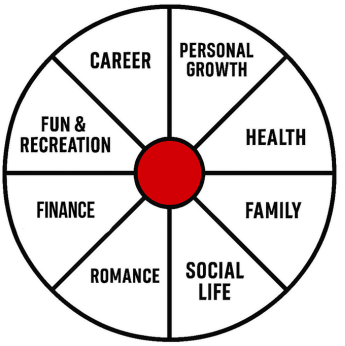
When even one of these is ignored, you start to feel it — as frustration, fatigue, or emptiness.

But when you know your current needs — and meet them — you feel whole. That's what real fulfillment is made of.

Which of these seven is speaking loudest in your life right now?

January 17 — The Wheel of Balance

Ever feel like one part of your life is thriving while another's falling apart?
There's a tool for that. And it's more powerful than it looks.
It's called the Wheel of Life.
Created by motivational coach ***Paul J. Meyer***, this simple diagram helps you assess the balance (or imbalance) in your current life. It's a visual *"snapshot"* of where you stand — and where you need to grow.
How it works:
Draw a circle.
Divide it into 8-12 slices — like a pizza.
Each slice represents a part of life:



– Career
– Family
– Health
– Money
– Friends
– Personal Growth
– Fun & Leisure
– Spirituality / Inner Peace
(You can swap in creativity, business, fitness — whatever fits your life.)
Rate each area from 0 to 10: **0** = *disaster*, and **10** = *couldn't be better*

Mark each rating outward from the center. Then connect the dots. Look at the shape. Do you see a smooth circle? Or a bumpy mess?
Areas scoring 0–3 are urgent, 4–7 need attention, 8–10 are your strong zones.

What to do with it:
The goal isn't perfection — it's balance. A smoother wheel rolls forward faster. Where are the dips in your wheel? That's where growth is waiting. Focus there — and watch how your energy shifts. Energy follows focus. Whatever you give attention to will grow — and often lift everything else with it.

You might realize something else too:
A life that feels "meh" might just be a life underplayed.
You haven't tapped your full potential yet.
Try drawing your own wheel today.
Sometimes clarity isn't in words — it's in a sketch.

January 18 — Tomorrow Never Comes

Did you know that tomorrow never actually comes? There's only yesterday and today. Even tomorrow — when it arrives — will be called today.
There will never be the "perfect time" or the "right moment."
You can sit still and drift with the current for years.
But let me ask you this:
Do you really know what your partner dreams of?
Do you know what your children secretly wish for?
No one else will take your kids to the sea.
No one else will buy your spouse that winter coat.
And no one is coming to buy you that car.
So stop waiting.
Start improving your life — and the lives of your loved ones — right now.

January 19 — Right Now

Right now is where your focus needs to be.
We overestimate what we'll do tomorrow.
We exaggerate what we did yesterday.
But we constantly underestimate what we could accomplish right now.
The only time we truly have is this moment.
So — what are you doing with it?

There's no point in having a Plan B if you haven't moved a finger toward Plan A.
Talent is wired into your DNA — it's part of ***your genetic code.***
But skills? ***Skills are built.***
Hour by hour. Through relentless effort.
Start your training. Right now.

January 20 — How To Call Your Dream To You

Sometimes you just want to sit back and do nothing — hoping the universe will drop a miracle right in your lap. But real dreams require action. The road may not be easy, but it's absolutely worth it.
Start here: visualize your dream coming true, again and again. In vivid detail.
What happened? What did you do to get there?
What did you need?
Who helped you?
Who stood beside you when it all came together?
And how did it feel?
Once the path becomes a little clearer, start taking small steps in that direction.
Dreaming of a home renovation? Pick the paint color. Buy the brush.
Want to travel? Google some tours. Pick a country.
With each tiny step, you'll inch closer — until suddenly you're living it.
A helpful habit: write your dreams down in a notebook.
It makes them feel real. Tangible.
"Buy new boots."
"Learn German."
"Book a spa retreat."
"Re-pot the plant."
"Take the dog on an adventure."
One day, you'll flip through those pages and realize — you've done so much.
Dreams really do come true.
We just don't always notice when they do. And sometimes, it helps to share your dream — with a friend, or even a stranger. Someone might offer the perfect advice. Or a not-so-gentle push. That counts too.
A life without dreams?
Dull. Heavy. Gray.
Losing your ability to dream is like a slow descent into depression.
We need our dreams. *They fuel us. They make us come alive.* So:
Visualize it. Take small steps. Write it down. Talk about it. Keep your heart open. And above all — Don't stop dreaming. Ever.

January 21 — If Your Dreams Don't scare You, They're Not Big Enough

We all dream differently.
Some whisper their wishes, barely daring to believe — "Maybe… if I'm lucky…"
Others shout them loud — "The world will kneel at my feet!"
Me? I swing like a pendulum.
Some days, I'm absolutely certain I'll become someone the entire world knows — a force of good, an inspiring mind, a radiant soul whose name echoes across continents.
Other days…
I just want to run.
Far, far away from this planet, this madness, these idiots — and never see anyone again. (Actually, escaping Earth? That might be the biggest dream of all.)
But here's the truth:
Your dreams should shake you. They should feel like standing at the edge of a cliff with wings you haven't tested yet. Because dreams are pure energy.
They're your personal nuclear reactor.
They're not just fantasies — they are scripts for your future.
So ask yourself:
Are you directing your life like an epic movie…or constantly cutting the budget?
Swapping brilliant leads for bland backups?
Dulling the plot to something "realistic" just to keep it safe?
Are you selling your story short?
Be honest. Take a hard look at what you're doing with your life. And if your dream doesn't scare you — dream bigger.

January 22 — The Universal Formula for Self-Realization

Each of us asks ourselves: ***"What should I do with my life?"***
Some say you should do only what you love.
Others claim you should focus on what you're good at.
Still others say it must be something that brings income.
As usual, ***the truth lies in the middle.***

Draw three overlapping circles.
Label them: *What I Want*, *What I Can Do*, and *What Brings Income.*

Look at the intersection. That center — where all three meet — is the ideal zone. It's the place where you do what you love, what you're good at, and what earns money.

If you're aiming for that sweet spot, here's a method:
Make a list of your "wants."
Make a list of your "skills."
Compare the two and look for overlap — those are your top opportunities.
Then, ask: Is there demand for this? If yes, you've found your direction.
And now — take action and go create!

January 23 — My State of Being

There are three key elements to our existence — being, doing, and having — and everyone arranges them differently in their lives.

One person says: "If I had more, I could do more, and then I'd be happy." — have → do → be

Another claims: "Once I start doing more and earning more, I'll have what I need, and then I'll be happy." — do → have → be

And someone else says: "First, I'll choose to be happy. Then I'll act from that place — and the things I want will follow." — be → do → have

Friends, what do you think?
Which strategy feels true for you?

January 24 — Your Strength

You have a unique opportunity to develop your inner strength and dramatically improve your results in business. A successful business always begins with a bold idea — not with big money. The best years of your life begin the moment you decide to take full ownership of your problems.
You stop blaming your mother, your kids, the economy, or the president.
Let's remember what ***Osho*** once taught:
All you need is to be natural — as natural as your own breath.
Love your life. Don't live by someone else's commandments.
Don't live by borrowed ideas.

Don't live how others expect you to. Listen to your heart.
Be still enough to hear the quiet, gentle voice inside — and follow it.
It will lead you to joy.

January 25 — Why your goal should challenge you to a duel

We often plan our days around tasks — urgent or long-term, meaningful or mundane, personal or imposed. And sure, it can feel organized, even successful on the surface.

But then come the moments that divide your life into before and after. The crossroads. The leap-or-crash point. The choice to either soar or stay stuck in the mud. And in those moments, you must dare. Set goals that feel impossible. Frightening. Goals that wake you up to your smallness and loneliness — and still make you leap.

That leap might be powered by love, by purpose, by creative fire. I've done it more than once. Each time, I came out the other side — stronger, braver, more alive. Those were victories over fear, over inertia.

If you've never set yourself a goal that scares you — do it. The thrill alone is worth it, no matter the outcome. So… what duel are you ready to accept today?

January 26 — You Either Have The Three "D"s or You Don't

Forget 5G — let's talk about the three D's that actually power your transformation. These are the forces that fuel every breakthrough, every real change. Heard this from a mentor once, and it stuck with me ever since.

1. Desire.
This is the fire. The raw want. The itch you can't ignore. Without desire, there's no motion — just waiting, stalling, hoping someone tells you what to do. Desire doesn't wait. It doesn't ask for permission. It pulls you out of bed and pushes you past excuses. No desire? No chance.
2. Discipline.
Desire lights the match — but discipline keeps the flame burning. Are you willing to sacrifice comfort? Time? Energy? Ego? Even when those closest to you laugh, doubt, or criticize? Discipline is the quiet decision to keep going anyway.

3. Dread.
At some point, fear shows up. Big, dark, paralyzing dread. No way out. No light ahead. You'll feel like turning back. But this is the test. Can you move through it? Can you act, even when you're scared? Those who do — build what others only dream about.

January 27 — Activity

What is activity, really? It shows up in the number of things you actually do — right? The more actions you take, the higher the chance that one of them will hit the mark: the right move, at the right time, in the right direction.

And if you repeat one thing over and over again? Chances are, you'll master it. Athletes sharpen skills, musicians refine performance, artists don't paint masterpieces overnight — and the same goes for business. Every successful person is action-oriented. They focus on doing things that lead to results.

The more actions you take, the more experience you gain. And the more experience you have, the more wins you rack up. So, my friend — don't you think activity might just be one of the biggest factors in success?

January 28 — The Comfort Zone

What is the "comfort zone"? So much has already been said about it — but I'll add my voice to the mix. You're curious what I think, right?

The comfort zone isn't a bad place — but you can't stay there too long. When you settle in for too long, you stop pushing for change. You get too comfortable. And comfort, as nice as it is, can lead to stagnation. That's why coaches and psychologists always push us to leave the comfort zone regularly.

But let's be honest — who doesn't want to live in peace, without unnecessary stress? So what do you do if you don't feel like leaving your comfort zone?

Simple: expand it.

Claim new territory. Upgrade your surroundings. Improve what's already good and make it even better. Let your comfort zone grow so wide it encompasses more of the world — first for you, and then for the people around you.

January 29 — What Motivates You?

Let me ask you three questions:
What's your strongest personality trait? If you had a million dollars right now, what kind of work would you still keep doing? If you already had the income you dream of, how would you reward yourself?

Human beings are driven by desire. We take action when we have a goal. When that goal is vague — when we don't know what we want — we stall. We drift.

But here's the beautiful part: we naturally enjoy doing things that bring us joy. There are activities we'd keep doing even if no one paid us a cent — simply because they energize and fulfill us. And when we align those passions with our strengths, we become unstoppable.

Some people are wired for discipline. Others for connection.
Some have a natural sense of order; others lead with kindness.

You probably already know your strengths.
But if you're unsure, ask the people close to you. I was once surprised when my daughter told me my greatest gift was organizing — not just myself, but others too. My students? They say it's the way I teach — how I make the complicated feel simple.

Teaching. Inspiring. Sharing knowledge. That's my zone of joy. I've been doing it since childhood — from playing "teacher" with dolls to working as a group leader in school, earning a degree in education, tutoring for over 25 years, and teaching at the university level for nearly a decade.

So now it's your turn.

Take a quiet moment. Answer those three questions — honestly. Write them down. You might be surprised by how much clarity you gain.

January 30 — The Power of an Ambitious Goal

What's the most important factor in achieving great results?
You can spend years complaining about life, envying others, making excuses — but nothing will truly shift until you set a clear, ambitious goal.

A bold, audacious target.

That's what you need. It fuels you. It fills your body with energy that refuses to let you sit still. It gives you confidence — not if, but when you'll achieve it. It puts you in motion. It makes life feel full, rich, and real.

Find your grand, ambitious goal — and one day, at 85, you'll be telling your grandchildren the story of how you made it happen.

January 31 — Excuses

What's holding you back?
Not enough time? Not enough energy? Wrong place, wrong family, no money, no connections? You tell yourself these things — but let's be honest:

The only thing stopping you is your excuses.

They whisper in your head, constantly. Thin little voices that reprogram your mind like a tuning fork does a musical instrument. And they don't just come from within — they come from the people around you, too. From their complaints, their failures, their negativity.
Enough.
Enough surrounding yourself with people who always whine.
Enough feeding off pessimism.
Enough feeling sorry for yourself.
Right here, right now, is the best possible moment to begin.
Take a step toward your dream.
And if you really want it — you will make it happen.

February 1 — Fight for Your Dream

I don't know what your dream is.
I don't know how many disappointments you've endured chasing it.
But listen — if your dream wakes you up early and pushes you to take action, it's not far off. It's on its way.
No, it won't be easy.
There will be failure.
There will be pain.

There will be moments when you doubt yourself and ask,
"Why is this happening to me?"
But no matter what, never betray your dream.
Never give up.
Greatness isn't some magical gift handed to a chosen few.
Greatness is for you.
You're that person.
Most people complain.
Most people don't want to change.
Most people never fight for their dream — not because they don't have one, but because they're afraid.
Afraid to fail. Afraid to succeed.
Afraid of the responsibility that comes with both.
But the ones who live their dream? They know: everything in life depends on them — their choices, their action, their belief.
So make your life your dream.
And make your dream real.
If you know your worth — go get what you deserve.
But be ready to take the hits.
Don't blame others.
Don't whine.
Don't say *"I didn't make it because of him, because of her, because of them."*
That's what cowards do.
And you're not a coward.
So fight.
Fight your fears.
Fight your doubts.
And become the best version of yourself.
Know who you are.
And win.



February 2 — Dreams Change the World

I truly believe this:
It's not technology that changes the world.
It's dreams.
Dreams drive progress. Dreams fuel the future.
To be truly happy, you must discover your passion — that one thing you'd still do even if you were rich, even if money was no longer a concern.

You might not find it right away. But you are free to choose.
You are free to search, to explore your inner world, to awaken your potential.
And when you find what sets your soul on fire — follow it. That's your passion.
You are talented.
You were born to be great. To create new worlds.
To make this world better. To give back the best of what's inside you.
That is your mission.
That is why you are here — to share your gifts, to leave the world better than you found it.

February 3 — You Are Extraordinary

Sometimes you forget just how extraordinary you are.
You hide behind sarcasm.

You cover your pain with doubt.
You bury your hope — like holding a funeral for your own soul.
You stop believing in yourself.
You convince yourself that happiness isn't for you, that success belongs to others, that wealth, purpose, fulfillment — it's all out of reach.
But these are just viruses of the mind. Who planted them in you?
And how long have you been living in that illusion?
Wake up.
You are here for a reason.
You were born into this world — in this time — with purpose.
You are unique. You are gifted.
There is a power inside you:
The power to create your own worlds.
Please, don't forget it. Please, remember who you are.
Look into the mirror today and say it out loud: *"I am extraordinary."*

February 4 — Give Yourself Permission

"Let no debt remain outstanding,
except the continuing debt to love one another."
— Romans 13:8

Give yourself permission to be happy — to truly enjoy each day you live.
Give yourself permission to be curious — to explore, to ask, to discover.

Give yourself permission to be helpful — to lend a hand where it's needed.
Give yourself permission to be grateful — to receive all that life gives, with an open heart.
Give yourself permission to be wise — to carry the lessons you've learned with grace.
Give yourself permission to be great — that's why you're here.
Give yourself permission to love — because in the end, it's all that really matters.
You owe nothing to the world — except love.

February 5 — On the Wealthy

Have you noticed how often people gossip about those who earn a lot?
To them, there's no difference between discussing the latest TV drama and dissecting the success of a neighbor. Many believe millionaires possess rare superpowers — some kind of magic others simply don't have.
That belief helps justify their own inaction.

I'll admit, I once thought the same — that the world was rigged, and wealth only came to those born into it. That millionaires just had rich parents and lucky breaks. But not anymore. I've seen the truth. And yet, I still hear those illusions echoed in everyday conversations.

Living on autopilot is easy — but where is that autopilot really taking you?
Who's steering your life, if not you? Without clear goals, you drift. And drifting rarely gets your boat to the right shore. So take the wheel. Set your course. Because if you don't take charge, life's rough currents will do it for you — and they won't ask where you want to go. Logical, right?

February 6 — Genius

"Genius must be the norm."
— Genrikh Altshuller, The Warming Mind

The desire and ability to create come hand in hand with curiosity — the kind we all had as children. So if you want to unlock your creativity, start there. Rekindle your curiosity. Some proven ways to boost your creative spark:

- Spend more time with people who inspire you.
- Lose yourself in art, music, and beauty.

- Even walking helps — studies show that walking boosts cognitive function and makes it easier to solve complex problems.

I believe this deeply: every person is born with unique gifts and potential, encoded into them at the very beginning. But not everyone grows up in an environment that nurtures those gifts. Still, it's never too late to start.

Never too late to create.

You are here for a reason. To be Light. To build worlds. Take a step back and really look at yourself — you are exactly the kind of person who can help make this world better. Let your creativity speak.

February 7 — Your Talents

Have you ever seen The Bather by Pablo Picasso?

Honestly, my kid can draw better.

So can many unknown — and even some famous — artists.

Their work proves it. And yet… that Picasso painting sold for 37 million dollars. Still think you're not talented?

Most people never pursue creative work because they believe they're not "good enough." They compare themselves to others, undervalue their gifts, and talk themselves out of even trying. What a waste.

Here's the truth: **you were born to create.**

You were born to build your own worlds.

Try. Dare. Create.

February 8 — It's Never Too Late

So many people think success should happen young — while you're full of energy and time stretches out before you. But the truth? There is no deadline for success.

It's not about your age. It's about your drive.

Just look at those who reached greatness **after** 35:

- **Sam Walton** failed at multiple stores before founding Walmart at 44 — and became one of the richest people on the planet.
- **Henry Ford** worked for Thomas Edison, learning everything he could before launching Ford Motor Company at 40.
- **Amancio Ortega**, born into poverty, started working at 13. He founded Zara at 39.

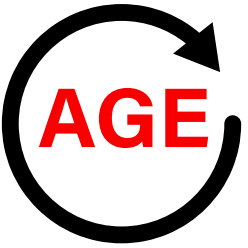
- **Samuel L. Jackson** didn't hit his stride until his 40s. His breakout? Playing Jules in Pulp Fiction.
- **Ruth Flowers** became a world-touring DJ at 68. Yes, 68.
- **Mary Kay Ash** was passed over for promotion by a younger male colleague. She quit, cried, and launched Mary Kay at 45.

You don't need a permission slip from the calendar.
Wherever you are now — start from there.
Create your world.
It's never too late.

February 9 — Time Is Running — But You're Right On Time

No matter your age — you can start your business today.
Look at these people:

Colonel Harland Sanders (KFC) — started at **65**
Ray Kroc (McDonald's) — **52**
Charles Flint (IBM) — **61**
Sam Walton (Walmart) — **44**
Henry Ford (Ford) — **40**
Jack Ma (Alibaba) — **36**
Reed Hastings (Netflix) — **36**
Elon Musk (SpaceX) — **31**
Jeff Bezos (Amazon) — **30**
Steve Jobs (Apple) — **21**
Mark Zuckerberg (Facebook) — **19**



Success doesn't follow a schedule.
There's no "right" time. Only **your** time.
And it starts now. You've got this.

February 10 — Your Ghosts

Imagine this: your life is over, and you're standing at the edge of eternity.
And in that moment, they appear — your ghosts.
Each one is a version of success you never reached.
Each one, a victory left unrealized. They look at you.

Not with anger, but with sorrow — and a single question in their eyes: "Why?"
Why didn't you bring us to life?
Because of fear?
Because of excuses?
Because of what people might say?
Because you listened to critics instead of your own voice?
Because you let laziness win?
Because you gave up too soon?

You were meant to be great. Everything you needed — the gifts, the strength, the vision — was already within you. But you didn't use it.
You backed down at the first real challenge.
You stopped before you started.
And now, your ghosts — your unfulfilled victories — are leaving with you.
Unrealized. Forever.

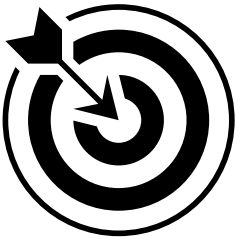
February 11 — At the Checkout

Today will only give you what you packed into yesterday.
That's why I recommend this: **never leave the house empty-handed.**
Picture this — next to you is an invisible shopping cart, just like the ones at the supermarket. Your mission today? **Fill it.**
Fill it with everything good you notice.
Every kind thought. Every smile. Every small joy. Every good deed.
Because tonight, when the day is done, you'll bring that cart to the checkout counter of today. And unlike a real store, you'll never hear:
"Security, cancel this item."
Everything counts.
And everything you gathered will carry over into your tomorrow.
That cart? It's always with you.
So start living each day by choosing what to take into the next.
And maybe — just maybe — one day we'll meet at the checkout counter of life, and I'll say: *"What a beautiful selection you've made."*

February 12 — Goals and Plans

Every person sets goals — big or small — even without realizing it.
Go to the store. Clean the house. Get into college. Find a job.
The key is conscious goal-setting.

Knowing what you want from life — and planning accordingly.
When it comes to business, goals aren't optional — they're essential.
Do you have your own business or project?
Then ask yourself:



What's my goal?
What do I want to achieve?
Why does it matter?
What will it give me?

Successful people think big. They set ambitious, bold goals. That's what gets them out of bed each morning and keeps them moving forward.
If you want to do good in the world, to give and uplift others — that's beautiful. But if you don't first aim for personal financial success, you'll burn out before you can make a real difference.
Take care of yourself. Reach your own goals. Then help those around you. When you are fulfilled, that energy radiates. It spreads to your loved ones — and further.
So, what do you truly want? Make it specific.
Financial. Emotional. Material. Psychological. Spiritual.
Write a list. Yes, an actual list.

Men — write 130 wishes. Women — write at least 200.

Why more for women? Because the universe gave women an incredible gift: the power to transform reality through energy and intent.
Life moves fast. So make your list today.
Put everything on it: a house, boots, a trip, a handbag.
Don't judge your wishes. Just write.
Dream properly.
Fill your cup — then pour into the world.

February 13 — Imagine It First

Picture this:

- What does your business look like in three years?
- What kind of house do you live in?
- What car do you drive?
- How much do you earn each month?

- Who surrounds you?
- Where do you vacation with your family?
- How do you impact others?

Success starts in your mind.

Before anything else, build that vision — vividly and in detail. Then, write a plan: what steps must you take in your business to earn the money that will fund all those dreams?

When a bold goal drives you, it becomes fuel. It energizes you — and that energy attracts others. Clients, partners, friends, allies. People feel that fire in you. It draws them in, like a lighthouse in the dark.

That's how momentum starts.
Visualize. Plan. Act.
And watch it all take form.

February 14 — The Garden of the Soul

I once came across a powerful metaphor:
Working on yourself is like tending a garden.

Left alone, any garden will be overtaken by weeds. Negative thoughts are those weeds. Doubts, fears, resentment — they grow fast in the fertile soil of the human soul. And once they take root, they spread quickly.
That's why conscious living matters.

Your inner garden needs regular care. A daily check-in. Uproot the useless. Keep only the good — clean rows of positive thoughts, feelings, and intentions. But how often do people actually do this? Once a month? Once a crisis hits?

The truth is simple:
Clean spaces stay clean because someone cleans them every day.

So each morning, ask yourself:
What will I plant in the garden of my soul today?
Because that choice will determine your harvest tomorrow.

February 15 — Mental Cleanse: The Root of Happiness

Just like the body, the mind gets dirty. With what?
Unkind thoughts. Heavy emotions. Unhealthy desires. Unprocessed pain.
All of these leave a residue. And if we don't clear it, it builds up. The mind, just like a room, needs daily cleaning. It's not optional — it's essential.

Every night before I sleep, I rewind the day:

- What did I feel?
- What choices did I make?
- What energy did I carry — and where did I leave it?

And then I allow myself — no, I make myself — dream. This habit has changed how I live. I don't drift. I navigate.

Life moves fast. I don't want it to pass me by. Do you?

February 16 — Speak with Intention

A wise young woman once told me:
"Say 'I want,' not 'I have to.'"

She had a point. ***"I have to"*** feels like debt — like something forced on you from outside. It sounds like pressure. But ***"I want"*** comes from within. It's a choice. It's desire. It's freedom.
I got curious. What do those words really feel like?
So I tried translating them in every language I know:

Polish: Potrzebuję
English: I need
German: Ich brauche
Ukrainian: Мені треба
Belarusian: Мяне трэба
Russian: Мне надо
Bulgarian: Аз нуждая се
Spanish: Necesito

Every time, it felt like the same thing: this is something I want because I need it. Not a duty. Not a burden.

So here's a question:
How often do you pay attention to what you say — and how you say it?
Are your words conscious? Are they truly yours?

Words matter.
They shape the way we think.
They reflect what we believe.
And they define how we act.
So choose them with care.

February 17 — Better or Cheaper?

How often do you ask yourself that question?
I caught myself recently — again — reaching for the cheapest item while shopping. Not because it was better, just because it cost less. And I'd even feel proud of the "deal" I got. **But deep down… was it really a win?**
Turns out, that kind of choice sends a message to your subconscious:
"You're not worthy of the best."
That hit hard.
I've since learned about things like "money blocks," "scarcity programming," and the psychology of self-worth. And I finally understood why my partner always chooses quality — even when it costs more. He doesn't just buy a product. He makes a statement:
"I'm worth it."
Me? I was shopping out of fear.
Fear of running out of money.
Fear of business slowing down.
Fear of not having "enough."
That fear whispers: *"Be careful. Don't overspend. You don't need the best."*
So I'd grab the cheapest apples — bruised and bitter.
Just to feel "safe."
But thoughts like these shape your reality. The more you think in scarcity, the more scarcity you create. Your subconscious is like the base of an iceberg — massive and hidden — and it's the part steering your ship.

So maybe next time, stop and ask:
What kind of life am I buying into?
Are you choosing better — or just cheaper?

February 18 — Preparation

Ever feel haunted by the past?
Regret over choices you made…
Shame for what you did — or didn't do…
Resentment toward the ones who hurt or betrayed you?

These things live in memory — and when you revisit them, it can feel like reliving the pain all over again.
And the truth is: **emotions don't know time.**
They don't care whether it happened ten minutes ago or ten years ago. They flood in, take over, and leave you paralyzed.

So how do you break free? Start by understanding one thing:
You are exactly where you're supposed to be.
Every hard moment, every toxic person, every heartbreak or failure — it was all part of your preparation. Training.
To shape you into who you are now.
To wake up the hidden talents inside you.
To reveal the treasure you carry.

Nothing was random.
Nothing was wasted.

Everything you've been through…
It was preparing you — for the life you actually dream about.
The life where you're a builder of empires.
The life where you change your world — and maybe even history.

February 19 — Burnout Is Real — And Dangerous

When we're young, we glow with ambition.
We want to change the world.
We believe in our strength, in our mission.
But give it some time… and the mirror shows someone else.

Someone drained.
Someone who just wants the workday to end.

Someone who gets irritated by energetic people — especially older ones, those who somehow still radiate drive and spark.

How do they still have it?
Why do we feel so empty?
One word: burnout.

In my view, burnout has two causes:
– overload, and
– lack of meaning or reward.
Work must come with a rhythm: effort and recovery.
Without that balance, you're headed for exhaustion.
But the opposite is also true — action and rest can fuel each other.
A rested person handles stress better.
A recharged mind sees clearer.
But push yourself nonstop, and even small bumps become cliffs. You break.
Life isn't meant to feel like a constant emergency.

Ask yourself honestly:
Are you working like your worth depends on it?
Are you running on empty, thinking burnout is "just part of the grind"?
It's not.

Burnout isn't a badge of honor. It's a warning.
Refuel. Re-center. Then come back — sharper, stronger, alive.
Because the world **needs your spark.**
But first, you need to light it.

February 20 — Your Circle Can Lift You — or Poison You

Let's keep it real: your environment shapes your results.
Want to become truly successful?
Then take a hard look at who you spend your time with.
Your circle is your mirror.

We live in an age where time is the most precious currency.
You can't pause it. You can't rewind it.
But you can control who you give it to. That's your power.

So ask yourself — how much of your time do you spend like this:

- gossiping over the phone,
- watching trash TV,
- ranting about people with your neighbor,
- complaining about your boss with coworkers,
- criticizing your family behind their backs?

Be honest.

Now look at successful people. They guard their time like gold.
They talk with intention. They listen with purpose. They ask smart questions — and use the answers to grow. They don't waste energy on the petty or the toxic.

Remember:
You are who you surround yourself with.
It's not easy to change your circle — especially if those people have been around for years. But if they're holding you back, then it's time to shift.

As Lao Tzu said: *"A journey of a thousand miles begins with a single step."*

Make that step today.
Curate your circle. Guard your energy.
Because your future depends on it.

February 21 — Your Inner Circle, Your Future

Your environment is one of the biggest factors in your success.
Let's do a quick exercise:
Think of the five people you talk to most often. Now ask yourself — *"A year from now, would I be proud to become like any of them?"*
If the answer is ***"no,"*** it's time to upgrade your circle.

Let's be clear — changing your circle doesn't mean cutting off your friends. Some people are great for relaxing and laughing with. But others? They raise your standards just by being in your life.
If you're lucky, one friend does both.
But most of us need to diversify.

Here's what the right people bring into your life:

- a mindset you never had before,
- shared goals — like growing a business or building a legacy,
- accountability — someone who keeps you on track when you feel like quitting.

Think about it: **who's really around you?**
And **who should be?**

February 22 — Choose Your Company Carefully

What holds a community together?
Shared values. Shared interests. Shared language.
Every group influences its members — in how they speak, think, act.
Spend enough time with someone, and you'll start picking up their habits, even their catchphrases. Ever met someone who parrots certain words or ideas? You can almost guess who they've been hanging around.
Your environment shapes you.
There's an old saying: *"Live with wolves — howl like a wolf."*
Even science has proven it: children raised by wild animals lose their human traits.
A healthy plant surrounded by weeds will eventually wither — no matter how rich the soil. Someone once said, "Show me your friends, and I'll show you your future." And if you've read the Bible, you might recall:
"Do not be misled: 'Bad company corrupts good character.'"
So choose wisely. Who you let into your circle is who you become.

February 23 — Write Your Own Story

The world loves to tell you who you are.
What you can do. What you can't.
Start chasing something big — and suddenly everyone's an expert. They'll say it's impossible. That someone tried and failed. And you will too.
But listen —
The universe wouldn't give you the dream without also giving you the strength to chase it. So stop playing small. Stop waiting for permission. Stop letting others write your script.
Let them play it safe. Let them shrink themselves.
You? You write your own damn story.
No more asking. No more explaining. Just go.

February 24 — Judge Not

How often have you heard the phrase: *"Judge not, and you will not be judged"?*
It's engraved into our subconscious, a quiet law of conscious living.
Each of us walks our own path — shaped by what we were taught, what we've lived through, and what we believe. We're raised with ideas of right and wrong, moral and immoral, good and bad. And when someone does something outside that framework, we feel the urge to comment, to label, to judge.

But who really has the right to judge?

Is that why we're here — to criticize and compare?
Or are we here to live in a way that speaks for itself — with love, with grace, with courage, with integrity?

Maybe the highest goal isn't to be "right" in someone else's eyes, but to be fully present in your own life. To live it — deeply, kindly, consciously.
And let that be enough.

February 25 — Criticism

Every successful entrepreneur.
Every professional athlete.
Every bestselling author, world champion, general, or president — at some point, every one of them was mocked or torn apart by critics.
They were told again and again that they'd fail.
That it wasn't worth it. That they weren't good enough.
And many times, they wanted to quit.
But they didn't.

They kept showing up. Kept building.
Kept believing—despite the noise, despite the doubt.
So if you're confused, afraid, angry, or discouraged— you're not alone.
You're simply walking the path that every great person has walked.
Success is forged through pressure.
Criticism is part of the journey.
And persistence is what separates ***dreamers*** from ***doers***.
Never forget that.

February 26 — Dream — and the Puzzle Will Come Together

I've been thinking about this more and more:
We all need to dream.
Dreams are the engine. The battery.
The nuclear core that powers everything we do.
They're the lighthouse in a storm.
They're the candle in a dark room.

A few months ago, I started building the habit of dreaming right before bed.
Now, by the time I'm brushing my teeth, I'm already looking forward to it—that moment when I get to drift off thinking about all the things I truly want in life:

A three-story villa in an elite Warsaw neighborhood.
A brand-new, sunshine-yellow BMW.
A thriving business.
My own recording studio.
Traveling the world.
Buying apartments for my daughter and sons.
Paying for their education at the best universities in Europe.
Giving generous gifts to the people I love...
*And most of all — **publishing my books**.*

Because I have so much I want to say.

- About the genius inside every person.
- About love and light, and our talents and ability to create whole new worlds.
- About this beautiful planet.
- About financial literacy and the freedom to stop surviving and start creating.

To make this world better — for real.
Someone who doesn't dream might think, *"Lilia's lost it."*
But stop for a second. Isn't everything good you already have the result of a dream you once had? ***Exactly.***
So dream bigger. Dream louder.
Make it a daily habit — **and watch the puzzle fall into place**.

February 27 — The Energy of the Moment

When a real opportunity appears, something powerful awakens —
the energy of the moment. What is it?
Let's say you come across a new way to grow your income or level up your life.
You feel lit up inside. You feel the pull.
Suddenly, you've got energy. You're ready to move.
This is your chance. The window is open.
But then — your subconscious kicks in.
Its job? To protect you. And it sees any change as a threat.
Fear hits you like a wave. Doubt creeps in. Resistance follows.
And many people — maybe even you — back off.
But scientists say we get **72 hours**.
When a new opportunity shows up, we've got 72 hours to act.
That's how long the high energy lasts. After that, momentum drops. Doubt gets louder. And the longer you wait, the easier it becomes to talk yourself out of it.
Your subconscious will give you all the reasons why change is dangerous.
It will point to your past, your failures, your fears.
It will convince you to stay exactly where you are.
Don't let it win.
To break out of that pattern, you need a jolt of willpower — a leap.
Remember the first time you poured cold water over yourself?
Your body resisted. Your brain screamed, *"Don't do it!"*
But you did. And afterward, you felt alive. You felt proud.
You proved to yourself you could do it. So do it. Jump in. Because it's better to try and fail than live haunted by chances you never took. At least then, you learn.
At least then, you sleep at night knowing you gave it your all.
That's peace. That's progress. That's power.

February 28 — Plan, Action, Result

When someone gives us a task — especially in a new field — we often feel confused, anxious, uncertain. How should I do this?
Where do I start? Can I manage? What if I fail?
I remembered a situation from my professional career when I worked as a university lecturer. At the time, I was not only teaching but also engaged in scientific research. I studied the experience of tourism pedagogy in New Zealand universities, aiming to implement it into domestic practice.

My academic advisor—a respected professor and Doctor of Science—gave me my first assignment: to write a scholarly article. Within a week. His principles were clear:

"Mrs. Lilia, choose the topic yourself. As for how to write scholarly articles—study the latest educational journal of our university. Read all the articles in it, analyze them, and write your own. If you succeed, we'll continue working together. If not… well, I already suspect women are too lazy when it comes to science."

That was a challenge!
And just so you know—the journal I had to read and analyze contained 95 expert articles on pedagogy, a 2.5 cm-thick book!
But still—it was a challenge!
And while I may be a woman, I am neither stupid nor lazy!
I approached the task creatively. I divided the material into 5 parts—19 articles a day. I began studying the structure and style. By the sixth day, I had figured out a topic I could address in a scholarly format. I wrote the article.

By the way, it can still be found online or by this link:
http://pedagogy-journal.kpu.zp.ua/5-2009
"Theoretical foundations of developing planning and self-study skills in students."
— L.S. Yermak

When I brought my draft to the professor a week later, he was, to put it mildly, surprised. My article was published practically without any edits. And I gained an unforgettable experience: **any task can be solved if you break it down into subtasks and set deadlines for each step.**

This insight not only helped me complete the task but also kept me focused on the process instead of getting anxious or depressed from fear and doubt. That experience boosted my self-esteem and gave me confidence.

After that, I published other academic works —
27 publications on tourism pedagogy in total.
And now I'm writing a book. A book filled with my experiences and insights that can be useful to others. And again, I'm facing a new challenge — hundreds of days from my life, hundreds of stories — turning memories into text.
Thank God, now I know how to do it...

February 29 — Habits

Do you have favorite habits? Good ones, I mean...
Like taking a walk in the garden before bed and listening to the birds sing.
Sipping aromatic tea on the veranda under the nightingale's trills.
Reading a book, forgetting the worries of the day gone by.
Walking along the shore, breathing in the salty air, tuning into the steady roar of the ocean.
Wandering through the forest, hugging the trunk of a mighty tree and absorbing its energy.
Escaping to a valley, falling into fragrant grasses, lying on your back and gazing into the endless sky, letting go of all restless thoughts.
It seems to me we're really missing these kinds of habits.
Especially those of us living in big cities.
Here, we're like orphans.
Like prisoners.
Lost in the daily hustle and the endless scroll of the internet at night, and in the morning — sleepy, rushing to work, hoping to earn just enough to keep existing in this dark cage…
There's a sadness in that.

March 1 — We're Afraid to Live

— Inspired by Will Smith

Most of your days look exactly the same. Yesterday bleeds into today, and tomorrow will probably follow the same pattern. You're living on autopilot — stuck in routines, buried under doubts, constantly hesitating. You ask yourself:
What should I do?
How should I live?
Who can I trust?
What's the right path?
Who should I keep close?
Where should I study?
Where should I work?
Where do I even go from here?



And the hardest question of all:
What's the point of all this chaos?

Thousands of questions. Few clear answers.
But here's the truth: ***Your soul knows what it wants.***
So maybe — just maybe — it's time to listen.
Life isn't something to endure. It's something to live.
Do something wild. Write that book. Get that tattoo.
Dye your hair bright green. Say "I love you" before it's too late.
Because one day, the only thing left of you will be a dash between two dates.
No one knows when that "someday" will come. But when it does — let it come knowing you truly lived.

March 2 — What Is Happiness?

At some point, I found myself seriously pondering a question we all ask but rarely answer with clarity:
What is happiness?
How do you know you're happy?
What does happiness mean — to you?
So I launched a little investigation of my own. I asked everyone I could — children and adults, friends and strangers, colleagues and family.
The answers were as diverse as the people themselves.
One said: *"Happiness is money. When you have enough, you can do whatever you want."*
Another replied: *"Happiness is peace in the family — stable, loving relationships you can count on."* My older son told me: *"Happiness is having your health."*
And my husband? *"Happiness is being content with everything in your life."*
As for me, I feel most alive — truly happy — when I'm doing what I love. When I teach. When I write. When I travel the world and experience life's richness with open arms and a full heart.
What about you?
When do you feel happy?
What is happiness to you?
Be honest — with yourself, and maybe even with us. Because understanding what makes you happy might just be the most important discovery of your life.

March 3 — Will Beauty Save the World?

Or Is It Kindness? I believe every person is born good. Cruelty, anger — they come later. They come when someone is lonely, unloved, sick, exhausted, bitter, or lost. In other words — unhappy.
We were born for happiness.

When we lose it, we begin to lose ourselves.
I've often wondered — why do people hurt one another?
Maybe it's fear. Maybe it's the sting of an old wound, still unhealed.
When someone carries pain inside, it spills out — in their words, in their actions, in how they treat the world.



But when you're truly happy —
You become kind. You become light.
You radiate. You create.
And you change everything around you.

So perhaps it's not just beauty that will save the world.
It's happiness. Your happiness. Your light.
Be happy — and save the world with it.

March 4 — The Lifespan of Your Grudges

Be honest — How often do you revisit old hurts?
Not if — because we all do, sooner or later. But how often?
How long do you sit with them? Replay the scene?
Have imaginary conversations where you say what you wish you had said?
Wonder *why, how, what if?*
And how often do you remember when you hurt someone — perhaps without even realizing it at the time?
Do you carry guilt for things you can no longer change?
Let me tell you something that might sound bold —
The duration of your grudges shortens the duration of your life.
Not just in years — but in the richness, depth, and joy of it.
Grudges steal happiness.
Guilt erodes your self-worth.
And time spent trapped in either is time forever lost.
Let's do the math.
If you give your grudge even 30 minutes a day, that's 15 hours a month.
180 hours a year.
That's over a week of your life — every year — wasted on something that brings you zero joy and zero progress.
Over 50 years?
That's nearly a full year of your life, given away to pain.
And for what?

You could have used that time to dream.
To build. To grow. To love. To live.
You owe it to yourself to let go.
To reclaim that stolen time and use it to create something beautiful, bold, and worth remembering.
So here's the truth:
The true length of your life is what's left after you subtract the time you've spent on grudges.
Let's not make life any shorter than it has to be.
Let's live.

March 5 — Feel Like a Failure?

Stop. Don't believe that thought. You've already done more than you realize. You're already successful. You just forgot.

A mindset shift that works:
Write a list of your wins.
10. 20. 50. As many as you can.
They don't have to be huge. Small victories count too:

- learned how to skateboard
- picked up a few new words in another language
- finished a powerful book
- raised children
- spoke in public despite fear
- launched your first online project
- took responsibility when others backed away
- learned to say "no"
- made it through a hard time without breaking

Your brain believes **facts**. So give it proof: you've already done great things.
When you finish your list, rate how you feel on a scale from 0 to 10.
You'll feel something shift. Warmth. Relief. Strength.

The takeaway: To move forward with confidence — remind yourself how far you've already come.
You've done it before.
You'll do it again.
Just keep going.

March 6 — Your Best Friend

Failure can become your greatest ally.
The most successful people in the world have failed — often painfully, publicly, and repeatedly. But those very failures led them to bigger wins.
If you're facing failure right now — **good**. Let it fire you up.
Disappointment can energize. Frustration can fuel bold moves.
Failure is a powerful stimulant — if you let it push you forward.
This moment will teach you something.
Your brain will start searching for solutions. The emotions you're feeling — sadness, shame, anger — aren't enemies. They're signals.
They're showing you the way.
Most people stall when life throws them off course.
They get superstitious. They freeze. They settle.
But not you. Successful people reflect. They don't get stuck.
They ask better questions and grow stronger from the answers.
If you've tried and failed — **good**.
Try something else. Learn from it. Keep moving.
As long as you're learning, you're still winning.

March 7 — Ordinary People

They were just ordinary people. Just like many of us.
They didn't start out successful. And that's okay.
Don't feel discouraged if you haven't found your passion yet.
Keep searching.
Success rarely arrives instantly.

Ray Kroc, founder of McDonald's — was selling paper cups until he was 52.
J.K. Rowling, author of Harry Potter — was a single mother living on welfare until age 31.
Amancio Ortega, owner of Zara — worked as a shop assistant until he was 37.
Harrison Ford, actor and producer — worked as a carpenter until his 30s.
Mary Kay Ash, founder of Mary Kay — was a sales rep until she was 45.
Henry Ford, founder of Ford Motor Company — launched his company at 40.
Ang Lee, Oscar-winning director — was unemployed until he was 36.

They didn't find their true calling right away.
But they kept going. And they made it.
So can you.

March 8 — Don't Give Up

What are you doing right now? Are you mapping out your next big plan to conquer the world and claim your place in it? Or are you just sitting there, scrolling your phone aimlessly, bored out of your mind, not knowing what to watch or read? Everything feels dull. Your mood has gone from superhero to hopeless.
And now, life itself starts to feel... pointless.

Stop. Right now. How long will you keep drifting through life, surrendering before you've even begun?
Don't give up.
This is your sign to rewrite the plan.
It's time to act. Time to rise. Time to win.

March 9 — Quitting Everything

Do you ever have those moments when you just want to give it all up? I do.
Especially when I compare myself to people who seem more successful. That's when sneaky thoughts start creeping in, whispering:
"You'll never get there."
"You're not meant for anything big."
"Your role is to stay in the background, quietly fading into the shadows."
And then there's the lovely chorus from those around you:
"You won't make it."
"This just isn't for you."
"You tried once — don't embarrass yourself again."
But stop for a second.
Think about the journey of anyone who's ever succeeded.

- How many failures did they face?
- How many times did they feel like quitting?
- How often did they fall — and still get back up?
- You think they had it all figured out from day one?

Next time those uninvited guests — your doubts — come knocking, remind yourself of this:
You don't need to be perfect.
You just need to be persistent.
Never give up.

March 10 — Positive Attitude

What's the cornerstone of motivation?
That's right — being positive!
Sometimes it's easy. Other times, it's the last thing you feel like doing. But a positive person always has the upper hand — because they're focused on winning, not on failing.
They handle challenges better.
They carry life's weight with more strength.
They make new friends more easily.
They start new projects with less fear.

Believing in a better future — that's one of the strongest skills a positive person can have. So if I can ask one thing of you: be an optimist.
That alone is already half the battle won.
Now, what fuels motivation like nothing else?

Doing what you love. Your passion — whatever it is — is what lights you up. It doesn't matter if it brings massive income or is just a side hobby. What matters is that it brings you joy. And joy brings direction — first toward yourself, then toward your version of success.

And don't forget this: ***Nature heals.***
Spending time outdoors is never wasted. When you reconnect with the Earth, when you feel the harmony of the universe around you — something inside you resets. It's like your soul gets a fresh breath of life.

Personally, I love the forest. It doesn't matter if it's in Poland, Bulgaria, or Ukraine — trees give us more than just oxygen. They give us energy, peace, and grounding. Have you ever noticed how you feel like singing after a walk in the woods? They say the forest is the planet's lungs. I think it's her soul.

March 11 — Do We Really Need Discipline?

Without discipline, not even the boldest dreams — let alone the modest ones — will ever come true. We all want a lot from life: money, health, a fit body, respect, recognition. But if we're not working on ourselves, what exactly is there to respect? And why should life reward us with its blessings?

Almost a year ago, I committed to a daily habit of meditation (you can add prayer too, if it fits you). At first, it seemed impossible to find even an hour a day to quiet the noise and focus on my inner world. But I did it. And now? I can't imagine a day without it. Sometimes I meditate twice. It clears my mind of negative thoughts and cleanses my heart of toxic emotions. If you've ever practiced, you know the power of it. But it's not just the soul — our bodies need discipline too.

I recently looked at a photo of myself from 12 years ago and remembered my training days. Back then, I was dedicated. Since moving to another country, I've made excuse after excuse:
"No trainer like the one I had back home (vivat Yana Petrenko!),"
"No time," "No money," "No mood."

Then one day I said to myself, *"Enough, Lily. If you really want it — you'll do it."*
And here I am — one week into a new daily workout routine.
My muscles ache. My eyes sting with sweat. My breathing is fast and heavy.
But my spirit? Triumphant.
Long live discipline!

March 12 — In Search of Resonance

What brings you joy in this world?
What makes you smile?
What fills you with happiness?
What stirs your heart — to laughter or to tears, to gratitude or regret?
Where does your sorrow begin?
What makes you rise each morning?
Who gives you strength when you've fallen — the quiet push to keep going, to not give up?
What, to you, is the meaning of your time on Earth?
Why were you born?

Your values, your priorities, your inner compass — who etched them into your soul, and when? And do you even know why?

I don't. I'm still searching. I'm in the flow of discovering this world — and discovering myself in it. I'm looking for resonance.
A place, a truth, a feeling that sounds like home — within.

March 13 — The Sun Behind The Clouds

Even when the sky is covered with clouds, when everything around feels dull and gray — when it seems like the light is gone — remember this:
Above the clouds, the sun is still shining.
It hasn't vanished.
It hasn't disappeared into the vastness of space. It's still there.
And soon enough, it will break through and warm your skin again.
It's the same in life.
In the middle of hardship, in the weight of disappointment, in the gray days of waiting — **remember: your day will come.**
The day when everything changes.
The day happiness arrives.
The day luck finally smiles at you.
You just have to hold on.
Step by step. Day by day.
Just live long enough to see that day come.

March 14 — The Roots of Bamboo

In China, there's a species of bamboo that seems not to grow at all for the first three years. Not even a millimeter.
How is that possible? Is nothing really happening?
Actually, a lot is happening — just not on the surface. If you could look underground, you'd see it: the bamboo is building its roots like crazy.
During those early years, it's forming a vast, deep root system.
It's absorbing nutrients, expanding underground, preparing for a breakthrough.
Then, in the fourth year — boom!
It shoots up, growing at an astonishing pace, often meters in just weeks.
Life works the same way.

Without strong roots, everything eventually collapses.
You can start big, shout your goals from the rooftops, chase wild dreams — but without a solid foundation, you will burn out, stall, or fall apart.
Nearly every meaningful pursuit has a **"root-building" phase.**
And often, it feels like nothing is happening.

But if you stay committed, stay consistent, and keep showing up —
your time will come.

Let your roots grow deep.
The growth you seek will follow.

March 15 — A Masterpiece In Thirty Seconds

Once, Pablo Picasso was strolling through a market when a woman approached him with excitement and handed him a piece of paper.
"Mr. Picasso," she said eagerly, *"I'm a huge admirer of your work. Would you please draw something for me?"*
Picasso smiled, took the paper, and in just a few quick strokes, sketched a small drawing. *"Here you go,"* he said, handing it back with a smile. *"One day, this will be worth a million dollars."*
The woman gasped. *"But Mr. Picasso… that only took you thirty seconds!"*
He looked at her and replied, *"My dear, it took me thirty years to be able to create a masterpiece in thirty seconds."*

The Formula for Success:

Focus + Daily Practice + Time = Genius

Keep training your talents. Keep showing up. Mastery is earned.

March 16 — What Is Your Gift?

Be a light to this world, not its shadow.
There's a common belief that talent is something you're born with — a stroke of luck reserved for the chosen few with the "right" genes. But I'm here to tell you: genius isn't exclusive to poets, painters, or actors.
Genius lives in all of us.

What do you do exceptionally well? That's your gift. Think about it — what do people often praise you for? Maybe you're great at connecting with others, managing tasks with precision, or thinking creatively. Maybe you're the calm in chaos, the one who always finds a solution. Maybe things simply fall into place when you're involved. Maybe you see what others overlook, or maybe negotiation is your superpower.

Whatever it is — it's there. You have something special.
Find it. Own it. Grow it.

For me, I realized early on that my gift is teaching — making the complex feel simple, helping others learn and believe in themselves. That's my mission: to inspire, to guide, to help others discover their own brilliance.

So, what about you? Where does your genius live?

Dig into your own potential, develop your talents with intention, and in a few years… who knows? They'll be writing books about you, calling you a genius, asking for your autograph. And trust me — you'll get tired of signing them. You have a gift. Make the world better with it.

March 17 — Genius Is Everywhere

Genius isn't limited to scientists, inventors, or CEOs. It exists in every field — including the world of acting. For truly gifted performers, creating entire worlds isn't a fleeting spark of inspiration; it's the result of relentless, disciplined work.

"I'm not a soldier, a politician, or a spy. I'm an actor. I can barely play the piano, can't play the violin, don't code, don't paint like Van Gogh, and I certainly can't juggle galaxies in my head like Stephen Hawking. But I can bring all of that to life on screen."
— Benedict Cumberbatch

So... ***what's your genius?***
Find it. Wake it up. Let it speak through your actions.
Because genius doesn't just belong to the famous.
It belongs to those who are bold enough to express it.

March 18 — Genius Lives Within

You can be a genius anytime — even when you're up against the clock, trying to learn a foreign language in record time. How do I know? Because I did it. I mastered an entire school-level English curriculum in just 14 days — studying 10 hours a day, 3 of which were with a tutor — all to pass the entrance exam for university. Today, I've been teaching English for over 25 years.

Want to hear a story? In 1962, legendary Russian performer ***Arkady Raikin*** was invited to make a short appearance at an international pantomime festival in West Berlin. But when he arrived, he learned the organizers had already sold out tickets for a two-hour solo show — in German. The show was in three days.

He hadn't spoken German since school. For the next 64 hours, Raikin didn't sleep. He trained relentlessly with a translator, rehearsing his entire act in German. The concert was a hit. He joked, improvised, and spoke like a native. The audience called him back on stage 14 times for an encore.

Let that sink in.
You **can** rise to the occasion. You **can** surprise yourself.
The genius is already in you — it just needs a reason to show up.
Be brilliant. Always. You've got this.

March 19 — What Do You Know About Genius?

Did you know that many famous painters weren't just gifted artists — they were also incredibly sharp-minded individuals?

Take **Salvador Dalí**, for instance. The man was brilliantly clever. Whenever he dined out, he would pay by check — but with a twist: he'd sketch a quick drawing on the check. Most restaurant owners never cashed them. Why would they? They were holding onto an original Dalí — a masterpiece in miniature.
Then there's **Peter Paul Rubens**, a man of many talents. Not only was he a painter, but also a skilled diplomat. He spoke six languages and played a key role in international relations — even helping ease tensions between Spain and England.
And don't forget **Henri Matisse**. He was fearless when it came to his opinions. Once, upon seeing Picasso's now-legendary painting "Les Demoiselles d'Avignon", Matisse bluntly said that Picasso had lost his mind. Ironically, Matisse himself was no stranger to pushing artistic boundaries.

That's the thing about geniuses — they're bold, multidimensional, and unapologetically themselves. **They don't just create art. They live it.**

March 20 — Greatness In Everyone

"There are no average people. If a person has a healthy, undamaged brain, they are extraordinary."
— Ben Carson, world-renowned neurosurgeon

If someone has achieved great things, it doesn't mean they were more gifted than others.

It simply means they moved toward their dream — step by step — every single day. Days turned into weeks. Weeks into months. Months into years.
And one day, almost without realizing it, that persistent soul became great.
Those aren't my words—they're from Robin Sharma, one of my favorite authors. I first read his book "The Monk Who Sold His Ferrari" in Bulgarian, a language I studied in a country I fell in love with.

Robin Sharma believes:
"You were built to shine. I believe this, wildly and wholeheartedly. You came into this world to discover your purpose—your true calling—that will change you at your core and ignite your heart. A calling so meaningful, so powerful, that you'd gladly dedicate your whole life to it."

And you know what?
I agree.
Do you?

March 21 — A Calling That Awakens The Soul

I've been reflecting on how to awaken creativity in every person—so that the whole world lights up with new colors and becomes a better place.
Maybe the secret lies in this: everyone should do the one thing that awakens their soul and makes it divinely creative.

Creativity is the expression of the divine within us. This means that no human being is devoid of creative power. Creativity is our essence. Each of us—consciously or not—is constantly shaping our own reality and the world around us. And the world will change… When people stop chasing jobs for the paycheck and start doing what stirs their soul.
— Ara Arush

March 22 — To Create Is To Live

How fast and hectic our lives have become.
We're always rushing—off to school, to work, from one task to the next.
We live our lives without truly noticing them.
In this mad race against time, we miss the changing leaves on the trees… we barely glance at the days slipping past on the calendar.
And what does our "rest" look like?
TV. Social media. The couch.

We're becoming a vast gray crowd, losing our color. We've stopped adding something uniquely ours to the world. We've stopped creating. Where do we go to recharge—to truly unwind from the noise of daily life and reconnect with inspiration? And now, in an era of global lockdowns, how do we cope with anxiety while stuck at home?

Creativity heals. It soothes the soul. It helps us release burdens and find peace.
To create is to live. There's magic in making things—whether it's painting, sculpting, crafting dolls or music, writing books or poetry, designing clothes or furniture… It doesn't matter what you create.

What matters is that you allow yourself to create something.
Because only then do you begin to taste life fully.
Only then do you come alive.

March 23 — Insight

"Never underestimate the power of insights so simple they could fit on a napkin."
— Steve Jobs

Creative people know: inspiration can strike at any moment — often the most inconvenient one.
I write poetry. There were nights when entire verses would come to me in the darkness, when I was too tired to even lift a pencil. I'd fall asleep, repeating the poem over and over in my mind, hoping to remember it by morning. Of course, by sunrise, not a single line remained.
I lost more than a few masterpieces that way.
Then smartphones came along — and changed everything. Now, no matter the time or place, I can quickly jot down or record new lines with just a tap.
Record your ideas — even if it's on a napkin.
One day, those scribbles may become your greatest treasure.

March 24 — Becoming a Genius

Any talent, if neglected, will fade away before it has the chance to bloom.
If you want to become a brilliant scientist, win a Nobel Prize, or earn an Oscar for acting — follow the **10,000-hour rule**. It's believed that mastering any skill requires roughly ten thousand hours of dedicated practice.

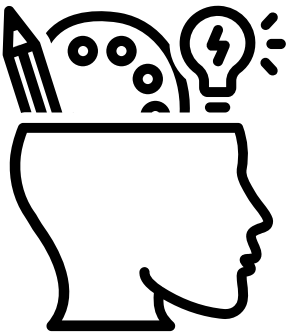
Of course, the truly exceptional don't just clock hours. They **want** to. They find joy in the process. Ten thousand is a symbolic number—but it's not small. So why spend all that time doing something you don't even enjoy?
The key is this: ***Do what you love. Love what you do.***
Now ask yourself—what do you love?

March 25 — Genius In Everything

I love noticing the beauty around me. I enjoy the world I live in. And I truly believe it can become even more beautiful — if each of us puts in the effort and uses our talents.

Because every one of us is talented in our own unique way.
In something, we are genius.

Within every soul lives a quiet, instinctive desire:
To create beauty.
To create kindness.
To create life.
To create our own worlds.



March 26 — What Is Your Talent?

I often hear people say,
"I have no talent—just a total failure."
But that's not true.
Every person is born with talents and abilities.
They're encoded in us at the genetic level.
Back in 1980, American psychologist ***Howard Gardner*** proposed a powerful idea in his book *"Frames of Mind"*. He identified seven types of intelligence, or talents:

Verbal–Linguistic Talent – The gift of sharp thinking and articulate speech. These are the journalists, writers, lawyers—the ones who shape thoughts into powerful words.
Logical–Mathematical Talent – The minds of mathematicians, economists, and programmers. They see the world in patterns, formulas, and code.
Visual–Spatial Talent – Artists and designers often shine here. They have the gift to creatively transform and organize physical space.

Bodily–Kinesthetic Talent – Athletes, dancers, and performers who master their bodies with ease. Often drawn to hands-on work—mechanics, builders, movers.
Naturalistic Talent – A deep harmony with the natural world. These are born gardeners, animal trainers, and environmentalists—people who thrive among trees, animals, oceans, and soil.
Intrapersonal Talent – Self-awareness at its highest level. These individuals are tuned into their emotions, live consciously, and understand themselves deeply. They are thinkers, seekers, inner explorers.
Interpersonal Talent – The charisma of connectors. These people are naturals with others—empathetic, social, and persuasive. They are often actors, speakers, activists, teachers, and salespeople.

Gardner's theory may have its critics, but one thing is certain—it helps us understand our strengths and make wiser choices in life.

So when you're choosing what to do with your life, make it something that **matches your innate gifts.** Your natural talents are clues to your purpose. Use them. Own them. Build something incredible with them.

March 27 — The Most Valuable Resource

"Kindness is what matters most. It doesn't matter if you're rich or poor—you must be kind. There's no money in it, and often the world won't repay you in kind."
— Charles de Lint

Kindness is the most powerful force we possess.
It costs nothing, yet it holds the greatest value.
It's not always returned. It's not always noticed.
But it always matters.

Live with kindness and love.
Teach it to your children.
Let it be your compass.
Make the world better.
Create your own worlds—kind ones.



March 28 — Who Am I

The strongest people are the ones who have found themselves.
You will never feel true inspiration until you can answer one essential question:
"Who am I?"

Your mind offers hundreds of possibilities—only to discard them as quickly as they appear. The inner conflict begins. It tears at your peace, paralyzes your decisions, and makes even the first step feel impossible.
Society demands one thing.

Your mind, heart, and soul whisper another.
How do you navigate this turbulent ocean of life? Where do you go? And why?
As frightening as it may be — **begin.**

Start your journey toward a new, conscious life.
A life of abundance. A life of purpose.
It begins with one thing:
Change.

March 29 — When Change Come

I believe that real change begins the moment we go against what we're used to.
When we stop depending on others' approval.
When we stop needing recognition to feel worthy.
For many, detaching from others' opinions is the hardest part.

What if your close friend or family member tells you,
"This isn't what you should be doing"?
If you're used to leaning on their opinions, you'll probably hesitate.
You'll doubt yourself.
And you might even come up with a thousand reasons to quit.

That's why it's so important to break free from limiting beliefs.
To think bigger.
To set bold, honest goals and chase them — *regardless of what others think.*
Because on the other side of that resistance lies something powerful:
Success.

March 30 — A Planet In Quarantine

Friends, our planet may be on lockdown, but it's still the best world we've got.
This crisis will pass. Borders will reopen.
Planes will fly again.
Hotels and restaurants will come back to life.
Museums and concert halls will welcome us once more.
And we'll travel the world again—visiting places and people we love.

So don't lose heart.
Take care of yourselves.
Wishing you strength, peace, and good health.

March 31 — Act Fast

Let's face it — we are at the very beginning of a global crisis, and it's only going to intensify. In times like these, uncertainty and fear affect everyone. For some, fear leads to paralysis and panic. For others, it becomes the spark to mobilize, gather strength, and search for solutions.

This is not the time to bury your head in the sand, hoping things will magically get better. **Friends, it's time to act. And act fast.** There's no other way.

Right now, one of the smartest paths forward is working online.
And I say that with absolute conviction.

April 1 — Going Online

Shifting online? Yes. ***Urgently.***
The pandemic made one thing crystal clear: if your business isn't online, it's vulnerable. Entrepreneurs who relied solely on offline sales were left empty-handed when lockdowns hit. Meanwhile, online businesses kept moving.

Here are some crucial questions to ask yourself right now:

- *Would you buy from your business if all you saw was your website?*
- *Is there enough info about you online for a customer to make a purchase without ever visiting or calling?*
- *Do your social media photos and posts clearly show the value of your product?*

- *Are your friends and followers genuinely engaged with your business profiles?*
- *Can people find you on Google Maps?*
- *Has anyone ever discovered you online?*

If you answered "no" to even one of these, it's time to fix it — **fast.**

Online visibility is no longer optional. It's essential. Even before COVID, online advertising was edging out traditional methods. The pandemic only sped things up.
Here are some online platforms that are now non-negotiable for most industries:

Beauty Industry: Booksy, Groupon, Facebook, Instagram, Google My Business
Services: OLX, Oferteo, Gumtree, Gratka, Facebook, Instagram
Food & Dining: Uber, Pyszne, Glodny, TripAdvisor, Groupon, Facebook, Instagram, Google My Business
Hotels: TripAdvisor, Booking.com, Google Hotels, OLX
Product-Based Businesses: Allegro, Facebook, Instagram
Travel & Tourism: Advant Travel, Facebook, Instagram, Booking, TripAdvisor

And yes — you can learn **how to run your business online** online, from trusted, experienced coaches. The future is digital. Are you ready?

April 2 — Who Is a Coach?

At its core, a coach is a teacher. Someone who guides and helps others learn, grow, and reach their full potential.
In the world of MLM (multi-level marketing), a coach plays a crucial role — they don't just sell; they build people. According to Artem Nesterenko, one of the most respected MLM professionals, a true coach must possess the following traits:
Listen — and truly hear their client's needs and concerns.
Guide others in the right direction so they can discover answers on their own through the coach's thoughtful, prompting questions.
Deliver real results — in personal sales, team volume, and recruitment — by staying laser-focused on people's goals and needs.
Build trust and foster a productive, empowering atmosphere in meetings and within the team.
Shift the focus away from themselves, placing it fully on helping others succeed. They don't get stuck in team drama or low morale.

Spark interest and enroll someone into their team — all within just one hour.
Inspire with deep motivation, the kind that comes from within the person, not outside pressure.
Now ask yourself:
Which of these traits do you already have?
And which are you ready to develop next?

April 3 — Why Online, Why Now

"It is in your moments of decision that your destiny is shaped."
— Tony Robbins
Today, finding clients offline is becoming increasingly difficult — especially if you live in a small town. There's a price ceiling that's hard to break through.

But working online changes everything. Online, you're no longer bound by geography. You can work with clients from all over the world. You're also less vulnerable to local inflation or economic instability. You build a global business — not just a local hustle.

Here's the uncomfortable truth:
There will never be a better time than now.
You'll always lack something — time, money, energy, confidence. The voice that says "Later" is your inner saboteur, keeping you stuck, making sure nothing changes. It would rather you stay poor, frustrated, and tired — just to maintain the illusion of safety and familiarity.

"Later" is a lie. "Hope" can be a trap.
That *someday* you're waiting for? It never shows up unless you make it happen.

Nothing changes on its own.
If you want a different life, ***you have to build it*** — brick by brick.
Time doesn't pause. The train is already pulling out. **Jump in. Now.**

April 4 — Time To Learn

Today, the world is split in two:
Those waiting for things to go back to "normal"
And those using this time to gain new knowledge, tools, and opportunities.

Which side are you on?
Your education doesn't end when school, college, or university does. Just like an athlete needs daily training to stay in shape, your brain needs constant stimulation to grow sharper.
Every craftsman, musician, and warrior knows: *mastery comes through repetition.*
You might think, *"But I'm a businessperson. I don't need more learning — I know where the money is."* But ***here's the truth:*** to stay in the game, a businessperson needs a flexible mind, current knowledge, and the ability to make smart decisions fast. And that comes from learning.
Just 30 minutes of reading a day =
→ 50 books a year
→ 500 books in 10 years
Let that sink in.

Workshops, forums, business schools — they're not optional luxuries. They're fuel for growth. Even if you think you already know a lot, you don't know everything. No one does. And those who keep learning? They stay ahead.
Make learning your power move. *Start now.*

April 5 — Teach Others

Imagine this: you've joined a business and you're growing. Every single day, more and more beginners enter the same field — and within a year, you become the expert they're looking for.
Thousands of newcomers are looking for guidance.

They're searching Google, reading blogs, asking for course recommendations, trying to figure it out. Meanwhile, you already have the experience they need. And that means you can teach.
Don't be afraid to speak.
Don't be afraid to write.
Don't sit back waiting.

Share your knowledge. Build your brand. Broadcast your values.
Think you have no one to offer your business or product to? Think again. Right now, this very second, there are hundreds of thousands of people online — just one click away from you.
Talk to them.
They're waiting.

April 6 — No Time For Complaining

Everyone's talking about the crisis, the coronavirus, the new reality, the "new opportunities," the idea that the world will never be the same again. At this point, it's harder to find someone not talking about it.

People respond in all kinds of ways — some laugh it off, some deny it, others whine or spiral into chaos. But here's the truth: you can't afford to sit around and complain.

Why? Because if you do, you'll find yourself surrounded by other complainers. And together, you'll drown in the mess instead of rising above it.
So get up.
Figure out what's not working.
Find someone who can help you fix it.
And most importantly — ***act.***
You've got this. I believe in you.

April 7 — Tired of Being Broke? Then Go Lie Down.

Yes, that's sarcasm. But let's get serious.
What do you do when the world feels like it's falling apart? When panic is global, fear is in the air, and confidence is in short supply?

Here's what you don't do: freeze.
Here's what you do: adapt.

We've all heard the saying — if you're not growing, you're declining.
Some agree, some argue, some take offense.

But the point isn't to debate — the point is this: right now, your ability to shift, learn, and move forward is everything.
The world has changed.
You need to change with it.
That might mean retraining. Rethinking. Reinventing.

Don't sit in fear. Don't drown in uncertainty.
Stand up. Take the reins. Start learning. Start building.
You've got more power than you think. Use it.

April 8 — My Fears



Today the devil whispered in my ear:
"You don't have the strength to withstand the storm..."
I answered,
*"Back off, six feet, b*tch."*

Fear is the awareness of potential danger. The threat may be real, imagined, or just possible — and that's why fears take different forms. The most common one? Fear of the unknown. When you don't have full information, it's hard to make solid decisions. Uncertainty breeds stress, willpower paralysis… and sometimes just plain laziness.

The biggest fears in our modern world? Terrorism. War. Poverty. Crime. Loneliness. Aging. Disability. And now, a global pandemic.

Unfortunately, stoking fear has become a technology of control.
It's easier to manipulate people when they're scared.
That's why, in this age of mass panic, our biggest job is to shake off the sticky fear they keep trying to smear us with.
Build a barrier between yourself and the fear factories.
Don't watch TV news if it drains you. Choose content that feeds your mind.
Listen to calm music, nature sounds, or meditations. Dream.
Visualize your ideal life. Imagine success in detail.
One of the most ***powerful antidotes*** to fear?
Love. Kindness. Gratitude.

When you forgive, when you say thank you — even for small things — your fear shrinks. ***Gratitude restores courage.***

Personally, I've chosen my defense strategy:
I don't have time to panic. I signed up for courses, I'm learning how to work online, I'm building my own educational project. And when the devil tries to whisper some new horror in my ear, I shut him down:
"Buzz off. I'm busy."

What about you, friends?
How do you face your fears?
How do you silence the panic?

April 9 — Find Joy In Life

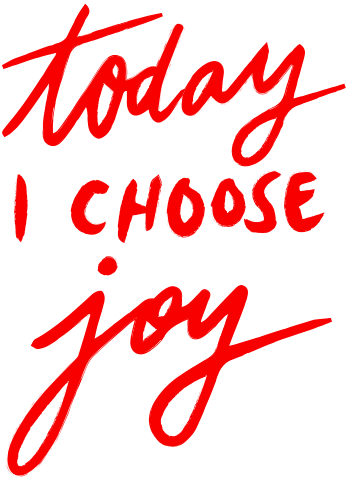
Joy… during quarantine?!
Yes — even in lockdown, even in uncertainty, life still offers moments that lift your spirit. Let's remind ourselves of the little things that bring big happiness:

- Slipping into bed with freshly washed sheets.
- Sneezing three times in a row — oddly satisfying.
- That one text you were secretly waiting for.
- Waking up from a nightmare and realizing it was just a dream.
- Taking the first bite of a pastry — right from the side with the filling.
- Peeling the protective film off a brand-new screen.
- Getting holiday wishes from someone you don't even know.
- Finding money or a snack stash you forgot about.
- Feeling your cold bed finally warm up.
- Accidentally typing an old password correctly on the first try.
- A fridge full of your favorite snacks.
- Making a perfect long-distance toss into the trash can.
- Discovering that the *amazing book* you're reading still has lots of pages left.
- Flipping your pillow to the cool side.
- Laughing so hard you cry.
- Waking up an hour before your alarm and realizing you can fall back asleep.
- Replaying that new song you just fell in love with — again and again.
- Getting literal goosebumps from powerful music.
- Squeezing out the last bit of toothpaste from a tube you'd given up on.
- Opening a box of childhood toys and memories.
- Lying in bed and listening to rain tap the roof or window.

Want to add more to the list? Go for it.
Want to subtract a few? Sure.
The real point is this:

find joy here and now.

Because life isn't later.
Life is happening now.



April 10 — Essential Reminders for Today

Today, take a deep breath — and take care of what truly matters:

- **Prioritize your health.** Your body carries your dreams.
- **Nurture your relationships.** People are your greatest mirrors.
- **Let go of old grudges.** Forgiveness is freedom.
- **Be honest and sincere.** Integrity is a superpower.
- **Avoid unnecessary conflict.** Peace is power.
- **Right the wrongs of the past.** Even small steps count.
- **Accept others as they are.** It liberates them — and you.
- **Deep-clean your home.** A clear space supports a clear mind.
- **Get rid of what no longer serves you.** Clutter drains energy.
- **Remove irritants from your environment.** Your peace matters.
- **Understand your past.** So it stops controlling your future.
- **Embrace new ideas.** Growth begins in the mind.
- **Accept that change is necessary.** Comfort zones are traps.
- **Be open to new opportunities.** The universe is always offering.

Let today be the day you reset, realign, and rise.
Start small, but **start now.**

April 11 — The Power And Challenges of Working From Home

Working from home sounds like a dream to many. For some, it's the ultimate luxury: pajamas, coffee, your favorite playlist, no commute. But after spending most of my career working from home, I can say this: it's not always sunshine and freedom. There are pitfalls — real ones — and remote work isn't for everyone.

Yet with global shifts like quarantine and digital transformation, even those who never considered working from home have had to adapt. So how do you make it work — for your productivity, your peace of mind, and your professional growth?

Let me share the rules that have helped me stay grounded and effective while working from my own couch and kitchen table.

1. Set a Real Schedule

One of the biggest traps? Thinking you can work "whenever." You can't. Distractions are everywhere: noisy kids, unexpected calls, meal prep, or that sudden urge to do... absolutely nothing. That's why structure is your best friend. I split my day into blocks: mornings are for creative work, afternoons are for teaching. It's a rhythm that works for me — and my body thanks me for it.

2. Remove Distractions Ruthlessly

Background noise, constant notifications, chatter — they all chip away at your focus. Mute alerts. Turn off the TV. Set boundaries with loved ones during work hours. In my home, everyone knows not to call me at certain hours. That time is sacred.

3. Create a Dedicated Workspace

Your workspace affects your mindset. When I sit at my desk, I mentally step away from "home" and into "work mode." Your space doesn't have to be fancy — just intentional. Good lighting, a comfy chair, your tools nearby, a glass of water, and zero clutter.

4. Separate Work from Chores

Multitasking is a myth. Trying to finish a report while stirring soup or folding laundry will only lead to burnt dinners and half-baked work. I block my day clearly: between 10 AM and 2 PM, I run errands, cook, clean, and reset. After that, I return to teaching or creative projects with a clear head.

5. Eat and Rest with Intention

Working from home blurs all boundaries — including meals and breaks. Set times to eat. Don't graze endlessly. Plan rest periods too — ideally twice a day. For me, rest often means switching gears: stretching, meditating, stitching a cross-stitch, talking to God, reading, or watching a detective show. Find what truly recharges you.

6. Don't Overwork

One common pitfall? Overworking. When your office is your home, it's hard to "clock out." You may find yourself glued to your chair all day, eyes burning, limbs stiff. Don't. Space out your work. Move. Rest. Shift gears. Your body — and brain — will thank you.

Working from home is a skill, a lifestyle, and a choice.

When done right, it offers freedom, flexibility, and focus.
But it demands boundaries, discipline, and self-respect.
Respect your time, your space, your body —
and watch your work and life both bloom.

April 12 — No Training, No Results

How do you become better without training? You don't.
No athlete becomes a champion just by dreaming about it. No musician reaches greatness without hours of daily practice. Success doesn't happen out of thin air. Breakthroughs aren't magic — they're built with consistent effort.
Day after day. No shortcuts. No excuses.

It's the same in business and leadership. Passion alone isn't enough. You need to build skills, deepen your impact, and move with purpose toward mastery. If you want to play at a world-class level, you have to train like it — every single day.

Greatness starts small. One small win today, another tomorrow — that's how big change begins. But without real training, without pushing yourself to grow, all you're left with is frustration.

Remember this simple truth: the best practice is practice.
Show up. Every day. And become who you were meant to be.

April 13 — Back To Discipline

Discipline creates miracles. It's no secret that in network marketing — just like in sports — success depends on doing the work consistently, every single day.
Show up. Do the reps. Track the results.
That's how progress happens. The most brilliant truths are often the simplest.

Stop daydreaming about your future life with pockets full of cash. Fantasies distract you from the real work and kill your focus. Replace hours of empty imagining with hours of intentional training. And let's be clear — dreaming and fantasizing are not the same. ***Dreaming fuels action.*** Fantasizing avoids it.

Look at the lives of top athletes. Many of them are multidimensional people who've achieved massive success outside of sports — but you rarely hear about it. Why? Because discipline in one area tends to spill over into others.

Let's say you hit the gym in the morning. You've activated your body, oxygenated your brain, and now you're ready to work. But if you waste that energy by flipping on the TV or scrolling mindlessly, are you really living your potential?
Of course not.
That's why you must lock in on these three pillars every single day:
Physical activity *(a workout, morning jog, bike ride — anything that moves your body)*
Inspiration and learning *(books, podcasts, meditative practices — fuel for your mind)*
Daily tasks *(set clear goals: maybe 2 client calls, a social media post, or a chapter written)*
If you hold yourself accountable in all three areas, you'll rise. You'll become a top leader — no doubt. But slack in any one of them, and the results will disappear.
Everyone has potential. The only question is: Will you use yours?

April 14 — Why I Feel Sad

We're all waiting for this global mess to suddenly end in a single day.
But it won't.
The reality will shift — gradually, subtly. So subtly, in fact, that we may not even remember what ***"before"*** felt like.
And as for ***"after"***? We don't fully know yet. But one thing is certain:
It will be different.
So let's stop clinging to illusions. Let's stop waiting for things to go back. They won't. Start learning what's new. Get used to what's next.
Because the old world?
It's not coming back.

April 15 — Groundhog Day

Life feels like Groundhog Day. Sound familiar?
For those who don't know the feeling — imagine this: every day is the same.
Wake up early, breakfast, rush out the door, grind from 8 to 5, come home, dinner, a quick moment with your family, scroll a bit online, sleep…
Then Good morning! — and repeat.
Over and over.

That's the loop. That's the trap.
And many people live like this for years. For life.
If the pay is good, maybe it feels bearable — but let's be honest, that's rare.

Want out? There's one real way — go online.
Build something. Learn something. Sell something.
Online work = freedom from the loop.

April 16 — Pushing Through

Yesterday I found myself reflecting on a familiar question: *Should you build your business by sheer force — by doing what you're told, using tools you dislike, forcing every step?* Sure, any business comes with its tools, discipline, and moments that test your motivation. But here's what matters most: **joy**.

Whether you're building a business, working a day job, or navigating daily life — it should bring you energy, not drain it.

Why? Because joy is the fuel of growth.
Joy is creative energy.

Of course, life throws all kinds of seasons our way—ups, downs, bliss, and breakdowns. That's life. But the real power lies in what we do with it.
Learn from the highs and lows, and move forward with a light heart.

Because joy isn't just a nice-to-have.
It's the force that moves everything forward.

April 17 — Looking for Work

"Looking for a job. Online work."

These kinds of posts are everywhere online.
But let's be honest — many of them really mean:

"I want to do nothing and still get paid."

Let's cut the fantasy: there's no free ride. Stop looking for magic shortcuts.
Every job feels hard — until you become good at it.
So find the kind of work where the challenge excites you.
The kind of "hard" that lights you up.
That's where the real rewards are.

April 18 — Why Are We Still Broke?

Does it bother you that some people have money — and you don't?
Ever ask yoursel f— or the Universe, God, Allah — "Why?"
Here's the honest answer I found after hours of reflection, reading success stories, and watching countless "10 Secrets of Millionaires" videos:

Money is a direct result of the value you bring into the world.
The more useful you are — the more money you earn. Simple.

Take me, for example.
I've been a tutor for years — math and English. No one can argue I'm not helpful. And yes, it does provide an income. My rates have gone up, I'm popular, and international clients pay more. But let's face it — it's still not millions. Even if I worked 8 hours a day at $10 per lesson, that's $400 a week. Maybe $1,700 a month. And there's a cap. I can't stretch the day, and raising rates endlessly isn't practical.

To make millions, you need a system that works for you.
That's where network marketing comes in.

Let's go back to value.
If you can offer something helpful to 100,000 people—and they each pay you just $10—you've got your million. It's not magic. It's math.

So why are we still broke?
Because we haven't given enough value to enough people in a short enough time. Nobody's to blame for that. We just didn't know how.
But now that you do — what will you do **next?**

April 19 — The Resource of Travel

Travel means fresh impressions, vivid emotions, eye-opening discoveries. For many, travel is a powerful energy source — from the moment you choose a destination to each stage of the journey, and even long after you return. The photos, the videos, the memories — they keep inspiring us.

Right now, the world of travel is virtually shut down.
We can't access this resource the way we used to.

Some people feel sad, some frustrated, others calm.
All reactions are valid.

But here's the magic of travel:
You can still draw energy from it—even at home.
How? Two ways:

1. Recall your favorite trips. Flip through photos and videos. Relive the moments. Let your memories re-energize you.
2. Dream of new adventures. Where would you love to go next? What future trip excites you? Type it into a search bar. Read about it. Look at images. Imagine yourself there.

Even in lockdown, travel can fuel you.
Let it lift your mood, expand your imagination, and remind you of the vast, beautiful world still waiting. Make today unforgettable—just by dreaming.

April 20 — Travel Teaches Us

The truth is, you can't return from a journey as the same person. Travel widens your perspective, reshapes your view of life, and brings clarity to your values and priorities. Most people don't even realize how much a single small trip can change them.

I truly believe travel has the power to transform us at the deepest level. It teaches us invaluable life lessons — how to make quick decisions, budget wisely, enjoy the present moment, stay open and grateful, appreciate the little things, understand ourselves better, and not be afraid of solitude.

Travel encourages us to try new things, step outside our comfort zones, and embrace the unknown. It sharpens our instinct for connecting with the right people—sometimes forming friendships that last a lifetime. We leave the virtual world behind for a few days and fully live these beautiful moments, captured later in countless photos and memories.

Travel is the chance to explore the world and collect your own unforgettable stories. ***Make your life richer — travel.***

April 21 — Paris, Paris

I've been to Paris…
And honestly, everyone should visit at least once in their life.
I still remember the famous Eiffel Tower glowing with bright lights at night — more beautiful than in the daylight. Or sitting at a nearby café in the early morning, enjoying a classic French breakfast while admiring the view.
Unforgettable feelings!

And you know what? It was just a simple bus tour. Inexpensive. Fun. Short. But each night brought a new country, a new hotel, and breakfast in a different city — Hungary, Austria, the Czech Republic, France...
I genuinely don't understand how anyone could not love to travel.

April 22 — Amsterdam

Why do people love Amsterdam so much?
Locals, by the way, emphasize the first syllable: Ámsterdam.

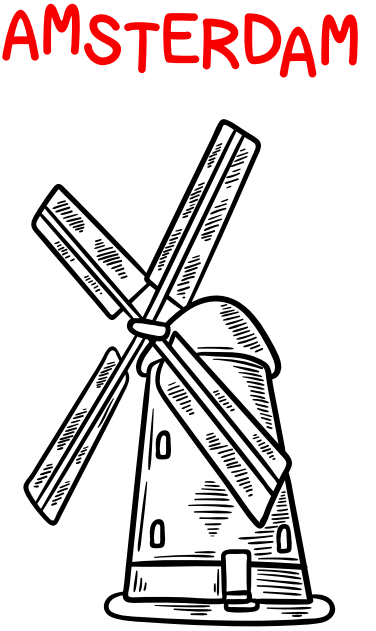
In the endless kaleidoscope of colorful houses and narrow alleyways, you can feel the scent of freedom in the air. Life buzzes here — day and night.
The atmosphere is relaxed, open, and full of love for others.
That's Amsterdam.

Amsterdam is goat cheese and herring hot dogs.
It's unforgettable tulip fields in full bloom.

I was there. In the spring. I still remember the taste of those salty hot dogs, the cheese tasting tour at the farm. I remember walking the Red Light District and the women in glass windows. I remember the sweet scent of marijuana wafting from open kitchen windows — though I didn't recognize it at first. Someone had to tell me. A guy passed by blowing thick smoke into the street. The next morning, my head throbbed like crazy.

But none of that spoiled the magic of Amsterdam.
I'll remember it for the rest of my life.

Amsterdam
by Lilia Yermak



I adore you, Amsterdam!
There's a charm in you I can't withstand.
Spring or winter, day or night,
You call me back with pure delight.
Your magic is deep, it overflows,
It dazzles, intoxicates, it glows.
You whisper of love again and again,
I feel reborn, free from all pain…
To wake up and truly live once more,
To remember who I am at the core.
To taste, to feel, to breathe with ease,
To find soul's heaven, soul's peace…
Each time I come back to you, I heal.
I forget pain, forget what's real.
And open myself to dreams so grand—
When I arrive in Amsterdam!

April 23 — My Seas and Oceans

How many oceans and seas have you seen in your life?
Personally, I've met two oceans and a handful of seas.
The *Atlantic Ocean* is powerful and majestic, and it sounds that way too — a deep, booming roar. Have you ever heard it?
The *Indian Ocean* is soft, warm, almost tender... But above all, it's carefree. Beside its calm waves, I forgot about problems, worries, even time and space.
The *Red Sea* amazed me with how salty it was.
The *Black Sea* is perfect for summer swims.
The *Azov Sea* in August — glowing at night — takes me back to childhood.
The *Adriatic Sea* didn't quite manage to impress me.
The *Mediterranean Sea* is pure beauty, and for me, it's tied to sweet memories of Spain.
And yes, I've been to the *Persian Gulf* too — though all I recall is the murky water of a city beach… and the sight of an old man suffering a heart attack.
There are still so many oceans and seas I long to see — and hear — with my own eyes and ears.
How about you? Which waters are calling your name?

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How about you?
Which waters are calling your name?

April 24 — The Dead Sea

I've never visited the Dead Sea — but I've read and dreamed about it so much, it already feels familiar.

Did you know it's not actually a sea, but a salt lake? Its waters are 8.6 times saltier than the ocean, which is why no fish, plants, or large organisms live there — only hardy bacteria deep in the craters. You can't really swim in it… the water simply flips you onto your back. Floating here isn't a skill, it's a promise.

Located 420 meters below sea level — the lowest land point on Earth — the Dead Sea is shrinking at a dramatic rate: about 1 meter per year. Scientists say that, without intervention, it could vanish within 50 years. But Israel and Jordan are now working together to pump water from the Red Sea to preserve this natural wonder.

And here's something truly mysterious: there's an ancient biblical prophecy that one day, the Dead Sea will become fresh again. Recent studies found pockets of fresh water at the bottom. Is the prophecy coming true?

One day, I'll see it for myself.
Until then, it's on my list — high and shining.

April 25 — Discovering a New World

I love to travel.
That feeling — when you suddenly find yourself standing in a country you've never been to — it's hard to put into words.
Everything's new. Everything's different.
I can't remember who said it, but they were absolutely right:

"What? You've never seen it before?
Oh, I envy you. You get to see it for the first time."

I've visited more than 20 countries so far — some of them more than once. And I always want more. Every trip, I try to choose a new direction. A new corner of the map. A new slice of life. This world is endlessly fascinating.

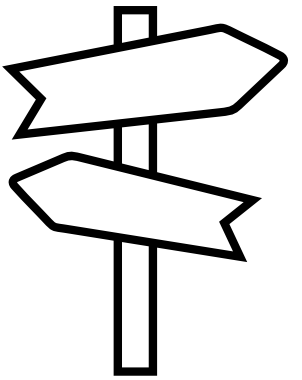
So go. Explore. Discover. **The world is waiting for you.**

April 26 — The Long Road

The longest walkable road in the world stretches from Cape Town, South Africa, all the way to Magadan, Russia. You can walk it. Cycle it. Drive it.

But however you move — it's all land beneath your feet.
Nobody can tell you how many dangers await on that road.
And no one can count the wonders you might discover along the way.

22,387 kilometers.
4,492 hours of travel.
187 days of nonstop walking.
Or 561 days if you walk 8 hours daily.
17 countries.
6 time zones.
All four seasons.



It's a road of a lifetime.
A journey that would change you forever.

April 27 — Low-Cost, High-Value

Once, I flew from Warsaw to Sofia — via Athens.
You might think, *"Too bad there were no direct flights to Bulgaria in December."*
But I wouldn't change a thing. That trip was unforgettable.
First, the price: imagine flying from Poland to Greece for just $9, then from Greece to Bulgaria for another $9. I love budget airlines.
And the layover? A night in the Athens airport. Sitting in an open-air café in December, under the stars, with Greek music playing from the speakers, a cup of coffee, and that warm, fragrant Greek pastry in hand...
Honestly, I wouldn't trade that night for a five-star hotel.

The air in Greece, even in December, didn't feel like winter. It was soft, almost spring-like. Gentle. Romantic. And best of all? These flights were within the Schengen zone — which meant no customs lines, no border stress, just freedom. I felt like a citizen of the world.

So don't be afraid to travel. Don't fear layovers. Don't look down on budget airlines. Sometimes the journey surprises you — in the best way possible.

April 28 — Do You Love To Travel?

Most people do. Some crave adventure.
Others chase new flavors.
Many seek culture, art, or history.
And some just want to watch the sun melt into the ocean in silence.
The reasons are different. But the love for travel? It's nearly universal.
Because when we travel, something inside us wakes up.
Joy. Wonder. Hunger for life.
Travel lets us try something new every day.
It gives us stories that no comfort zone ever could.
Every bend in the road becomes a memory.
It stretches the borders of our world — and our soul.
Travel changes how we see ourselves.
It reminds us of truths we forgot in the noise of everyday life.
It helps us appreciate what we already have.
When we travel, we remember what it means to be human —
To explore. To be free. To feel alive.
So… do you love to travel? Or is it time to fall in love with it again?

April 29 — Freedom

Many believe that money brings freedom. But what kind of freedom, exactly?
After all, a homeless person is "free" too — in their own way.
There are different levels of freedom:



- *Freedom from poverty.*
- *Freedom from ignorance.*
- *Freedom from fear and self-doubt.*
- *Freedom from dependence.*
- *Freedom from obligations.*
- *Freedom from the need to constantly care for others.*
- *Even freedom from the weight of wealth.*

What kind of freedom do you think money offers?
Maybe it's just the freedom to pick your 3D lifestyle:
Do-Deals-Dollars or **Drag-Duvet-Drift?**
Of course, there's always **Do-Dollars-for-Daddy** —
but that road usually ends in a different option: **Drift-Eat-Repeat.**

One of the most powerful freedoms today?
Freedom from outdated beliefs about online and network business.
Learn to work online. Grow.
Explore new skills. Master new tools.
Study with those who've already made it.
Because to become a bold, free, fulfilled human being —
You have to keep evolving.
Don't you think?

April 30 — Remote Work

How do you make yourself actually work from home?
Not lounge. Not scroll. Not come up with fancy excuses. Just work.
Back then, I struggled with discipline. Building a real system felt impossible.
But times have changed — and the real question is: ***Have we?***

I found my own *"carrot and stick."*
The stick? A blunt question: *"Lilia, what will happen to your family if you don't urgently learn how to earn money online?"*

And suddenly my brain shows me terrifying images:
No food in the kitchen.
No more hair mask — I look like a wild-haired mess.
Evicted, because rent is overdue…
The carrot? My dreams.
I close my eyes and see my Future Self:
Successful. Famous. Wealthy.
Driving my new car, living my dream life.
And just like that, I want to run to my desk, open the laptop, and get to work.

What about you, friend?
How's your motivation these days?

May 1 — Self-Discipline

The biggest downside of working online?
Yes — you read that right.
I'm talking about the downside.
Every single person hits this wall at some point in their career.
We're used to being managed.
Even if we don't like it—deep down, we've been conditioned to need a boss.
Someone to give the orders. To keep us in line.
To say: *"Do it. Now. Or else."*

But in this business?
No boss. No deadlines. No penalties. **Just you.**

You promise yourself something — and then break it. Why?
Because there's no one watching.
No one holding you accountable.
You make excuses. You let yourself off the hook.
But that won't fly here. Not in this game.

This work rewards consistency and punishes laziness.

So here's the real question, my friend:
How's your self-discipline doing today?

May 2 — Your Personal Brand Is You

Some people think personal branding starts once you're successful. They say, *"What's the point of building a brand if you don't have a yacht, a villa, or a sports car yet?"*
But here's the truth:
Your brand begins the moment someone starts watching.
It's not about showing off.
It's about showing up.

You build your personal brand from day one—by showing your journey, your effort, your growth.
You become the "real deal" not by being perfect, but by being real.
You document your path, your wins, your setbacks, your insights.
You show that you're open, evolving, and committed.
That's what makes people pay attention.
Is it bad to be a beginner?
Is it wrong to post about your first $100 earned?
No. That's what makes it relatable. That's what makes it powerful.

Want to influence a big audience?
Do this:

- Less judgment. More inspiration.
- Share your notes from a book you loved.
- Celebrate small wins.
- Show up sweaty after your workout.
- Talk about what drives you.

Your personal brand is not a logo or a color palette.
Your personal brand is you.
So show up. The world is watching—and rooting for you.

May 3 — The People I'm Looking For

Good morning, a new day!
Yesterday, I hosted my first online conference.
About 30 people showed up.

I spoke about the tools and power of building a network-based travel business online. I shared what I've learned from courses and experience — but in the middle of explaining it to others… ***I finally understood*** something for myself.

It hit me like lightning:
I've never written one of those *"I'm looking for three people..."* posts —
Because I didn't know who I was actually looking for. Until now.
I'm looking for people like me. People who are tired.
Tired of scraping together bill payments every month.
Tired of carrying the weight of the whole family on their shoulders.
Tired of not living up to their own creative potential —
Of putting off the book, the poetry, the dreams.
Tired of breaking childhood promises to their parents.
Tired of unfinished projects, draining obligations, and draining people.
I'm looking for people who dream of traveling the world, who don't want to be tied down to a single location, and who want to know — deep in their bones — that their family is safe, supported, and never lacking.
That moment of clarity? It changed me. It gave me direction.
Not just for my business — for myself.
If you're reading this and your heart just said "me too,"
then maybe you're the person I've been searching for all along.
Let's build something that sets us free.

May 4 — Humor as a Mirror

An old, street-smart cat is explaining to a group of younger tomcats how to charm the ladies.
They're all listening, spellbound — until one young kitten pipes up:
"Wait a minute, Bob, aren't you... neutered?"
Bob licks his paw, unfazed: "Yeah, so? I'm a business coach."

Let that one sit for a second. See, humor reveals more than it hides. Back in the day, psychologists Hans Eysenck and Glenn Wilson came up with a test showing how our response to jokes says a lot about our personality. Freud and the psychoanalysts already knew it: humor is a window into the parts of ourselves we try to keep hidden.

What makes you laugh — what makes you flinch — says something.

I remember getting deeply offended every time my husband would toss out this line: *"Well... for a village girl, it's good enough."* God, that used to sting. But years later? It rolls off me. Doesn't even register. Why? Because I changed. Because my self-worth grew teeth. His joke stopped echoing in an old wound that had already healed.

That's the thing—jokes that offend us usually strike nerves we haven't dealt with yet. They hit our insecurities, our fears of not being good enough, our need for validation, our self-doubt...
Not the joke. The bruise beneath.
So next time a joke stings, stop and ask:
Why this one?
And what's that telling me about where I still need to grow?

Remember: people aren't obsessed with your flaws.
They're too busy wrestling their own demons.
You don't owe the world a perfect you — just an evolving one.
Keep going. Keep laughing. Keep healing.
I'm cheering you on. Always.

May 5 — A Team Like the Swan, the Crab, and the Pike

When your team pulls in different directions like the Swan, the Crab, and the Pike from the old fable, the outcome is clear: failure. Why does this happen? Simple — you're recruiting the wrong people.

You scrape the bottom of your contact list, trying to convince just anyone to show up for awkward presentations. You chase people who aren't interested. You burn energy trying to "drag" them into the business. Nine out of ten walk away, and you're left with damaged relationships. Sound familiar?

Now picture this instead: a waitlist of people eager to talk to you about your business — 20 calls a day, every day. Your network is growing like wildfire. Your bank balance is rising. You feel momentum. You feel your top-rank calling.
So, how do you turn that into reality?
Shift your mindset.

Don't chase people. Don't try to "find" a team. Build one.
Stop worrying about how to attract and hold onto people. Instead, focus on filtering. Out of those who are reaching out, ask yourself just three things:

- Do I genuinely like this person?
- Do they have the resources to start?
- Can I really help them succeed?

If the answer to all three is yes — invite them in.
These are your people.

These are the teammates who'll help you soar.
Anyone else will just drain your energy and drag the vision down.

This is the principle of building an aligned, high-performance team.
You don't have to burn out.
You don't have to beg.
And you don't have to lose yourself along the way.

But the question remains:
Are you ready to learn the modern way to build a business?

May 6 — Teamwork That Works

If you already have a team — big or small — it's time to lead like a pro. A successful team doesn't grow by chance. It grows by design.
Here's a simple system that really works:

- ***Daily Zoom Huddle*** (15 min) – Start each day with energy, clarity, and a small action plan. Motivate your team with a positive message and clear tasks: how many calls, messages, posts or meetings to aim for today.
- ***Evening Check-In*** – Ask each team member to send a quick message reporting what they managed to do. It keeps everyone engaged and accountable.
- ***Structure in Layers*** – Big teams work best in levels. Each leader mentors 3–5 people closely. Each of those becomes a leader for their small group. This makes growth doable.
- ***Weekly Presentations*** (1–2 times/week) – These are for guests and potential new members. Newbies can just invite – leaders do the talking. It's teamwork in action!
- ***Internal Training*** (1–2 times/week) – Exclusive for your team. This is where learning happens: product knowledge, mindset, strategy. The more they learn, the more they earn.
- ***Webinars*** (every 2–3 months) – A bigger event that inspires and aligns your whole community.

Bonus Tip:
Repeat information often! Studies show we forget 50% in just 3 days. If you don't hear it again, your brain simply deletes it.
Repetition = retention.
Build systems, not chaos.

If you show up with structure, your team will follow your example.
People duplicate what they see — so lead with clarity, passion, and purpose.

May 7 — Why Webinars Work

Webinars have become one of the most popular tools in the online world — whether for education, business, or product presentations.
And it's easy to see ***why:***

- Affordable – No need for travel, hotels, or big budgets.
- Global Reach – Anyone can join from anywhere with internet access.
- Focused Topics – There's a webinar for nearly every interest or skill.
- Proven Effectiveness – Studies show webinars are just as impactful as in-person events.

And for organizers? It's simpler than ever: just plan your content, prep visuals, invite a speaker if needed, and test your tech.

No venue, no logistics, no stress.
Webinars save time, money, and energy — and help you connect with people around the world. Why not host your own?

May 8 — How Do Webinars Work?

From live lessons to product presentations, webinars are a powerful tool.
Think of a webinar as a cozy chat — just online.
You see an invite, register with your email, and get all the info in your inbox.
If it's paid, you'll be guided through an easy payment process.
Before it starts, you'll get a reminder with the link to join. Then it's time to tune in, learn something new, and connect — all from the comfort of home!

May 9 — How to Influence People

We influence people all the time — whether we realize it or not. But what if you could do it consciously, with clarity and purpose?

Start with interest. People listen when they sense value. If you're sharing your business or inviting someone to work with you, don't just explain what you love about it — show them what's in it for them. What do they gain? What problem does it solve?

Don't just talk — prove. Be the kind of person others remember: reliable, grounded, honest, and confident in your field. That's when people start to actually listen — and more importantly, trust.

Learn to listen, really listen. Respect their views, but don't abandon your own. People are drawn to quiet confidence. Not stubbornness — but conviction.

Admit your mistakes. Own them. That builds trust faster than any speech. Your reputation is your capital — earn it. Protect it.

Be enthusiastic. Be kind. Be the light. Don't just motivate — infect others with your optimism. Be the reason someone dares to hope again.

But above all, use your influence wisely. You'll become powerful the moment people begin to follow your lead — don't ever use that power to manipulate or harm. Be the kind of leader you'd want to follow.

May 10 — Be the Reason

Maybe you don't even realize it, but a kind word from you, a shared story, or even just your quiet presence can reignite someone's belief in life.
Be the reason someone feels seen again.
Be the reason they think, *"Maybe I can start over."*
We all carry light. And sometimes, the smallest spark in you is enough to relight someone else's fire.

May 11 — Core Principles of Online Influence

When you're building a personal brand and living actively online, you have to understand something critical: people are watching. Dozens, hundreds, sometimes thousands of eyes are on you — people you don't even know.
That's the power of the internet.
But it's also a responsibility.
So ask yourself: ***what exactly are you broadcasting to the world?***

If you live a vibrant life, share meaningful stories, learn and grow, meet interesting people, take care of yourself, love your family, honor your parents, work with full integrity — and earn well while doing it — your audience sees that. They feel your momentum, your energy. And that's magnetic.

Why? Because most people out there are starved for hope. They're dragging through life in grayscale, and your fire lights them up.
But here's the one thing that will snuff that fire instantly: **criticism.**
Never criticize others — not your team, not strangers, not anyone. Criticism is bile in disguise. It reveals more about the critic than the target. Some will say there's such a thing as "constructive criticism." And maybe, yes — in rare hands. I've met exactly one person in my life who gave feedback so gracefully, I didn't even realize it was critique until I reflected later. That person? A priest.

Most of us don't have that level of skill. So here's a better option: **inspire.**
If someone's trying — even failing — support them.
Encourage their spark. Let them experiment.
Cheer them on when they show initiative.
Maybe their idea won't align with "how things are usually done" in your team or company. So what? Let them test it.
Maybe they'll fail. Or maybe they'll build something brilliant.
Even if they stumble, they'll grow.
And that's more valuable than perfection.
People need people who believe in them.
Be one of those people.

May 12 — Persuading Through Text

If you can't persuade through text, forget about selling online. It doesn't matter whether you're defending an idea in a blog post or writing a product pitch — words are your tools, and you need to know how to use them.
Every expert, regardless of field, should understand at least the basics of copywriting. It's not just a skill — it's leverage. It's how you get strangers to trust you, believe you, and buy from you. If you're serious about growing your online influence or business, this isn't optional.
I highly recommend the books of ***Denys Kaplunov***. He writes without fluff, in a language anyone can understand — plus, with a touch of humor. If you haven't read him yet, start with *Copywriting of Mass Destruction*. It's packed with templates and practical examples you can apply right away. If you're in network marketing or any kind of client-driven business, his book *Effective Commercial Proposal* should never leave your desk.

Learn to express your ideas with precision.
The right words in the right order can change everything.

May 13 — What to Write About

So, you've set up your personal Facebook page, created a business page and a group — great. Now comes the next step: content. You need a clear plan for your posts and stories. What will you write about? Simple: write what positions you as an expert.

First, be the expert. Your audience should learn something valuable from you. If you represent a company like Advant Travel, write about countries, destinations, and tips for travelers — what to pack, how to navigate the airport or customs, or unique things to know about each place.

If you're with Mary Kay, talk about the origin of the brand, the story behind a specific product, or testimonials from real clients. Your posts should show that you know your stuff.

Keep it short and punchy. Break your posts into short paragraphs. Start new lines often. At the end, always include a call-to-action:
"Friends, what do you think?"
"Leave a comment below!"
End with your name or a signature link to your personal page.

Second, think like a marketer. Don't just talk about your company and products. Post surveys, contests, or mini-challenges to increase interaction. Share updates, deals, promotions. Go live on video — let people hear your voice, see your eyes, feel your energy.

And finally, lead like a manager. MLM is a business. Your audience isn't just potential buyers — they're future leaders. Show them the opportunity. Write about the benefits of network marketing, the freedom it brings, the power of community. Remind them of their dreams. Show them what's possible with the right mindset and the right team.

Ideally, post three times a day — once as an expert, once as a marketer, once as a leader. Share the posts across all your pages, groups, and platforms.
Consistency builds trust. And trust builds influence.

May 14 — Text Check – Because Every Word Matters

No matter how strong your writing is, even the best text can be weakened by small mistakes. That's why it's essential to run every piece through a second set of eyes — whether it's a trusted friend or a smart digital tool.
Here are some great services to help you polish your writing:
Glavred (glvrd.ru) – A Russian-language service that checks for clarity, simplicity, and adherence to informational style. It helps you cut the clutter and highlights weak spots.
LanguageTool – A powerful multilingual grammar checker that supports over 20 languages, including English, Russian, German, Polish, and Spanish. It explains errors and offers corrections. There's also a Pro version with more advanced features.
Text.ru – A simple tool for checking spelling and text uniqueness. Great for ensuring your writing is clean and original.
Grammarly – One of the most popular tools for English texts. It checks grammar, punctuation, tone, and even style. Ideal for both casual posts and professional writing.
Hemingway Editor – Designed to improve readability. It highlights complex sentences, passive voice, and overuse of adverbs — perfect for making your text sharp and clear.
ProWritingAid – A robust editing tool that provides in-depth feedback on grammar, structure, style, and more. Excellent for long-form content and book authors.
DeepL Write – A newer tool from the creators of DeepL Translator. It helps improve fluency and style in English and German, with context-aware suggestions.

Tip: After the tools — read your text out loud.
You'll catch rhythm issues and awkward phrasing much faster.
Because in writing, details aren't just details — they shape the message.

May 15 — Lead Magnet

Over time, you'll realize just ***how much valuable*** content you've created.

What you write can eventually be turned into a full book — that's exactly what I did! You can even take pieces of this book and offer them separately as mini-guides or e-books — that's your lead magnet.

A lead magnet is like an ethical bribe: a small, useful freebie that helps your audience solve a specific problem. For example, if you've written several posts about health and wellness, you can compile them into a nicely formatted PDF, add some images, and include links to your page or group at the end.

When someone reaches out asking for more info about health or your products, you simply send them this file and say, *"Please read through this, and feel free to ask me any questions!"* It builds trust — and that trust can turn readers into clients or partners.

I personally love learning new things about different countries, so I created a series called "Travel from A to Z" — fun facts and highlights about a country for each letter of the alphabet. At the end of each post, I include a short call to action, like *"If you'd like a trip to this destination, message me!"* along with a referral link to a travel platform.

It's great to have multiple lead magnets for different topics — one for wellness, one for travel, one for business tips, etc.
When you write an expert post, just add a CTA (call to action) like:
"Comment 'Send me the guide' and I'll send it to you!"
People love free gifts — even if not everyone reads them fully, it opens a door for conversation. When someone receives your guide, you can follow up in a few days with: "*Hi! Did you get a chance to check out the guide? Let me know if you have any questions — and I'd love to invite you to our next online event!"*
That's how a lead magnet works — it helps start and sustain meaningful conversations. Highly recommend including this in your online strategy!

May 16 — Target Audience

Let's talk about target audience.
At first, it seems like our product or company is perfect for everyone. We want to shout about it to the world, to each person we know, to every passerby. But that's not how business works. You can't talk to "everyone." You have to be specific. Sharply focused.
Marketing without targeting is like waving a pistol around and hoping to hit something. But if you want to hit the mark, you grip tight, aim carefully, and fire at one target.
That's how your messaging should work too.
Each month, define who your content is for.

You can change it next month — that's fine.
But this month, pick a group. Get clear.

- Who are they?
- What age?
- What gender?
- What are their family situations, interests, values, worries, goals, pain points?

The clearer your image, the easier it is to write a post or tell a story that speaks to them directly. You won't be selling — you'll be connecting. As if you were having coffee with a friend. And honestly? That's your goal — to become a friend to your audience. ***To earn their trust.*** To build warmth and connection.

Think about it. If *a stranger* walks up to you on the street and tries to sell you something, what's your instinct? Mine? I walk away.
But if *a friend* recommends something to me — I listen. I'm curious. I probably buy. And if I love it? I tell my other friends. That's how this works.

Get close. Get real. Get specific.
Your message doesn't need to reach everyone.
It needs to reach the right one.

May 17 — Customer Trust

In online business, trust is currency. And to earn it, you have to become more than just another profile selling something — you have to become someone worth following. So how do we build that trust?
First — through content.
Share your story. Write about your family, your city, your values, your hobbies. Let people see you. Let them find something in you that feels familiar, relatable. Make them think, "This is a good person. I'd like to know more."
Second — through credibility.
Let them see you as an expert in your field. When people recognize your professionalism, they begin to trust your perspective. They take your advice seriously.

To strengthen that perception, I often quote well-known voices that support my message. I bring in statistics or relevant research findings. It shows I've done the work. That I know what I'm talking about. And it helps readers feel more confident not only in what I do — but in who I am.

People buy from those they trust.
And trust is built with truth, consistency, and value.
Be human. Be helpful. Be someone they can believe in.

May 18 — How Recommendations Work

When we love something — a product, a service, a place — we talk about it.
We recommend our favorite salon, a great book, a cozy restaurant, or a perfect hotel. Not because we're paid to, but because we genuinely want others to enjoy what we enjoyed.

That's the magic of word of mouth.
People no longer fully trust traditional ads — **they trust people.**
A real recommendation carries more weight than any polished marketing campaign. It feels honest. Human. Valuable.
That's why referral systems work. That's why top companies now rely on them.
Because nothing sells better than a sincere "You've got to try this."

May 19 — The Hitch Method

Whether you're inviting someone on a date or into your business — you're influencing. The question is: how effectively are you doing it?
How skillfully, authentically, powerfully?
There's a movie that's actually a masterclass in influence, connection, and communication: "Hitch" (2005) — also known as "The Hitch Method."
Watch it. Then ask yourself:

- Why did Hitch only work with those who were genuinely in love?
- Why did he "engineer" situations to build real relationships between people? How does he explain this?
- Why does the Hitch method *work?*
- Why did Sarah say yes to Hitch in the first place?
- Why was Sarah closed off to dating?
- What made her feel something real for Hitch?
- Why did she end things?
- Why did Albert succeed with Allegra — even after "messing up" the rules?
- Why did Allegra respond to Albert and begin a relationship?
- Why didn't Sarah and Alex reconnect immediately after clearing things up
- And finally, what brought them back together?

This film is more than a romantic comedy — it's a mirror. It shows how connection is never about tricks. It's about truth, alignment, timing, and a deep understanding of what actually matters to the other person.

Analyze it. Apply it.

Because whether it's love, leadership, or business — people don't follow perfect. They follow real. And the better you understand others, the stronger your influence becomes.

May 20 — Be a Bit Like Hitch

Sometimes we just need a little help showing the best version of ourselves. The "Hitch method" isn't about pretending — it's about being genuine, confident, and attentive. Real connection starts when you stop performing and start listening. Be present. Be kind. Be yourself — just a bit more polished.

May 21 — How Interesting Are You?

When you start in network marketing, the first thing you do is write a list of people you want to invite — friends, family, acquaintances. And naturally, you think of the ones who are active, energetic, and open to new things.

Now here's ***something funny.***

Twelve years ago, getting invited into a network business felt like a sign you'd failed at something else. Like, *"You're clearly stuck, so try this…"* But today? If you haven't been invited into network marketing, that's the real red flag. That's the signal that maybe... you're not on anyone's radar. You're not showing up as someone driven, ambitious, or evolving.

And let's be honest — it's not about whether you said yes.

It's about whether anyone saw you as worth inviting in the first place.

This isn't judgment. It's perspective.

The world has changed. Success looks different now.

So ask yourself, honestly:

- Are you putting yourself out there?
- Are you growing?
- Are you visible?



Because if no one's ever tried to bring you into a project, it's not just about them. It might be time to ask—am I actually interesting right now?

You don't have to say yes to every opportunity.

But you do have to stay interesting enough to be asked.
Stay bold. Stay curious. Stay visible.

May 22 — Shame

I remember someone once telling me, *"I could never offer someone network marketing... I'd be too ashamed."*
Ashamed? Of what exactly?
Where does that shame come from?
Let me tell you: it comes from ignorance. When you don't understand something — when you haven't studied it, lived it, tested it — you lack confidence. And that lack of confidence wears a mask called shame.

But let's be clear. There are things in life truly worth feeling ashamed of.
You know what is shameful?
Spending your life at a job you hate.
Staying broke and hopeless without trying to change your future.
Watching your parents grow old and not being able to support them.
Saying **no** to your children's dreams because *"we can't afford it."*
Giving up on your dream before you ever gave it a fair shot.
You should never be ashamed of believing in a better life. Never be ashamed of trying something different, of being brave enough to ask for more.
You know who isn't ashamed? **Bill Britt.** One of the most successful network marketers in the world. For decades his income has exceeded half a million dollars per month. He's not embarrassed. He doesn't hide what he does. He shares it—openly, proudly, with anyone willing to listen.

So why should you be ashamed? Shame doesn't belong in your story.
Not when you're fighting for your family, your future, your freedom.

Be bold. Be proud. Speak up. Offer the opportunity.
Shame belongs to the ones who gave up before they even started.

May 23 — What Types of Networks Exist

These days, it's hard to find someone who hasn't at least heard of network marketing. Many have tried it. Some succeeded. Some didn't. And some are just now starting to seriously consider it, wondering: *Which company should I choose?*
It's a fair question. The options are many.

When network marketing first appeared across post-Soviet countries, people didn't trust it. But often, they liked the products — wide ranges of cosmetics, quality household goods. Then came supplements. Little by little, trust grew. People started seeing results, believing in the wellness benefits.

Today, **networks are everywhere** — hotel chains, restaurant franchises, retail stores, taxi apps. We live in a world of networks.

There are network companies offering real estate deals as referral bonuses. Banking networks giving incentives for every new client. Jewelry networks offering commissions on gold sales. There's even network marketing in the travel industry. So which one do you choose if you've decided you want to make your first million in this field?

Because let's be clear — the company matters.
You won't build real success if you're in it just for the million. You won't last on dollar signs in your eyes alone. Not for long. Not when things get hard. And they will get hard.
You need to love what you do.
You need to feel the mission.
You need to care.
A million doesn't come in a month. Not even in six. Realistically? It's at least five years of consistent, focused work. That's 1,725 mornings of waking up, making the calls, hosting the webinars, meeting people, showing up — whether you feel like it or not.

So find the thing you won't quit on. The thing you believe in deeply enough to carry you through 1,725 mornings. Because when it's in your heart, not just your wallet — that's when the million becomes possible.

May 24 — What Network Marketing Really Is

Network marketing isn't about money, cars, or gold.
That's just the wrapping. The surface. The visible rewards.
The true essence of this business lies deeper.
Network marketing is a mindset shift.
It's people.
It's books you never would've picked up before.
It's the daily work you do when no one's watching.

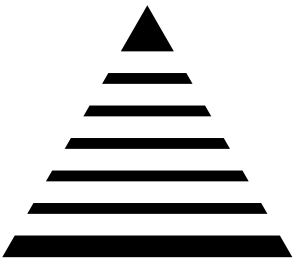
It's facing your weaknesses head-on and pushing through.
It's learning how to set goals — and actually reach them.
It's a surge of energy you won't find anywhere else.
It's friendship. Support. Team spirit.

All the external things — the trips, the cars, the lifestyle — they're just the tip of the iceberg. What lies beneath is transformation. Internal. Lasting.

It all begins in your head. If you keep running on your old mental software, you'll never upgrade your life. Network marketing isn't the destination.
It's a powerful tool for building the life you dream of — the impact, the legacy, the freedom. But here's the truth:
You'll only succeed when this business becomes part of your identity.
Your lifestyle. Your air.
Fall in love with what you do.
Love the people. Love the product. Love your team.
And move — move boldly — toward your dream.

May 25 — Network Marketing Is Not a Pyramid Scheme

Is network marketing a pyramid scheme? We've all heard it.
"There's no money in it."
"My cousin tried it and failed."
"It's just one big scam."
Let's be honest — many people have a "bad story" about network marketing. But often, those stories come from people who either didn't understand how it works… or gave up before they really started.
And yes, I'll say it:
Network marketing is a pyramid.



But guess what else is?
Every corporation.
Every school system.
Every government.
Every church. Every hospital.
Every military chain of command.
They all follow a pyramid structure. One person at the top, a few under them, and then a wider base of contributors below. The real question is this:
Is it a legal, ethical business with a real product or service that people genuinely want — even without a commission?

That's the litmus test.
If a company doesn't offer any actual product or offers something nobody would ever buy without a payout... **run.**
But if there's a product or service people use and love?
Then it's not a scam. It's business. And your results depend on you.

In real network marketing, you don't push. You don't force.
You recommend.
You share what works for you — and people decide for themselves.
You're not chasing or convincing.
You're sorting.
Yes. No. Next.
That's the rhythm.
And when you find the right people — people who are ready, hungry, curious, and committed — you don't build a scam.
You build a movement.

May 26 — Why You Shouldn't Argue With Objections

There's a smarter way to build.
And it starts with a mindset shift:
Stop chasing. Start choosing.
As business mentor Artem Nesterenko wisely says, we're not here to change people. We're here to find the ***right ones.***
Not to heal, not to persuade, not to drag people toward the finish line.
Just to sort through the noise and find those who are ready — now.
This approach?
It saves you time, energy, and your sanity.

Think about it:
How much time have you wasted explaining, convincing, debating, proving?
It's exhausting. And most of the time, it leads… nowhere.

Here's your new rule:
When someone gives you an objection, thank them — and move on.
If they say:

"I need to think."
"I'll ask my spouse."

"Where would I find the money?"
"Is this one of those pyramids?"

You simply answer:
"Sounds like it's not a fit. That's totally okay. Wishing you the best!"
And you go. That's it.
This isn't rudeness. This is leadership. You don't convince.
You invite. You lead with strength, not with begging.

The old-school way — pushing, cornering, handling objections like a debate club — is outdated. It's disrespectful. And frankly, it's desperate.
The new way?
You stand in your worth.
You protect your peace.
You speak with clarity.
And you focus on the willing, not the resisting.

You don't need to chase people.
You need to become the person people chase.

May 27 — Personal Qualities of a Network Marketer

Network marketing can give you everything — income, freedom, purpose.
But not everyone gets there. Why?
Because this isn't a business where anyone succeeds.
It's a business where the right kind of person succeeds.
So — who is that person? Let's be clear:

1. Willingness to change.
If you're not ready to grow — really grow — this isn't your path.
In this profession, you'll need to change your mindset, habits, appearance, communication style. You'll have to evolve. Again and again.
Success in MLM starts with self-work.

2. Discipline and self-leadership.
You are your own boss now. That sounds romantic until you realize:
No one will wake you up. No one will push you to plan, show up, follow through. Your results are your own. You are both the CEO and the entire team.
Can you handle that?

3. People skills.
You must learn how to connect. How to build trust.
How to leave people better than you found them.
Your reputation, your image, and the energy you bring into a room — they matter. Because people don't join companies.
People join people.

In this business, many come… but only a few stay.
Why? Because it gets hard.
And the ones who lack confidence, fire, or grit — they fade.
But not you.
You'll need to keep your spirit lit.
To stay positive through setbacks.
To shine so brightly that others want to stand in your light.
Because when you change your inner world, the outer world follows.

May 28 — Signs of Financial Pyramids

Fear of getting trapped in a financial pyramid can paralyze people — they start seeing scams everywhere. But the truth is simple: when you know the red flags, you stay safe. Here's what to look out for:

1. No actual product or service.
Real network marketing is about value — products, services, results. If a company offers nothing tangible, just promises of wild returns — red flag. Remember MMM? Those "vouchers" weren't worth the paper they were printed on.

2. Overpriced products or magical claims.
Even if a product exists, check the price.
If it's insanely high and the benefits sound like a fairy tale — be cautious.
Ask for certifications, studies, real data. If they dodge or deflect — walk away.

3. Profit only from recruiting.
This is the core of any pyramid.
If the only money people make comes from bringing in more people (who bring in more people), and not from selling something real — it's a no.

4. Vague promises and "shared assets."
"You're buying a share of something now to own it later…"
If your future income or property depends entirely on how many people you convince to join — this is not business, it's a trap.

5. "The earlier, the better" hype.
They'll say: Get in fast! The earlier you join, the more you earn!
That's just code for: This will collapse soon.

6. No transparency.
Legit companies proudly share their leadership, history, values, and business model. Pyramid schemes hide behind mystery or throw out names you've never heard. If the compensation plan is a tangled mess — **run.**

Remember: **financial pyramids and network marketing are not the same.**
One is built on hype.
The other is built on real value.
Learn the difference — and no one will ever fool you again.

May 29 — Types of Network Marketing Models

Not all MLM models are created equal.
If you want to succeed in this industry, you need to understand its structure — because your income depends on it.
Let's break it down:

1. Single-Level Marketing
This is the most straightforward model.
You earn a commission only for selling the product or service.
There are no bonuses for recruiting new partners. It's simple, clean, and focused on personal sales performance.

2. Stair-Step or Classic MLM
Here, you earn both:
– For your own sales
– And for recruiting others who also sell
Your income grows as you help others build their businesses. It rewards leadership, duplication, and team development.

3. Binary Plan

You create two legs — left and right.
You invite two people, who each invite two more, and so on.
Any new recruits beyond your first two are placed below your existing partners, helping them grow. It's teamwork in action — everyone supports the structure.
But keep balance in mind: one weak leg slows down your earnings.

4. Matrix Plan

Here, your earnings depend on a fixed structure — often 3x3, 5x7, or other formats. When the matrix fills, commissions are paid. It requires coordinated effort from everyone on the team to progress. Great for focused, organized teams — but not for lone wolves.

5. Hybrid Plans

Many modern MLMs mix elements from all the above. You might see binary with matrix bonuses, or stair-step with coded bonuses and global pools. These systems aim to maximize fairness, motivation, and long-term retention.

Before diving into a company, **learn their compensation plan** inside and out.
Ask questions. Run the numbers. Know how and when you get paid.
Because **it's not just the product — it's the structure that shapes your future.**

May 30 — The Global MLM Industry

Over the past 50 years, network marketing has become one of the fastest-growing sectors in the global economy.
It's no longer a trend. It's a force.
MLM — Multi-Level Marketing — is simply a method of distributing products or services.

But the real explosion began in the 1980s. Thousands of companies embraced this model — offering everything from insurance policies and household products to jewelry, computers, and skincare.

What might surprise you?
Global giants like Ford, Coca-Cola, Lipton, Panasonic, Canon, Colgate, Toyota, and MasterCard have all used network marketing strategies.
That's not just validation. That's proof.

MLM has grown into both an economic and social phenomenon. It isn't just about products. It's about relationships, personal development, community, and vision. Many companies go beyond commerce — offering top-tier training, coaching, and even a spiritual dimension that helps people grow not only financially but mentally and emotionally.

Think this industry is something new? Not even close.
By the early 2000s, there were already over 3,000 MLM companies worldwide. Today, the industry grows by 20–30% every year, and the number of active distributors globally has surpassed 100 million.

Let that sink in: 100 million people, just like you, building income and freedom — on their own terms. Now the question is:

Will you watch the wave pass you by — or will you ride it?
The choice is always yours.

May 31 — What's a Referral Program?

A referral program is a simple and honest way to earn money by sharing something you love. You invite people to try a service or product, and when they sign up or make a purchase, you get rewarded with a small commission.
Easy as that!

You'll usually get your own personal referral link. Anyone who joins through it becomes your "referral," and you're their "referrer." The more people you invite — the more you can earn.

And the best part? You don't have to do it all alone. In most programs, experienced mentors help you get started, support you along the way, and sometimes even help build your team while you're learning.

This kind of system is often called MLM — short for Multi-Level Marketing. It's all about teamwork, learning, and turning recommendations into real income.

June 1 — Who Is a Sponsor in MLM?

When you're just starting in network marketing, you probably have tons of questions: what to do, how to earn, how the team works? That's where a sponsor comes in — the person who invited you and now supports you on your first steps.

A sponsor isn't just someone "above" you. They're your mentor, guide, motivator, and helper. They've already walked the path you're about to take and are ready to share their experience, tools, and support.

But remember: a sponsor isn't a magician. They won't do the work for you. They'll show you the way — but walking it is up to you. Still, with a great sponsor, the journey becomes much easier and more enjoyable!

When choosing your team and sponsor, ask yourself:

- Are they ready to teach and support you?
- Does the team have working tools and real results?
- Are they honest about both the opportunities and challenges?

Don't fall for empty promises. Instead, go with someone who truly works hard, inspires you by example, and is willing to walk beside you while you learn. In MLM, a sponsor is like a gym coach — you build the muscles, but they make sure you don't give up and do it right.

June 2 — The Numbers Behind the MLM Business

Let's talk numbers.

Not opinions. Not fears. Just facts.

The **global MLM** industry generates over **$153 billion** in revenue every year.

That's not just momentum — it's a movement.

With **20–30% annual growth**, more than **70 million people** are involved in network marketing worldwide. Of them, **20 million** are doing it professionally — and they're welcoming around **60,000 new participants every single day.**

This isn't local.

It's global.

125 countries are actively participating in this model.

And here's something to chew on:

U.S. economists have predicted that **over 70% of businesses** in this century will adopt network-based concepts.

Still think MLM isn't serious?

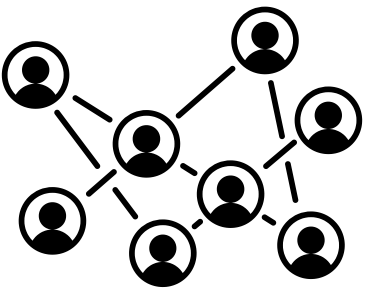
Every day, more than 50 people become millionaires through network marketing.
In the U.S. alone, over **400,000** people have reached millionaire status via this path. Yes — not everyone who tries, succeeds. But that's true in every field.
The difference?
Those who succeed here do it with skills, focus, and consistency — not luck.
Time to Think Again
Maybe you've tried. Maybe it didn't work.
Maybe someone was too pushy.
Maybe it all just felt… wrong.
I get it.
But let's step back.
A "network" is not a dirty word.
You see networks everywhere: pharmacies, clinics, grocery stores, beauty salons — the concept is trusted, proven, and evolving.
Millions of people aren't crazy.
Maybe — just maybe — it's time to look again.
Not from a place of skepticism, but from a place of curiosity and clarity.
This business works.
It's time to understand how.

June 3 — Does Network Marketing Annoy You?

Be honest — *Does the word "network marketing" make your eye twitch?*
Well, guess what? We've been living in a networked world for **over a decade**, and now even the old-school skeptics have gone digital.
Because if you don't adapt, you don't survive.

Let's take a look:

- Amazon — owns no stores.
- Uber — owns no cars.
- Facebook — creates no content.
- Alibaba — stocks no inventory.
- Airbnb — owns no real estate.
- Booking.com — owns no hotels.
- Bitcoin — has no paper currency.
- Netflix — owns no TV channel.



But all of them are **multi-billion dollar giants.**
Why? Because they embraced the power of networks.
Because they leveraged the internet.
Because they understood: the world has changed.
Old models are collapsing.
New culture is crushing outdated systems.
If you still think "network marketing" is a scam or a side hustle for the desperate — it's time to **upgrade your mindset.** Fast.
Rewire your thinking.
Learn to work online.
And if you don't know where to start — **find someone who does.**
The future won't wait.
And neither should you.

June 4 — Five Must-Read Books for Every Network Marketer

Think network marketing is something you're either born to do — or not?
That you need some magical "sales gene" to succeed? ***Think again.***
Success in MLM isn't about natural talent. It's about learning the right skills — and yes, that means reading the right books.
Here are five that every modern network marketer should get their hands on:

"The Salesman Goes to the Network" *by* ***Volodymyr Yakuba***
One of the top business trainers in his field, Yakuba shows how to master selling through messengers and social media. Learn why messaging apps are now essential tools, how to design high-impact broadcasts — and yes, whether you should use emojis. This one's for the digital-native seller.

"Network Marketing for Dummies" *by* ***Zig Ziglar & John P. Hayes***
Sure, it looks like a beginner's guide — and that's the point. It breaks MLM down to the basics: how to recruit, boost income, and overcome objections. But here's the real bonus: it will completely dismantle your old biases about network marketing.

"Network Marketing: Internet Recruiting System" *by* ***Anton Agafonov***
Stop wasting hours scrolling or chatting online. This book shows you how to convert your screen time into steady income by using the tools you already have. Agafonov reveals insider strategies to turn the internet into your recruiting machine.

"Internet Marketing for MLM and More" *by* ***Artem Nesterenko***
This isn't fluff — it's a practical, action-packed roadmap to building a massive online presence. Nesterenko teaches you how to:

- Build a team of 5-star candidates
- Create a magnetic personal brand
- Monetize your Instagram, YouTube, Facebook, and more

It reads like advice from a mentor over coffee. Smart, real, and results-driven.
"Successful Account: Short, Clear, Simple" *by* ***Frances Leary***
This guide is your crash course in media literacy, online presence, and digital safety. Leary unpacks how social media impacts your brand and your life — and how to show up as your best self in the virtual world.

Want to grow? The knowledge is out there.
Google the titles, download the audiobooks, order the paperbacks.
No excuses. Start today.
Your future team is counting on you.

June 5 — What Every Network Marketer Really Wants

Let's cut the fluff.
What does every network marketer truly want?
Freedom? Recognition? Career growth? A sense of purpose?
To prove something — to yourself or someone else?
Maybe.
But let's be honest:
You came here to earn.
If not — what are we even doing?
You want to learn how to sell.
How to build a personal brand.
How to attract clients and partners.
How to lead an interview so strong, rejection becomes rare.
Sounds simple, right? And yet — if it were easy, the world would be flooded with successful MLM leaders.

Maybe you're a recruiting machine — but you've got no time for daily meetings.
Maybe yesterday you signed five new people — but today you're drained, and the thought of coaching them feels like climbing Everest.
So what's the plan?

Or maybe your mentor wants you to "duplicate" their every move.
They're loud, fast-talking, magnetic.
But you? You're calm. You think before speaking. You're not the life of the party — and that's okay.
You're not a clone. And no template can fake authenticity.
Network marketing is a profession. It's not for everyone.
You need to know what you're stepping into.
And most importantly — learn from people who match your spirit, your pace, your values. Find mentors who resonate with your energy.
Learn how to use your strengths, not fight against them.
Set your own goals. Create a rhythm that works for you. Stay disciplined.
Network marketing opens massive doors.
But only if you treat it like the serious opportunity it is.
If not — do yourself a favor. Don't waste your time (or your nerves).
But if yes? Then welcome. Because two or three years of focused, determined work could make you financially free for life.

June 6 — Network Marketing Isn't for Everyone

Let's be real.
Many people think network marketing is a scam.
That it doesn't work. That it's just hype.
And why do they believe that? Because someone once told them a story.
A friend "tried and failed." Or maybe they tried — and gave up.
But here's the truth no one likes to hear:
If it didn't work, it's probably because you didn't work.

Yes, that's blunt. But let's dig deeper.
You might say: *"But I shared the product! I posted online! I did my part!"*

Okay — let me ask:

- How much actual time did you dedicate?
- How many real offers did you put out?
- How many people actually know what you do?
- What strategies did you use?
- Did you train?
- Did you show up daily with discipline, creativity, and consistency?

Network marketing isn't for everyone — because it's business.
There's no fixed salary. No one holds your hand. No clock to punch in.

It's the only business you can start with almost no capital —
But it demands everything else: time, effort, resilience, grit.
Too many people want the rewards without the responsibility.
They dream big — travel, recognition, bonuses —
But work small, post once a week, and expect magic.
Sorry. That's not how this works.

Success here is earned. Period. It may take weeks, months — sometimes years. But it's possible. It's real. It's worth it. You'll see progress in your stats, your momentum, your growth. Even 2 focused hours a day can move mountains — if those hours are smart, strategic, and consistent.
This business works. But only if you do.

June 7 — To Invest or Not to Invest

One of the most common things I hear: *"I'm not ready to invest money."*

Okay. Let me ask you this: how exactly do you plan to earn without investing anything? Every business — no matter what kind — requires startup capital. You couldn't even launch a coffee cart without it.
Network marketing is an exception.
Here, the initial investment is often so minimal, it wouldn't even buy you a decent lunch elsewhere. A hundred dollars. That's your ticket to business, growth, learning, and freedom.

But even that hundred scares some people.
Why? Because they don't believe.
They don't believe they can.
They don't believe they're worth it.
They don't believe it will work.

But here's the truth — ***investing in yourself is the smartest move you can make.***
MLM companies are unique.
They don't just hand you tools — they teach you how to use them.
And if the company training isn't enough, the world is full of books, courses, mentors, and resources.
Knowledge is everywhere.
Just take it and act.

Even if you don't succeed, even if you decide this isn't your path — you still haven't lost. ***You've grown. You've learned. You've seen.***
And that experience? It stays with you forever.
Paying for education isn't an expense. It's an investment.
And the best investment is in yourself.
So — to invest or not to invest?
Absolutely — **invest.**



June 8 — My Ideal Client

Close your eyes and imagine…
What does your ideal client look like?
Their gender? Age? Education? Family status? Income? Career?
Give them a name, even — make it real.
When searching for clients, don't chase a vague target audience. Focus on a clear, specific persona — the one person you're truly meant to serve. This sharpens your energy, your message, and your results.
Think about it:
"I need a bag…"
"I need a red bag…"
"I need a red leather bag, size 20×35×50, under $70…"
Which of those gets you better results? Exactly.
Working in network marketing means you're constantly searching for people. Some will become clients. Some will become partners. And some will just walk by.
Your job?
Make sure fewer people walk by — and more of the ***right*** ones stop to listen.

So do this now: create your ideal client and partner profile.
Write it out. Own it. Talk to them in your content like they're already listening.
That's how you'll attract the ones who are truly meant for your world.

June 9 — The Pareto Principle

Have you ever heard of the Pareto Principle? It's also known as the **80/20 rule,** named after economist and sociologist ***Vilfredo Pareto***. At its core, it means this: **20% of your efforts produce 80% of your results, while the remaining 80% of efforts give only 20%.**

This principle is a powerful lens for analyzing what actually drives effectiveness in any area of life. When you identify the vital few actions that matter most, you unlock a disproportionate impact.

Let's take network marketing as an example. Suppose your goal is to personally recruit 15 new partners each month. Based on the 80/20 principle:

- To get 15 new partners, you may need to hold 75 personal consultations.
- To schedule those consultations, you'll likely need 375 people to attend your business presentation.
- To gather that audience, your ad must reach at least 1,875 people.

The 80/20 ratio shows up at every step.

Of course, the numbers 80 and 20 are not rigid laws — they're averages. But the insight behind them is powerful: ***focus on the few actions that drive the biggest outcomes.***

This rule appears everywhere:

- In most countries, 20% of the population holds 80% of the wealth.
- 20% of the books you read deliver 80% of your personal growth — the rest just eat your time and strain your eyes.
- 20% of criminals commit 80% of crimes.
- 20% of drivers cause 80% of traffic accidents.
- In business, 80% of profit usually comes from 20% of clients. And 80% of sales often come from 20% of the product range.

Amazing, right?

Master the 80/20 mindset — and you master leverage.

What will you choose to focus on today?

June 10 — Do Martians Need Advertising?

Imagine, just for a moment, that you're a resident of a Martian colony, and you need to fit into the local economy. No way around it — **you'll need advertising!** It's essential on Earth, and even more so on Mars.

You're smiling? But I'm serious. I'm almost certain that communication between Martian colonies will rely heavily on internet connections.

- Want to offer your services as a hairdresser, tutor, nanny, or tailor? You'll have to post an ad on the local Martian social network.
- Grew tomatoes in a Martian greenhouse and want to barter them for language lessons in the local dialect?
- Or maybe you're starting a blog about daily Martian life to delight your Earth-based followers?

Every product or service needs visibility.
Even on Mars. Especially on Mars.
So please — learn how to write an ad and promote it on social media while you're still here on Earth. You'll be glad you did.

June 11 — Effective Advertising

Advertising that gets results! Does your business need that? Then you must know the 4 key components of creating effective ads on social media:

Offer

In other words, your proposition.
What are you offering to clients: a consultation, a sale coupon, a webinar invite, a mini service, a lead magnet, or a specific product? Be clear.

Ad Type

What will your ad look like?
Will it be a video, an animation, or an image with text?

Ad Objective

What do you want to achieve with this ad?
It could be conversions, lead generation, or incoming messages. Your goal determines how you'll set your audience — so this part is crucial.

Audience

You can either let the system auto-select the most relevant audience for your ad, or you can define it manually — by interests, behaviors, demographics, etc.
The bottom line?
Paid ads on Facebook and Instagram can bring you a stream of clients you never thought possible. No more chasing down friends or making awkward pitches to strangers. Your only job will be to respond to incoming messages and deliver what you promised — your product, service, book, or consultation.
The cost of paid advertising starts at just ***$1 per day***, making it accessible for nearly every business owner or expert.
Wishing you success!

June 12 — Two Free Ways to Promote Online

Let me share two secrets for free promotion on social media.
First: In the search bar, enter a few relevant keywords and look for groups related to your topic. If the group is private, send a request to join. Once inside, look at who's actively commenting on popular posts and leaving likes.
Add those people as friends.

If you find an online event on your topic, start by adding those who marked "Going," then those who marked "Interested." That's your potential audience.
I recommend creating a list of at least ten such groups and events and tracking their activity regularly. Every day, add friends from these sources, but do it at different times and from different groups to avoid getting flagged by Facebook. Repeating actions at the same time can trigger sanctions. So spread your activity out throughout the day.

Then start conversations. You can use a message like: *"Hi! My name is [Name]. I found you in the [Group Name]. Like you, I've been interested in [Topic] for [X years/months]. Thought it might be great to exchange some experience. Maybe we could be helpful to each other. How are things going with [Topic]? How long have you been into it?"*
Once they reply, offer a short voice or video call — if it feels right.

Second: Another free method is commenting on niche posts in other people's groups. Reply to the comments of your potential clients. Be polite, helpful, and show your expertise in the discussion. This type of interaction in the comments can naturally shift into a personal conversation in Messenger — which is your actual goal.

Remember, online business promotion means talking to people. The difference is, these aren't your childhood friends. These are total strangers — and your task is to earn their trust before you ever offer your product or business.
And trust always begins with conversation.

June 13 — Hashtags: What Are They

You might love them or hate them, but hashtags are the best free promotion tool on social media — trust me. Over a billion people use social platforms every day, but the search function is limited. You can only search by:

- Name
- Location
- Hashtag

That's why using hashtags is so important.
If you're offering a product or service and want people to find you, always add hashtags to your posts.

Popular hashtags help boost engagement and visibility.
Niche hashtags help you attract your ideal audience.

By using them smartly, you give your content a better chance to stand out among millions of posts.
Example:

#selfie #селфи #селфі

These three tags say the same thing — in English, Russian, and Ukrainian — a reminder that you can choose hashtags in the language your audience speaks.

Create your own list.
Customize it.
And watch what happens to your reach.

June 14 — From Point A to Point B

It's crucial to understand how to move from Point A to Point B — from where you are today to where your success lies tomorrow. From problems and pain to results and achievement. If you can do this for yourself, you can teach others.
You need a transition plan.

For network marketers, the plan might look like this:

Instagram or Facebook → Target Audience → Content → Traffic → Consultation → Decomposition → Analytics of Actions and Results

- ***Instagram and Facebook*** are currently the best platforms for presenting your business online. With a single click, you can reach hundreds of thousands of people around you.
- Your task is simple: ***find and attract the right people*** to your team — your ideal target audience.
- To do that, ***consistently publish valuable, expert content*** through posts, videos, webinars, and stories.
- ***Create traffic*** — a stream of people interested in your content. People will start asking for consultations.
- ***You select those who are a good fit*** and invite them to your team.
- ***Train your newcomers.***
- And most importantly — ***track your performance***: analyze what works best and what doesn't, and use this to improve your plan.

June 15 — Motivation Is Like Breathing

Motivation is a powerful ally in any endeavor. It's what helps us pull ourselves together and commit fully to a task — whether it's work, study, or something else. Motivation is what pushes us toward achieving what we want in life.

It's the reason you start going to the gym after work, sign up for a new course, read that book you've been meaning to, and so much more. Motivation matters — in everything we do. It drives action, and often, it's exactly what we're missing.

Everyone has their own goals (or motivators) that keep them moving forward. But sometimes, when a goal seems out of reach, it can actually hold us back. We all go through periods where our motivation fades. Laziness creeps in. We invent imaginary obstacles just to avoid the work. After all, it's always easier to make excuses than to face the challenges we've set for ourselves.

So how do you overcome laziness and find the motivation you so desperately need? Maybe it's time to listen to advice that's stood the test of time.

June 16 — Ten Minutes a Day

The secret that helps me overcome any negative events in my life is this — at least 10 minutes a day, I do these three things:

Gratitude. For a few minutes, I thank God and the Universe for what I have. It can be anything — my children's faces, the green trees outside my window, or a delicious meal on the table. Every day, you can find three things you're grateful for — things that bring joy to your heart.

Dreaming. Then, I spend a few minutes thinking about my dreams — both near-term goals and long-term aspirations. I visualize them as already real. Believe it or not, this moment gives birth to joy, excitement, and gratitude in my soul.

Love. In the final minutes of this practice, I reflect on what love is and how I can express it today. Because love isn't just a feeling — it's a choice that inspires those feelings. A choice to do good for the people you care about.

We have the power to shape our own reality.
Just ten minutes a day.
The key is consistency.

June 17 — Resource Map

Life becomes easier, more joyful, and more secure when you clearly understand your own resources. Everyone has their own unique resources — the only question is whether we are aware of them and understand them. I invite you to create your own **Mini Resource Map.** The foundation for this map is based on materials from the Institute of Positive Psychotherapy of Ukraine.
So, write down your answers to these 10 questions:



- What do I love?
- What do I respect myself for?
- What do I do well?
- What brings me pleasure and joy?
- What am I already proud of in my life?
- What gives me strength and support?
- How am I useful to humanity?
- Which people am I grateful for in my life?
- What good have difficult past situations brought into my life?
- What do I want to leave behind?

Give at least ***three answers*** to each question and ***keep expanding and refining your map*** over time. The more detailed and diverse your map is, the better!
Wishing you a meaningful journey!

June 18 — How Real Are Your Dreams

Undoubtedly, every person on Earth dreams.
There's no such thing as a person without a dream.
The scale of dreams may vary, the frequency of their fulfillment may differ, but everyone has them.

What do you dream about? What drives you? What makes you get up in the morning, push through each day, take action?

Dreams are your atomic reactor.
Without them, you're stuck.

- I want to see the world.
- I want to go to the Maldives.
- I want a BMW or Tesla.
- I want to live in the Ventana residential complex in Warsaw.
- I want to own a hotel in Bulgaria.
- I want to publish my books.
- I want to be an investor.
- I want… I want… I want…

The secret is that everything you dream of can be achieved. Otherwise, that dream wouldn't have appeared in your mind in the first place.
The only question is: *what are you willing to do to make your dream come true?*

Dream. Goal. Plan. Strategy. Learning. Action. Analysis. Action. Analysis. Learning. Action. Again — action. Result. Triumph!

Don't postpone your dreams.
Life flies by unnoticed and far too fast.
Turn on your atomic reactor.
A dream is not a fairytale.
It's a signal to start.

June 19 — Postponing For Later

How often do you put things off? Travel, meetings, rest — or, on the flip side, the pursuit of your dreams, creative projects, or keeping a promise?

Back in 1990, while preparing for our high school graduation exams, my childhood friend and I were studying geography topics and dreaming about different countries — how amazing it would be to visit them all.

We made a pact: whoever visited Venice and/or Paris first would send the other a postcard from there. Smartphones and the internet didn't exist back then — as you probably know…

I've been to Paris and twice to Venice, and to many other places, but there was no one left to send that postcard to — my classmate passed away from illness long before that.

Another story. I graduated with honors — silver. I didn't get gold because my teacher gave me a "B" (on a 5-point scale) in Russian. It stung a little. I really wanted to prove to her that I deserved a better grade.

Years later, I published a book of poetry. Over a hundred poems — in Russian. Some were read aloud by children of my friends in their literature classes as part of school assignments. But I never got to gift that book to the teacher. She had already passed. There was no one left to prove anything to…

Time. It races forward, relentlessly.
We should **hurry to fulfill** our dreams, our desires, our projects.
What do you think?

June 20 — The Couch Traveler

How do you become a couch traveler? If, for now, the only place we can travel is around our own apartment, why not make the most of that time? I've gathered a few ideas for you to enjoy some ***"sofa tourism."***

For starters, you can travel through the pages of a book.
Here are a few mouth-watering routes:

Mark Twain's The Innocents Abroad.
Route: Paris → Rome → Odesa → the Middle East.
Max Frei's The Big Cart.
Route: Zurich → Warsaw → Nancy → Zaragoza → Brindisi.
Pyotr Vail's A Word on the Road — a collection of travel notes and reflections that's even better than most guidebooks. The route is long: from New Year's on Ipanema Beach in Rio de Janeiro to a leisurely journey through Armenia and Transcarpathia.

How about bingeing on travel YouTube channels?

"The World Inside Out" — unlike the more famous Heads and Tails, this host explores offbeat countries and routes, showing their "underside," so to speak.
Anton Ptushkin — a former Heads and Tails host who now roams the world in his tiny Smart car (he even made it to Iceland!) and creates stunning hour-long travel videos.
Kassyo Hasanov — Kassyo runs a blog about traveling and his life in China.

His channel is full of food content from around the world — so make sure to grab some snacks before watching!

And what's a trip without knowing English? I recommend:

The Skyeng YouTube channel — never boring! Learn slang, watch breakdowns of popular songs and films, and of course, enjoy memes.
Extra (TV series) — a funny educational show. The dialogue is conversational, and you can always turn on subtitles if needed.
Lingualeo and ***Duolingo apps*** — language learning in a game-like format, no essays or homework required.

Tell me — what useful things have you managed to do **during quarantine?**

June 21 — Books About Travel

Do you enjoy reading books about travel? Sure, seeing the world with your own eyes is a far more exciting prospect. But what do you do when you can't go anywhere — and yet you crave that feeling of adventure? I've put together a Top 6 list of books about travel and life in other countries.

"Pocahontas" *by* ***Susan Donnell***
One of Disney's most beloved princesses — but dig a little deeper and you'll discover that this incredible story is actually true, written by her 14th-generation granddaughter.

"Ulysses from Baghdad" *by* ***Éric-Emmanuel Schmitt***
A deeply moving story about life in Iraq — before, during, and after the war.

"The Girl from the Golden Horn" *by* ***Kurban Said***
An astonishing novel with an intimate knowledge of Istanbul, an unforgettable love story, and the tragic fall of a great empire… One of the greatest authors of the Muslim world, and to this day, the true identity behind the pseudonym remains a mystery.

"The Branch of the Sakura" *by* ***Vsevolod Ovchinnikov***
One of the finest books about distant and mysterious Japan. Reads in a single breath — light, fascinating, and especially engaging if you've already visited or plan to visit the Land of the Rising Sun.

"Aztec"** by **Gary Jennings
A thrilling epic you can recommend equally to boys and girls. It's the rise and fall of a golden empire — complete with blood rituals, sacrifices, distant South America, glory, and betrayal… There are three volumes.

"Sandstorm"** by **James Rollins
For a light and adventurous read — a full dive into an Eastern tale in the spirit of Indiana Jones.

June 22 — On Traveling

Many writers, actors, philosophers, and ancient sages have spoken about traveling.
Indeed, travel has inspired words from the likes of Mark Twain, Jack London, Ernest Hemingway, Ray Bradbury, Stephen King, Agatha Christie, Lord Byron, Rudyard Kipling, Paulo Coelho, John Steinbeck, Jack Kerouac, Max Frei, Henry Miller, William Carlos Castaneda, Robert Louis Stevenson, Hans Christian Andersen, Lewis Carroll, Anna Akhmatova, Ivan Bunin, Konstantin Khabensky, Vladimir Vysotsky—as well as Mahatma Gandhi, Laozi, the Dalai Lama, Buddha, the Prophet Muhammad, Saint Augustine, Aristotle, and many others…
Just Google it, bro!

June 23 — What I See

You see what you think about most of the time. Whatever occupies your thoughts becomes the foundation of your life experience.
For example, if you buy a new car, you'll suddenly start noticing that same make and model everywhere around your city. Why?
Because your attention is now tuned in — you think about your car more often than before. The same happens if your wife or daughter is pregnant: you'll be surprised at how many pregnant women seem to appear around you.
What you focus on, you begin to see.
Why does this matter? Because escaping any stressful situation often begins with reprogramming your thoughts.

Here's another angle: when analyzing political news from different sources, you're more likely to believe the ones that reflect your own worldview. Your mind filters out what doesn't align with your existing beliefs.

One more thing — have you noticed how quickly people group by shared interests? Positive people tend to befriend other positive people, while hypochondriacs attract fellow worriers. It's not a coincidence.

If you want to change something in your life, start by changing your mental patterns.

June 24 — Your Brain's Autopilot

Most of the time, our brain runs on autopilot.

On average, the human brain generates around 60,000 thoughts per day. More than 40,000 of them are the same ones you had yesterday. That's why it's so easy to spiral into negative thinking — and why it's so important to regularly break routine and expose yourself to new environments. It helps "reset" the mind.

Negative thoughts can create stress and anxiety all on their own, even when there's no real reason. They actually weaken your immune system, which has to respond to that mental tension.

Train your brain. Push it to notice and register positive thoughts more often. The more you practice, the easier and more natural it becomes. Living consciously means working to take control of the subconscious processes running your life.

The ultimate goal? To rewire your mind so that the majority of your automatic thoughts are positive ones.

June 25 — A Vaccine For The Poverty Virus

Why do the rich get richer, and the poor get poorer?
It's a question humanity has wrestled with for thousands of years. Few ever find the real answer. Many believe that wealthy people simply take all the money because they have more opportunities. But that's not the core issue.

The truth is, we're held back by a number of internal obstacles — mental viruses, if you will. Poverty viruses are limiting beliefs lodged deep in your mind. They isolate you from the opportunities that could lead to breakthrough and growth.

Have you ever noticed how, once something becomes important to you, you suddenly see it everywhere? A man whose wife is pregnant starts noticing pregnant women all around. Dreaming of a yellow car? Suddenly yellow cars are "everywhere." But they were always there — you just didn't see them.
This is called your *field of visibility*.

Your brain sees what you focus on.
And that's why you may be blind to countless opportunities right at your feet. You simply don't notice them. But you do notice the traps — the time-wasters, the money-drainers, the stress-triggers that keep you stuck.

Your field of visibility is directly shaped by your mindset and where you place your focus. And here's what I've learned: the quality of your questions determines the direction of that focus. Ask better questions, and your awareness shifts. Suddenly, the invisible becomes visible — and your life starts to change.

Poverty viruses are just blind spots in your visibility. Remove them, and a whole new world of possibility and financial growth opens up.

So, where do you start? With a full diagnostic of your mental viruses—and a proper vaccine. Yes, there is one!

Here's your step-by-step:

- Identify the limits of your visibility — uncover and write down every poverty virus in your mindset.
- Transform each virus into a dose of the vaccine — rewrite it as a positive, empowering statement.
- Take your vaccine daily — repeat each positive statement consistently for 40 days until it becomes your default thinking.
- Act in alignment with your new field of visibility — live as though the possibilities are real, because they are.

Let's look at a couple of examples:

– Virus: *"If I get rich, people will only like me for my money."*
– Vaccine: *"I understand that some people may be drawn to my wealth — but I also know that I'll attract real friends and like-minded souls who value me for who I am."*

– Virus: *"Everything comes at a cost."*
– Vaccine: *"I embrace the idea that the Universe is capable of gifting me with blessings that have already been paid for by someone else."*

Diagnosis is the first step toward healing. Most people who've never explored this have about 8–11 poverty viruses running quietly in the background. Identify them. Eliminate them. And step into your power.
Your prosperity is waiting.

June 26 — How To Recognize Mindset Viruses

Some people don't even realize that their mindset has been infected by "poverty viruses." That's why it's worth checking in with yourself — what if some of these silent saboteurs are hiding in your thoughts, too?
Here are some signs to watch out for:

- You're always too busy and never have time to plan how to reach a new level of income.
- You feel like there's an invisible "money ceiling" holding you back from greater success.
- You avoid dealing with your finances — budgeting, counting, planning — because it feels uncomfortable.
- No matter how your career or business grows, you always seem to earn just as much as you spend.
- Wealthy people annoy you, and it feels wrong to you that someone could be so focused on money.
- You charge your clients less than you could, and you don't see a way to raise your prices.
- You fear that earning more will require even more exhausting work — so you stay where you are.
- Friends or relatives often ask you for money, and you feel guilty when you can't always help.
- You want to earn more, but you're afraid it might change who you are or your lifestyle.
- Financial arguments with your partner stress you out constantly.
- You avoid investing in your business or career growth — even though you know those investments could lead to prosperity.
- You dream of feeling secure and in control thanks to money, but no matter what you do, that goal feels out of reach.

If any of these thoughts sound familiar, it's time for a diagnostic check-up on your mindset. Mindset viruses distort your view of money, success, and self-worth — and they hold you back more than you think.
Recognizing them is the first step.
Eliminating them is your path to freedom.

June 27 — Your Financial Archetype

How do you discover your true financial calling?
What are financial archetypes, and why do they matter?
Let's break it down.

Each person carries within them **three sacred money archetypes:** one dominant and two supporting. Alongside these, we all have a unique financial destiny — an inner calling we're born with. Each of us is gifted with natural talents and capabilities. And as we've already explored, we also carry money blocks that prevent us from realizing our full financial potential. These blocks can manifest as poor money choices, debt, or an inability to spend wisely.

To change this, you first need to understand your financial archetype — which type you are, how developed your primary and secondary archetypes are, and whether they are in conflict with each other. If you're struggling with money, chances are, there's inner conflict consuming your energy. Instead of creating prosperity, your energy is spent trying to manage internal tension.

There are many online tests to help you identify your financial archetype, and they often come with guidance on what to do with the results.
So, how many archetypes are there? *Eight in total.*

Financial archetypes are your money behavior strategies — a blend of thoughts, habits, and beliefs that shape your relationship with money. They reveal your strengths, your challenges, and your potential. They show you your path to financial freedom — not the generic advice that works for someone else, but the path that fits your natural tendencies and inner wiring.

This is not about copying what others do. It's about deeply understanding your own money personality and turning it into a powerful tool for success. It's about building your own rules for increasing income — ones that align with your identity and flow with your strengths.

Knowing your financial archetype is a key step toward unlocking effortless abundance.

June 28 — Your Financial Thermostat

If you understand what a thermostat is, you'll quickly grasp this metaphor.
A thermostat, as Wikipedia tells us, is a device that maintains a steady temperature. When the temperature drops, it sends a signal to turn the heat on. When it rises to the upper limit, it shuts the heat off.

Now imagine this: in your subconscious mind, you have a **financial thermostat** that runs 24/7. When your income drops to the "lower limit," your internal alarm goes off. You panic, scramble to make money, and do whatever it takes to stay afloat. That lower limit — your financial survival zone — triggers action, urgency, and instinct. But here's the deeper question: ***What's your upper limit?***

- How much monthly income are you subconsciously willing to allow yourself?
- What quality of life do you truly believe you deserve?
- When your income miraculously — or deservedly — reaches that upper threshold, your mind often hits the brakes.

People who suddenly earn more than they're used to may start unconsciously sabotaging their success: overspending on unnecessary things, attracting surprise expenses, getting lazy, or making poor decisions — until they "reset" back to their familiar financial comfort zone.
That's the **financial thermostat** at work.
The key? You need to regularly **adjust your thermostat** to reflect your growth, your goals, and your true potential.

So ask yourself:
– Where is your financial thermostat set right now?
– Do you know how to raise it?

The good news: **it's not hard to recalibrate.**
It starts with awareness, intention, and upgrading your beliefs about what you deserve and can handle. Because you're capable of much more than your subconscious might currently allow.

June 29 — An Interesting Exercise

Once, a long time ago — back when earning $1,000 a month felt like an impossible dream — I took part in a training where we were given a very interesting exercise. The goal? **To expand your financial boundaries.**

Here's the logic:
Your brain is wired in such a way that the universe won't hand you a thousand dollars if you don't even know what you'd do with it. So the task was this: **plan your spending, month by month, for an entire year.** Think rent and utilities, daycare or school fees, groceries and gas, maybe finally those nice new boots…
And of course—putting money aside for a long-overdue beach vacation.

At first, while writing out the budget for the first few months, I struggled.
How could I possibly spend *that much money* each month?
I was used to surviving on a tenth of that.
But then something amazing happened.
By the time I was planning the last few months of the year, I was surprised to find that $1,000 **wasn't enough** anymore.
It suddenly seemed… small.

That's when I realized: ***my financial limits had already started to stretch.***
My mindset had begun to shift.
That's the power of this exercise.
A good one, isn't it?

June 30 — Burning The Bridges

Here's something to reflect on:
Our greatest achievements often come when we have no way back.
When there's no exit, no safety net, no backup plan — you find out what you're truly made of. Hidden reserves of strength and creativity awaken.

Comfort, on the other hand, rarely makes us stronger.
In times of ease, we become sluggish, self-satisfied, and slow to act.

Every person experiences seasons of growth—those moments when life pushes you to change something, to rise higher.

And right now, the state of the world itself is a signal:
Learn something new. Improve yourself. Try new paths. Take risks.

Ask yourself:
– How hard do you work when there's nowhere to retreat?
– What heights could you reach, how boldly could you live, if you knew the bridges behind you were burned?

Immense pressure turns graphite into diamonds.
And hopeless situations turn ordinary people into extraordinary ones.

I speak from experience. My family and I were once stuck in a foreign country during a lockdown. Jobs were lost. Freedoms were restricted. And yet, to pay for housing, food, and our sons' education, I had to learn something completely new — **remote work.** Now, I've gained some skills. I can even teach others. But I also see where I still need to grow.
There's no turning back. **And that's the power.**

July 1 — The Bandura Curve

Reality often looks very different from our expectations.
A drop in motivation, a sudden sense of fatigue — it's a completely normal psychological response when starting something new. ***Don't blame*** yourself or assume you're failing. Instead, let me introduce you to a concept called the Bandura Curve (also known as "The Pit"), named after psychologist Albert Bandura, who studied this pattern in human behavior.
Here's how it works:
Stage 1 – The Honeymoon Phase
When you start something new, you're energized and full of optimism. Everything feels exciting. Your expectations are high, and life is seen through rose-colored glasses. It's like the "honeymoon phase" of business or any new venture.
Stage 2 – The Dip
Then comes the fall.
It might not be immediate, but it will come.
Suddenly, new information doesn't sink in. You feel stuck or overwhelmed. Your skills seem to regress. You compare yourself to others — and always unfavorably. You start to feel like an imposter, a fraud, a failure. Your immune system might even react, and you could get physically sick. This is the Pit.

Stage 3 – The Breakthrough
And then, for those who don't quit, something incredible happens.
The fog lifts. It's as if your brain has been upgraded with more RAM and a fresh operating system. Suddenly, things make sense. You're productive, focused, and gaining momentum.

But don't get too comfortable — There will be more dips ahead.
We call them **burnouts.** Some are mild, others more intense.
The good news? By now, you've developed resilience. You've passed **the point of no return** — and you're operating from a higher baseline than before.
You're stronger. You're rising.

The Key Takeaway:
You can't skip the difficult phases. But you *can* get through them more smoothly.
To avoid burnout:
– Alternate between mental and physical activities.
– Move your body.
– Stay creative.
– Rest — just a little. (Too much rest is a trap that can stop you cold.)

The best way to grow consistently is to rotate your energies:
Business – Fitness – Creativity – Family – Travel – Learning.
Stay in motion, and the curve becomes your launchpad — not your downfall.

July 2 — A Day of Knowledge

I often think back to my school days.
To me, it felt like paradise on Earth.
I loved learning — being immersed in that school environment, surrounded by books, ideas, and discoveries. Every lesson left me in awe.
"The world is so fascinating!" I'd think to myself, day after day.

Summer break is usually every child's favorite time of year. I was no exception — I enjoyed it too. But not for long. By early August, I'd already be longing for school to start again. I missed everything about it.
Maybe that's why I became a teacher.

Now, with 26 years of teaching experience, I've carried that same curiosity and passion into my career. Tons of textbooks read. Thousands of notebooks graded. Countless students who have moved on — and many who have thanked me along the way. Even now, that same drive fills me: the desire to pass on knowledge in a simple, clear, and meaningful way.

Through books.
Through words.
Just the way I know *how*.



July 3 — A New Chance

So often in life, it feels like the one thing we need most is simply... a new chance.
A chance to begin again.
To rise after yet another fall.
To start fresh, even when we're tired, uncertain, or afraid.

Life is like a swing.
I remember that feeling — soaring upward, just barely brushing the branches of the trees nearby, the sky above so impossibly blue. Then the sudden drop, rushing down to meet the earth again. And yet, even in the fall, I carried the image of that blue sky inside me. And a strange ache in my chest — a deep, wordless longing.

Life always offers you a second chance. It's called **tomorrow.**
Don't forget that.

July 4 — The Awareness Mode

Our consciousness has a beautiful built-in tool for connecting with the world — it's called **awareness mode.** Whatever we're doing — learning, working, resting, or talking — we are meant to fully live each moment.
To be aware of where we are, what we're doing, what we're feeling, and why we're responding the way we are.
To feel each moment of our life, as it happens.

When we live consciously, we begin to notice something important:
We often **distort our own reality.**

We overthink, overanalyze, overjudge.
And that mental noise makes it hard to sleep, to relax, to feel whole.
We become scattered and exhausted.

But life becomes lighter — and more joyful — when our awareness is grounded in the present. Here. Now.

This, too, is a skill.
And like any skill, awareness must be practiced.

July 5 — Freedom and Love

It's raining again today in Warsaw...
Maybe that's why I'm in a thoughtful, almost philosophical mood.
I found myself wondering — what are the deepest needs of the human spirit?
To me, the most precious are love and freedom.
The freedom to move,
the freedom to choose,
the freedom to live without fear.
Lately, the world seems wrapped in constant fear.
And for many, it takes tremendous strength just to live without being afraid.

I once read a line in the Bible that struck me deeply:
"There is no fear in love, for perfect love casts out fear."
I still carry those words with me.

What do you think?

July 6 — Morning Questions That Matter

A little math puzzle, and a few deep questions about my future — that's what breakfast looks like for my brain.
Care to join me for a quick mental workout?
Let's reflect together:

Vision – What do you see your life looking like one year from now?
Strategy – What needs to happen to make that vision real?
Mindset – What beliefs must you let go of? And which new ones should you adopt?

Skills – What abilities do you need to develop to build that version of your life?
Energy – Where will you draw your energy from? What should you remove? What should you add?



Write your answers down.
Be disciplined in the decisions you make.
And above all — take action.

July 7 — Your Goal Determines Your Path

Everyone has a dream.
But simply dreaming doesn't get you anywhere.
What actually moves a person forward is something else: **a goal.**
And your success depends entirely on how clearly and wisely you define that goal.
Because **your goal shapes your path** — it determines the direction, the steps you'll take, and whether you'll stay on course or get lost along the way.
So, what are the common mistakes people make when choosing a goal?
And what crucial details should you always consider when setting your targets?
We'll definitely talk about that.
Because setting the right goal is where the real journey begins.

July 8 — Everyone Has Their Own Purpose

True happiness comes to those who live and act in alignment with their true nature. At some point, we all ask ourselves:
What is my purpose? What am I meant to do that brings value to others — while also bringing joy and meaning to me?
A person without direction drifts through life, wasting precious time.
That's why it's so important to discover your deeper purpose —
The one that gives you strength, energy, inspiration, and lasting happiness.
Broadly speaking, there are four core types of purpose, based on our natural tendencies and motivations:

The Builder – your purpose is to create wealth and resources
The Leader – your purpose is to guide and inspire others
The Seeker – your purpose is to explore truth and understanding
The Creator – your purpose is to make and shape things with your hands or mind

Which type feels closest to your heart?
Where do you feel most alive?

July 9 — Reflections on Being Useful

Have you ever asked yourself:
What good have I brought into this world — just by being born and living on this planet?
I often find myself pondering this. I can't help it.
Perhaps each of us has a unique mission on Earth.
Some are born to heal — as doctors who save lives.
Others are meant to teach, to guide future generations.
And then there are those who believe they weren't meant for anything "big"— forgetting how vital everyday acts truly are. They are like the small, unseen gears in a great machine — quiet, but without them, nothing would function.

I recognize my own usefulness — in the roles I've lived and loved:
As a daughter, a mother, a wife, a teacher, a coach, a poet, a motivator.
Still, deep down, I long to do even more.
Today, I stumbled upon something unexpected:
I found myself on Google — as the author of a scholarly article in the field of education. Yes — Google knows me.
And it hit me: my academic research, published in 27 scientific journals, has likely helped someone, somewhere, in their work.
Maybe a young teacher.
Maybe a fellow researcher.
Maybe someone searching for answers.

That thought made me pause. And feel grateful.
Grateful that life has given me the chance to be of service on this Earth.

July 10 — Doing What You Love

Look at people who are doing what they love.
They radiate creative energy.
They show up as their best selves — skillful, inspired, and always evolving.
For them, life and work are one — a seamless flow of purpose and joy.
Many great minds have spoken about this deep connection between passion and fulfillment:

"You must love what you do. Then even the roughest work rises to the level of art."
— Maxim Gorky
"The secret to creativity is knowing how to hide your sources."
— Albert Einstein
"To avoid risk is to avoid creativity."
— Alexander Pushkin
"A writer's greatest skill is knowing what to cut. The one who can let go of his own words will go far."
— Fyodor Dostoevsky
"If you have a goal, you'll find the energy, the resources, and the inspiration."
— Tony Robbins
"To reach the level of success I need, I can't afford to spread myself too thin. I need wild, painful focus."
— Will Smith
"Whatever you do in life, do it with all your heart."
— Confucius
"The best job is a well-paid hobby."
— Henry Ford
"Creativity is contagious. Pass it on."
— Albert Einstein

Indeed, one of the most direct paths to a happy life is **doing what you love.**
Do you have that one thing — the work that makes your soul sing?

If you do, don't ever deny yourself the privilege of **creating your own world.**
Because that, truly, is what you **were born to do.**

July 11 — How Rich Are You, Really?

There are many forms of wealth — and financial prosperity is just one of them.
So please, don't despair or fall into hopelessness if money is tight right now.
I understand those feelings. I face them too.
I often have to remind myself not to give in to discouragement as I look for ways to earn — even during global uncertainty and lockdowns.
But that's not what I want to focus on today. Because the truth is, **our lives are full of treasures** — if we take the time to see them.
To me, a truly wealthy person is someone who:
– Is surrounded by love and sincere friendship
– Has a harmonious marriage and loyal family

– Enjoys good health
– Lives with a spirit of adventure and lifelong learning
– Wakes up in peace, as if touched by a quiet understanding of life
– Has found God in their heart, and feels a connection with something greater
– Has children
– Has parents who are still alive
The list could go on, couldn't it?
Do you agree?

Why not take a moment today to write your own list of personal treasures?
You may be surprised to discover just how rich you really are.
And as for financial wealth —
That can always be built in time.

July 12 — Don't Miss Your Chance

Life is changing so fast. Not long ago, words like internet or smartphone didn't even exist in our vocabulary. And today, the global network allows us to communicate across continents, learn online, and run businesses from anywhere in the world.

Have you ever stopped to think what life will look like in ten or twenty years?
Most people focus only on what's happening now — or what they need to do in the near future. But it's just as important to **look ahead** and prepare for what's coming, as best we can.

In my view, the coming decades will revolve around three major themes:
health, conscious living, and investment.
And I'm grateful that I've already begun developing some understanding of investments and financial literacy.
That knowledge gives me confidence — and a head start.
The future belongs to those who **see it coming and get ready.**
Don't miss your chance.

July 13 — Fish Seek Depth, People Seek Better

That's what my grandmother Maria used to say — may she rest in peace.
She was a wise woman. And she was right: every person, in one way or another, is always searching for a warmer, brighter place under the sun.

We all seek comfort and fulfillment — when choosing a career, a job, a course of study, a home to build a life in, a car to move around, or a resort for well-earned rest. And all of those choices are deeply personal.
What suits me may not suit you.
What you love might not resonate with me.
And that's perfectly okay.

A recent example from my life:
I've been involved in the MLM (multi-level marketing) business for many years. Over the years, I've worked with various network companies — cosmetics, supplements, travel, and now as a business consultant in investments.

And honestly? I've enjoyed them all.
Because they align with my true interests:
– I love premium cosmetics — as most women do
– Health supplements and herbs are a non-negotiable for me
– Travel isn't just one of my degrees, it's also my passion

And now, my next big goal is calling:
building passive income and achieving financial freedom.

Why am I writing so much about this lately? For two simple reasons:

First, as a coach, I believe it's my duty to talk about financial literacy — to help more people become empowered and informed.
Second**,** network companies often pay consultants generously for recruiting and training newcomers.

For perspective: here in Poland, many of our fellow Ukrainians work exhausting jobs for $1,000 a month — 8 to 12 hours a day, doing physically demanding labor.

So yes, I'd rather work online as a business consultant.
As you can see, my reasons are both *spiritual and practical.*

Just like fish seek deeper waters, *people seek better paths*—and that's natural.
There's nothing wrong with wanting more for yourself.

July 14 — How Much Money Do you Spend Away?

Not everyone tracks their personal finances.
Some people simply don't know how. Others find it boring.
And then they ask:

"Where did all my money go?"
"Where did my salary disappear to?"

But when you actually sit down and calculate how much you spend — on food, bills, transportation, or cigarettes — you might suddenly see the full picture.
Let's do a simple example together.

How much do you spend on things you don't need, or that actually harm you?
Take cigarettes, for instance:
– One pack costs about $2.
– One pack a day = $60/month.
– That's $720/year.
– Over 10 years, that's $7,200.
Now let's imagine you didn't smoke.
Instead, you invested that $60/month into a profitable business or fund with 20% annual returns and monthly compounding.

The result? Instead of throwing away $7,200 in smoke, you could have **grown it into $23,300** over 10 years.

Let me say that again:
– Not smoked: $7,200 saved
– Smartly invested: $23,300 earned

Still wondering where your money goes?
Still not sure how to **save or grow** your wealth?
Start by tracking it. Then change the small things.
They matter more than you think.

July 15 — Your Financial Freedom

Many people think financial freedom means earning a lot of money.
But that's a **misconception.**
True financial freedom means having **passive income** —
Income that flows in even if you stop working.
Or more precisely: income that allows you to work ***where you want, when you want,*** and only ***if you want to.***
Now imagine that kind of freedom.
You could spend your time doing what you love—
Working not because you have to earn a living,
But because you **enjoy it.**
I've dreamed of this for a long time.
I'm a teacher and tutor, and I truly love what I do.
I'm so passionate about teaching that I sometimes forget to collect payment for lessons! (They do pay me later, of course.)

But the point is: when your work is your hobby—and people actually pay you for it — that's a **kind of freedom too.**

I always tell my students: *"Choose a profession that makes you want to run to work with joy, not drag yourself there like it's a prison sentence. You'll spend a third of your life at work — let it be a place where you feel alive."*

To me, that's the deeper purpose of financial freedom.
Not money for money's sake —
But the **freedom to live in alignment with your passions**,
To unlock your potential,
To express who you are —
As a human being,
On this planet.

July 16 — Financial Freedom Isn't a Myth

Even if you're a highly paid professional, with money spilling out of your savings jars, you still might not be financially free.
Why? Because every day at work, there's still someone else calling the shots. Someone tells you what to do, when you can take a vacation, when you're allowed to get sick — and sometimes, even what to wear.

But here's the good news:
That situation **can be changed.**
There is a magic wand — and it's called **passive income.**
It's the tool that helps people break free from dependency and reclaim control over their lives. And I can help you understand how to build it—step by step, the right way. Let's start simple.

We'll cover the basics:
– *What are investments?*
– *What's the difference between active and passive income?*
– *What is a personal financial plan?*
– *What are simple and compound interest?*
Ready? Let's go.

July 17 — Investing In Simple Words

Investing means putting your money into something — an asset — that can generate income for you over time, either regularly or as a one-time profit.

Think of it this way:

- You buy a chicken at a low price. Later, you sell it for a higher price. That's one type of profit.
- Or maybe the chicken lays eggs, and you sell those regularly. That's ongoing income.
- Even better—if you take the money from selling eggs and buy a second chicken, now both are laying eggs. Your profits grow.

In every one of these examples, you've made an investment.
So, what exactly is an investment?
It's the act of putting money into assets to generate income.
– The ***chicken*** represents the ***asset*** — your source of income.
– The ***eggs*** are the ***profit.***
– Multiple chickens? That's ***capital.***
– And on the stock market, having a variety of chickens? That's called an ***investment portfolio.***

But what's the difference between saving and investing?
It's a big one.
– **Saving** is setting money aside — like putting it in a drawer.
But over time, inflation eats away at your savings.

– **Investing**, on the other hand, helps preserve and grow your money.
It gives you a sense of security, and even better — a chance at financial independence in the future.

July 18 — The Fear of Losing Money

You don't need to be a millionaire or an economist to start investing.
The principle is simple:
You put in a certain amount of money — ***even a very small amount*** — into a project or asset that, over time, gives you **back more** than you put in.
Yes, you can start investing with as little as $100.
But for many people, it's not the amount that stops them —
It's the ***fear of losing money.***
And that's understandable.

There are always risks involved in investing.
However, there are also smart and safe ways to invest.
Here's one of the wisest tips for beginners:
Don't invest all your money at once.
And don't put it all in the same place.

In other words:
Don't put all your eggs in one basket. Spreading your investments across different tools or projects helps reduce risk. The biggest mistake you can make is investing everything, all at once, in a single place.
Start small. Start smart. Start steady.

July 19 — Do You Have a Plan?

If you don't yet have a personal financial plan — ***now is the time to create one.***
Don't put it off. Don't file it away in your mental "someday" drawer.
Start **today.**

Begin by developing a ***detailed plan for your financial independence***, built around your specific financial goals.

Tie each goal to a specific ***timeframe.***
Once you do that, you can calculate how much that goal will cost at that point in time — ***factoring in inflation.***

If the numbers surprise or disappoint you, don't worry.
You have options:
– Adjust the timeline
– Or start looking for additional income streams

Personal financial planning gives you ***clarity.*** It shows you the full picture and helps you understand exactly how much more you need to earn to reach the life you dream of.
So, do you have a plan?
If not — start writing it down.

July 20 — Levels of Financial Goals

Many financial advisors talk about three key levels of financial goals.
By reaching them one by one, you set yourself on the path to true financial freedom. So, what goals should you set?

Level One: Financial Security
This is your emergency fund — your financial safety net.
It's the amount of money that allows you to live your usual lifestyle for several months, even if something unexpected happens (like losing a job or facing a health emergency).

Here's the formula:
Monthly expenses × 6 = Financial Security
This amount should remain completely untouched.
Don't dip into it for vacations, major purchases, or home repairs.
Save separately for those.

Level Two: Financial Independence
This means having enough assets or invested capital to cover your monthly expenses — for life — without needing to work.

Here's the formula:
Monthly expenses × 150 = Financial Independence
This sum should be invested to generate passive income — ideally with returns of 8% to 20% per year, depending on the strategy.
And yes, such opportunities exist.

Level Three: Financial Freedom
This is the dream stage—your "no-limits" life.
A beautiful home, travel to distant places, working on what you love (if at all), and not worrying about money.
Here's the final formula:
Your desired monthly lifestyle × 150 = Financial Freedom

Now you have the formulas.
You have the vision.
The rest is up to you.
Start building step by step.
Move toward your dreams — and achieve your financial goals.

July 21 — Active VS Passive Income

As I continue learning about investing, I keep seeing posts about passive income— as if it's some kind of mystical treasure or modern-day Holy Grail.
But what exactly is passive income? And how does it differ from active income?
Let's break it down in simple terms:

Passive income is income that continues to come in with little to no ongoing effort — after an initial investment of time, money, or skills.

You create something of value — material or intellectual — that keeps working for you long after you stop actively working on it.

Take book authors, for example. They write a novel once and then collect royalties for years — from every sale or film adaptation.
One-time effort, long-term reward.
Or consider management franchises.
You invest money up front, and then a professional team from the parent company handles the day-to-day operations. You receive monthly profit shares — often 50% — without lifting a finger.
There are many paths to passive income:
– Stocks and bonds
– Real estate
– Cryptocurrencies and precious metals
– Businesses and startups
These tools generate money through dividends, interest, or appreciation in value.

Once set up, they typically require minimal effort — yet can keep producing income for years.

Think of the **Pareto Principle:**
"20% of the effort delivers 80% of the results."
That's how passive income works.

On the other hand, **active income** is what most people are used to:
You trade your time and energy for money.
The moment you stop working — the income stops too.
It doesn't matter if you're a lawyer, doctor, tutor, journalist, mover, mechanic, or waiter — the principle is the same:
Work → Get paid → Work again.

With passive income, the formula changes:
Work once → Get paid today, tomorrow, next week… again and again.

So now the question is:
Do you already have any sources of passive income?
If yes — how many?
If not — which one will you start with?

July 22 — An Investment In Your Future

Let's go over it one more time: ***What are investments, really?***
At their core, investments are a contribution to your future — measured in money. You put your money into something today, so that tomorrow, it brings you a return. Ideally, that return becomes big enough to replace your need to work altogether. ***In other words:*** Your money starts working for you — without your ongoing involvement. These days, there are countless places you can invest:
– Stocks
– Bank deposits
– Business partnerships
– Life insurance with savings
– Gold, silver, and precious metals
– Fine art and collectibles
– Cryptocurrency



And new options keep emerging, offering fresh ways to protect and grow your capital. But here's the key truth:
Not every investment will be successful, safe, or highly profitable.

That's why it's so important to ***educate yourself first.***
Before diving in:
– Learn the basics
– Explore your options
– Understand the risks
– Identify which investments are reliable and fit your goals
Then — **and only then** — take action.
Smart investing is never about luck. It's about clarity, strategy, and patience.

July 23 — Drowning In Debt

When you're drowning in debt and don't know what to do, don't panic —
Just start with a few simple, powerful steps that can help you lighten the load and work your way toward a debt-free life.

Here's your action plan:
1. Stop creating new debt.
Pause credit card spending. Cut unnecessary expenses. Put the brakes on.
2. Calculate your total debt.
List every balance you owe and to whom. Awareness is the first step toward control.
3. Pay more than the minimum.
Even just a little more than the bank's minimum payment helps reduce interest faster.
4. Make extra payments whenever possible.
Bonuses, gifts, or side income? Use it to knock down your debt faster.
5. Use the "snowball" method.
Focus on fully paying off one debt while making minimum payments on the rest.
Then move to the next.
6. Refinance if possible.
If you can get a loan with a lower interest rate (e.g., 1% instead of 4% monthly), refinance and save.
7. Track your money with smart apps.
Try tools like ChangEd, Tally, or Mint to manage spending, payments, and habits.

8. Ask for help.
If it's too much to handle alone, reach out to a financial advisor or analyst for guidance.
9. Increase your income.
Find ways to earn more than your basic living needs—so you have something to pay down debt with.
10. Learn to invest.
Make it a habit to invest at least 10% of your income into long-term, wealth-building assets — even while paying off debt.

We live in an age where the temptation to spend far exceeds our ability to pay.
The era of endless consumer choices has led many into a black hole of debt.
In fact, in May 2019, the total household debt in the European Union reached €5.88 trillion.

It's a serious issue — and we must do something about it.
Let's remind ourselves:
We weren't born on this planet to live buried in debt.
Wouldn't you agree?

July 24 — Common Financial Mistakes

More and more people are waking up to an important truth:
Money should work for you — not the other way around.
And while investing offers many exciting opportunities, it always comes with risks.

Let's take a look at the most common mistakes beginner investors make—and how to avoid them.

❌ **Mistake 1: Putting all your eggs in one basket**
Diversification is essential.
Spreading your investments across different asset types helps reduce risk.
Never invest everything in one place.
❌ **Mistake 2: Investing in things you don't understand**
Don't invest just because someone said, "This will definitely blow up!"
If you don't understand how an asset works, don't put your money into it.
Study the tools first.
Only then can you make informed, strategic, and less emotional decisions.

❌ **Mistake 3: Using borrowed money to invest**
Never, ever invest on credit.
Taking out loans to invest puts you under pressure and multiplies your risks.
It's one of the fastest ways to lose both your investment and your peace of mind.
❌ **Mistake 4: No strategy, no goal**
Investing without a clear goal is like sailing without a map.
First, define your financial goal.
Then build a plan with timelines and steps.
Only then should you choose your investment instruments.
❌ **Mistake 5: No emergency fund**
This one is big.
Never invest your last dollar.
You should have a safety cushion — enough to cover 3 to 6 months of living expenses. Your investment portfolio is not your piggy bank for shoes or vacations. Keep it intact. Let it grow.
Smart investing isn't about luck. It's about preparation. Avoid these beginner mistakes, and you'll save yourself a lot of stress — and money.

July 25 — What Millionaries Read

Self-made millionaires are often voracious readers.
They explore a wide range of ideas — from business and investing to philosophy, leadership, and life itself.

Take ***Steve Jobs***, co-founder of Apple.
He was a passionate reader, but one book in particular deeply shaped his mindset:
"Be Here Now" *by Ram Dass* — a guide to mindfulness and meditation that helped Jobs prepare his mind for success.
Warren Buffett, one of the world's richest investors, credits much of his approach to investing to:
"The Intelligent Investor" *by Benjamin Graham* — a classic that taught him to buy undervalued stocks and hold them long-term.
This strategy made Buffett a legend.
Mark Zuckerberg, founder of Facebook, was strongly influenced by:
"World Order" *by Henry Kissinger* — a book that explores global politics, parenting, leadership, and human nature.
Its ideas about order and structure left a lasting impression on him.

Steve Ballmer, former CEO of Microsoft, shifted his view on leadership after reading:
"Built to Last" *by Jim Collins* — which emphasizes deep listening and creating companies that endure.
Jeff Bezos, founder of Amazon, is drawn to fiction—especially science fiction.
One of his favorite reads?
"The Remains of the Day" *by Kazuo Ishiguro.*
This reflective novel helped him think differently about regret and alternative realities.
And then there's ***Elon Musk.***
Among his many favorite books is:
"The Hitchhiker's Guide to the Galaxy" *by Douglas Adams* — which taught him a powerful lesson:
"If you can ask the right question, the answer becomes obvious. Often, the question is harder than the answer."

So let me ask you:
What questions are you asking yourself these days?
And what are you reading to expand your world?

July 26 — What Kiyosaki Said

I've read many different books over the years, and without a doubt, my hunger for knowledge was born long before I was.

One of my favorite authors on the subject of money and financial success is Robert Kiyosaki. His teachings have transformed the way millions think about wealth, business, and education. If you haven't yet explored his work, here are 8 of his most impactful books I highly recommend:

1. Rich Dad, Poor Dad
This global bestseller explains that the wealthy play by a different set of rules—ones rarely taught in school. Kiyosaki stresses the need for financial education as a core life skill, not just academic success.
2. Rich Kid, Smart Kid
A guide for parents who want their children to be not only smart but financially successful. It offers practical tips on how to raise a child who understands money—and uses it wisely.

3. If You Want to Be Rich and Happy, Don't Go to School

A controversial yet eye-opening book. It focuses on money as the missing link in traditional education and helps readers apply school knowledge in the real world—only if they understand the value of money first.

4. Before You Quit Your Job

This book lays out 10 critical lessons every aspiring entrepreneur needs before launching a business. Think of it as a survival manual for your journey toward financial freedom.

5. Rich Dad's Guide to Investing

A powerful read about mindset. Kiyosaki emphasizes that you have the power to create your own financial world, based on abundance, not scarcity.

6. The Cashflow Quadrant

In this book, Kiyosaki breaks down the four main money paths—Employee, Self-employed, Business Owner, and Investor. He explains why some people work less but earn more—and how you can shift into the wealth-building side of the quadrant.

7. Retire Young, Retire Rich

A real-life story of how Kiyosaki built his wealth from scratch and retired in less than a decade. If you've ever dreamed of doing the same, this book is your roadmap.

8. Increase Your Financial IQ / Protect Your #1 Asset

This book is all about time—your most precious resource. It teaches how to use your time wisely and transform it into your greatest asset.

Reading books like these allows you to reshape your mindset, rewrite your financial story, and build a life where poverty and scarcity no longer exist.
What you read today determines the reality you live tomorrow.

July 27 — What Successful People Read

In addition to the powerful works of Robert Kiyosaki, there are many other must-read books that have shaped the minds and habits of highly successful people around the world. If you're serious about growth — both personal and financial — here are a few essential titles:

Think and Grow Rich by Napoleon Hill

Hill interviewed dozens of successful individuals and attempted to formulate a universal blueprint for success. This book is a timeless classic in the world of self-development and goal-setting.

Good to Great by Jim Collins

This book explores the key factors that allow companies to move from being merely "good" to becoming truly great. A must-read for leaders and entrepreneurs.

My Life and Work by Henry Ford

Ford's autobiography is an inspiring journey of innovation, resilience, and vision. It challenges you to live a life of achievement and impact.

The 7 Habits of Highly Effective People by Stephen Covey

Focused on personal and professional development, this bestseller helps readers define their values, align their goals, and build habits that support long-term success.

How to Win Friends and Influence People by Dale Carnegie

A masterclass in human communication and connection, this book outlines timeless principles for building relationships and influencing people with sincerity and respect.

Influence: The Psychology of Persuasion by Robert Cialdini

Cialdini dives into the psychology behind why people say yes — and how to ethically use these insights to improve negotiation, marketing, and leadership.

Customers for Life by Carl Sewell & Paul Brown

A practical guide to building customer loyalty through excellent service. Every business owner should study this book to build long-term trust with clients.

Thinking, Fast and Slow by Daniel Kahneman

Nobel Prize–winning psychologist Kahneman explains how our brains operate using two systems:

– One fast, emotional, and automatic

– One slow, deliberate, and logical

He offers powerful insights on how to make better decisions in both life and business.

Of course, there are many more valuable books out there.

But if you're running a business — or building one — you must keep learning.

No learning = no growth = no success.

So, what's on your reading list this month?

July 28 — Your Bucket List

Many people believe that everything in life comes with a price. That's not true.

The most valuable things are absolutely ***free*** — life, intelligence, dreams, love, happiness.

What we do pay for is our inability to use these gifts wisely.
That said, there's also some truth to this:
Fulfilling our ***deepest desires*** often requires money — sometimes a little, sometimes a lot.
So where do we find the money to bring those dreams to life?
One answer: Invest in a profitable, working business.
Not just work for money, but ***make money work for you.***
Let your finances fuel your dreams — not hold them back.
And maybe, like many others, you're also tired of struggling…
Maybe, just maybe, you've already made a ***secret bucket list*** — a list of your truest desires.
What's on it?
Write it down.
Dream big.
Then start planning how to make those dreams a reality.

July 29 — Why Creators Need Passive Income

One truth we all know: ***Life is short***.
And the main goal?
To be happy — and financially secure.
Financial security means not being chained to your job or paycheck.
It means receiving regular income even when you're not working.
True passive income is protected — from market crashes, political unrest, or personal crises. And when it is, you are free.
That's when you can finally live life on your own terms:
travel, explore your passions, rest, take bold risks, and create your own world.

When your finances are stable, your creativity awakens.
You're no longer surviving — you're creating, investing your full soul into the work you love most.

Would you like that kind of life?
Because you can build it. One step at a time.

July 30 — How Much Would You Have Today?

How much would you pocket right now if you'd bought Starbucks shares ***before*** the company ever rang the opening bell?

When Starbucks held its IPO on NASDAQ in June 1992, the chain had only about ***165 stores*** — hard to imagine it would grow into a global coffee empire. Yet coffee was exactly what the world craved. In the three decades that followed, the store count rocketed past ***32 000,*** and the stock split six-times-over.

IPO price (split-adjusted): ≈ $0.27 per share
Recent price (June 2025): ≈ $91 per share investor.starbucks.com

That's a gain of roughly ***340*** × on price alone. A single $1 000 stake in 1992 would now be worth about ***$300 000*** — and that's ***before*** reinvesting dividends. nasdaq.com

Pretty good for a cup-of-coffee idea!
If only we could spot today's "next Starbucks"…

July 31 — What Happens If You Save Money for 10 Years

Setting aside a little each month — that's a familiar idea for many. $100 from every paycheck. After 120 months, that's ***$12,000.*** Not bad, right? But once you factor in inflation, decreasing purchasing power, and — most importantly — ***lost potential gains,*** the number doesn't feel as impressive anymore.
Now imagine instead of just saving, you ***invest*** that same $100 each month at 20% annual interest, using the power of compound interest. Even better — you reinvest the earnings. **What would happen?**
After 10 years:
Passive income: $1,332 / month
Accumulated value: $58,305
And this isn't a lottery win or an inheritance.
Just time, discipline, and smart financial strategy.
The real power isn't just in having ***$58,000,*** it's in receiving over $1,300 every month — without lifting a finger. All from just $100 per month.

Keep investing for another 5 years — the numbers grow dramatically.
Sell your stake — and lose a stable income stream.

Bottom line:
Saving is good. But investing is better.
And the best time to start was yesterday. The next best? **Today.**

August 1 — Compound Interest: The Eighth Wonder of The World

Without a doubt, compound interest deserves the title of the eighth wonder of the world. The founder of the Rothschild dynasty — the wealthiest man of his time — amassed and passed on a fortune of $3 trillion largely thanks to this principle. So what is it, exactly?
There are two types of interest:
Simple interest — calculated only on the initial principal.
Compound interest — adds earned interest back to the principal, and from then on, interest earns interest.

Let's compare:
Simple Interest Formula:
C = I × P × T / 100



Where:
C = capital
I = invested amount
P = interest rate (%)
T = time period

But **Compound Interest?**
It builds on itself — like a snowball rolling downhill, getting bigger and faster as it grows. Let's look at a real example:
Imagine you invest $100 every month, at 20% annual interest, with monthly compounding.
After 1 year:
Without interest: $1,300
With compound interest: $1,438
After 5 years:
Without interest: $6,100
With compound interest: $10,445
After 10 years:
Without interest: $12,100
With compound interest: $38,336
After 30 years:
Without interest: $36,100
With compound interest: $2,336,180



That's over $2 million just by investing $100/month consistently.
No magic. No lottery. Just the miracle of time and compound interest.

Moral of the story:
Start early. Stay consistent. Let time and math work their magic.

August 2 — Let's Do The Math

There's a fascinating example of ***compound interest*** from history that American university professors love to share.

Back in ***1626,*** European colonists bought the island of Manhattan from the Native Americans for ***just $24.*** Now imagine if those $24 hadn't been spent, but instead invested at 10% annual compound interest. Today, the Native Americans could easily buy Manhattan back, complete with all the skyscrapers, roads, subways, shops, and infrastructure. Their account balance? ***Over $200 trillion.***

It's mind-blowing. But let's come back to our real lives and think smaller.
Here's a practical scenario:

Let's say you earn $1000 per month. What if you invest 10% of that ($100) every month for 20 years, with 20% annual return and monthly compounding?

Total personal contributions:
$100 × 12 months × 20 years = $24,000
Final investment value after 20 years: ***$316,248***

That's right — your $24,000 turns into over $316,000 just by consistently investing and letting compound interest do its thing. The majority of that wealth is generated not by your labor, but by time and smart planning.

Want to see what your own numbers would look like?
Try using compound interest calculators online.
There are many available — simple, free, and easy to use.

Lesson: **Don't underestimate small, consistent investments over time.**
Your future self will thank you.

August 3 — Proverbs About Money

Money proverbs and sayings often shape our subconscious attitude toward wealth — especially those we hear from parents or grandparents in childhood. Without even realizing it, these phrases influence how we relate to money for the rest of our lives.
Take a moment. What money-related proverbs do you remember?
What's the first that comes to mind?
Here are a few familiar ones:

- *An agreement is worth more than money.*
- *Money isn't a person — it's never too much.*
- *If I'm healthy, I'll earn money too.*
- *Earn money and you'll live without poverty.*
- *Money is like water: when it's gone, it's a problem.*
- *Money loves to be counted.*
- *Money walks in slowly, but runs out fast.*
- *A clear head and money in hand — a winning combo.*
- *Even a penny of your own makes you proud.*

But beware: not every saying about money is worth absorbing.
Some are rooted in fear, scarcity, or self-limiting beliefs.
Keep only those that attract the energy of abundance.

Words hold power. What you repeat, you start to believe — and what you believe, you begin to create.

So ask yourself honestly: ***Which money proverbs shape my thinking — and do they support or sabotage my wealth mindset?***



August 4 — Online Games

As adults, we sometimes underestimate online games our children play. But these games offer something many of us missed in childhood.
We were taught to chase perfection.

Today's games teach kids something more powerful:

- *It's okay to make mistakes.*
- *You always get another chance.*
- *You can do better next time.*

Mistakes don't make you a failure — they make you stronger. They give you experience, build resilience, sharpen your skills, and teach you to stop sweating the small stuff.

So what if:

- *No one wished you a happy birthday?*
- *Your photo didn't get many likes?*
- *The neighbor bought a new car? Celebrate for them!*
- *Your team lost? Your boss traveled somewhere fancy?*

None of that defines who you are.

What matters is:

- **Who you're becoming.**
- **What you're doing.**
- **That you never give up — even when you lose.**

Like in online games, you hit restart — and go again.
And the next try? It's always better.
Our children already understand this truth. So let them play — because in their games, they're learning how the real world works.

August 5 — The Big Mistake

If a person is born poor, it's not their fault.
But if they live and die poor — that's their biggest mistake!

Do what makes your soul bloom.
Be where your heart wants to run every morning...
That's exactly where **abundance and prosperity** are waiting for you!

August 6 — Financial Games Online

Let's take a trip down memory lane.
What lessons did classic online games teach us?

- Mortal Kombat — Technique beats luck.
- Neighbours from Hell — Patience leads to success.
- Super Mario — If you want the girl, defeat the dragon.
- Tetris — Success disappears, but mistakes pile up.
- Minesweeper — Sometimes, there's no room for error.
- Snake — The further you go, the harder it gets.
- Battle City — Keep moving or you'll be destroyed.

Have any more to add?

Now here's an idea:
Why not offer your kids games that prepare them for real life?
Try financial online games like:

- FinZnayka
- Monetkini
- Portfolio
- CashGo — a simulator inspired by Robert Kiyosaki's Cashflow.

These games aren't just fun — they teach:

- budgeting
- investing
- planning
- strategic thinking

And guess what? You might enjoy them too.
Because learning about money should start early — and be enjoyable.
Ready to press play?

August 7 — Saint-Exupéry

Recently, my son's school studied a work by the famous writer Saint-Exupéry.
Many of the phrases from that story have become quotes and stayed in the memory of those who read the tale.
There are also beautiful lines about creativity.
For example, this one:
"Happiness is the use of oneself in the creation of something that will outlive you."
— Antoine de Saint-Exupéry

August 8 — Awaken Your Inner Genius

Your inner genius stirs to life when you dare to dream big, believe fiercely in yourself and your mission, chase audacious goals, and refuse to let the cacophony of daily bustle drown out the symphony of your own life.

Genius begins with listening.

A true genius masters two skills: ***asking the right questions*** and ***listening well*** — listening to oneself, to others, and to the wider world. The fullness of life can't be captured by scientific method alone; the greatest discoveries come when you immerse yourself completely in whatever you seek to understand.

When a person recognizes their talents, they resonate more deeply with their own life. The sun seems to shine brighter, sad moments feel lighter, and the world itself appears kinder — because they know they are **on the right path.**

August 9 — How to Develop Your Talents

"Talent is the ability to do easily what others find difficult,"
— believed Swiss writer Henri-Frédéric Amiel.

Talent is often described as the natural ability to do something with skill and ease. But being born with talent is only the beginning — true mastery requires development. That growth usually unfolds in stages.

Start by discovering where your joy lives:

- What activity lights you up?
- Where does the process feel more rewarding than the result?

Then, commit to it daily.
Push through tiredness, busy schedules, and laziness. Even if you doubt yourself, just show up — every day — for 100 days. Watch your progress. Notice how interest in others' work blooms. Don't fear imitation:
By copying techniques of great masters, you sharpen your own skills.
Eventually, inspiration strikes — and what once was a copy becomes your own vision, your unique interpretation of the world.

We are here to create.
We live to shape and share.
And that's exactly why you were given your talent.

August 10 — Believe It: You Are a Genius

I truly believe ***every person is born for greatness.***
If you don't believe that, it simply means your self-worth is hiding too low.
I say this not lightly — I'm a teacher with 25 years of experience.
And in all those years, I've never met a child without talent.
Everyone shines in something.
You are talented.
In something, you are truly unique.
Your children are talented — because you are brilliant.
Believe it. Embrace it. And **shine.**

August 11 — The Savant Syndrome

Savant syndrome is a rare condition that can appear in individuals with developmental disorders, such as autism or Asperger's syndrome. People with savantism are extraordinarily gifted in specific areas — like music, drawing, mental calculations, cartography, or building complex 3D models.

Some can instantly calculate the result of multiplying large three-digit numbers or name the day of the week for a date like May 10, 2077.

Take ***Stephen Wiltshire***, for example — he drew a detailed map of London entirely from memory after just one helicopter ride over the city.

To discover your brilliance or use your talent, you don't have to be "diagnosed." And yet, isn't it fascinating how the human brain can astonish us in such unexpected ways?

August 12 — Ahead of His Time

Giordano Bruno was a monk, scientist, philosopher, poet — and a rebel thinker. A follower of Copernicus, he dared to imagine a universe far beyond what the Church taught. He denied the primitive belief in a flat, motionless Earth and spoke instead of infinite worlds, filled with stars and possibilities.

His ideas were too bold for his era. When he returned to Italy, one of his own betrayed him. He was arrested, accused of heresy, and — after years in prison — burned at the stake in Rome. His works were banned. But ideas cannot be burned. Bruno's legacy lives on, proving that genius often means seeing what others are not yet ready to believe.

To be a genius is to challenge the known, to transform the world — sometimes at great cost.

August 13 — Faithful To The End

Socrates, one of the greatest philosophers of ancient Greece, was the son of a sculptor and a midwife. Deeply educated and actively engaged in public life, he never wrote down his teachings. What we know of his wisdom comes mainly from his students — especially Plato.

Socrates sought to clearly define virtues such as justice, honesty, and integrity. For him, true virtue was found in self-control, courage, and fairness. But his questions and ideas were too radical for his time.

Accused of corrupting the youth and denying the gods of Athens, Socrates was sentenced to death. As a free citizen, he could have fled. Instead, he calmly drank the poison hemlock — remaining loyal to his beliefs until his final breath. To be faithful to your ideas, even at great personal cost — that is true greatness.

August 14 — A Wonderful World

Lately, I've been thinking so much about talent and genius that this morning, when I walked into my sons' room, I accidentally said, *"Don't forget to do a* ***genius*** *cleaning today!"* …Oops, I meant ***general*** cleaning.

You know, I'm a teacher. I could say it's been a quarter of a century, but truthfully, I've been an educator since birth — or at least as far back as I can remember. Even as a child, my favorite games were "playing school," organizing "Young Pioneers" missions, storytelling sessions, and dragging friends to the library.

Now, I can't help but ponder: ***What exactly does a person need to truly unlock their gifts? What awakens their genius?***

There are so many talented people around us that I'm beginning to believe— more and more — that everyone has a spark of genius. They just need the right environment to let it shine.

I'm going to figure it out. And when I do — I'll write a book about it.

August 15 — Decorating City Walls

What do you think about city buildings being decorated with paintings?
Not just graffiti, but full-scale artworks. I believe they're called *murals*.
Even near my home in Warsaw, there are a few of these painted walls — true masterpieces of street art. They catch your eye as you pass by on the bus or tram. And somehow, they make you pause… and think about something important.

It doesn't matter whether it's on a tiny scrap of paper or the side of a giant building — **create your own worlds.** Make the world more vibrant, more meaningful, more alive.

August 16 — Note Paper

Did you know that sticky note paper — those same bright little stickers we all use — was invented thanks to… ***a failure?*** The creators were trying to make the strongest glue on the market, but instead ended up with an adhesive that barely stuck to surfaces. It was considered a flop. That formula sat unused for six years until someone saw not a problem, but a possibility.
That's how an office essential was born.

This story is a reminder: even failure can be the foundation of great success. Don't lose heart if no one supports your idea. That doesn't mean it's worthless. Maybe its time just hasn't come yet. Don't be afraid to make mistakes.
Don't give up. Create your own worlds.

August 17 — Music As The Creator's Language

Since ancient times, music has been seen as the harmony between heaven and earth — one of God's greatest gifts to humanity. It has always played a key role in our lives, from birth to the very end. The sounds of music awaken emotions, bring joy, spark reflection, and offer peace.

They say music is the universal language of the Divine — understood by every soul. Sitting in silence, alone with yourself, listening to the finest pieces of world music, you will begin to discover new abilities and possibilities within.

Music works wonders.
And yes — music awakens the very best within us:
the ability to create our own worlds.

August 18 — When You're Bored, Do This

Crafts made from wood, twigs, bark, acorns, and other natural materials always catch the eye and warm the heart. It's genuinely charming! Sometimes I wonder — why do people spend time on this? Don't they have more pressing problems that demand their energy and attention?

But the truth is: any act of creation is a step toward healing the soul. It's a way to recharge, to reconnect with joy, and to experience small but powerful moments of happiness.

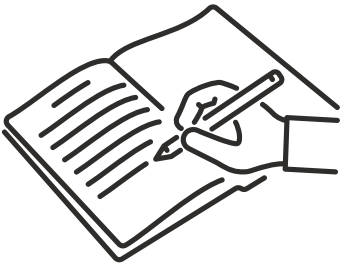
When you create something with your hands — ***even something simple*** — you silence the chaos around you and listen to your inner peace. It doesn't have to be perfect. It just has to be **yours.**

So, next time you're bored, pick up that twig, that scrap, that spark of an idea… and start shaping joy. **The world is waiting for your touch.**

August 19 — What To Do on a Rainy Day

What can you do when it's raining — especially when the calendar says it's your birthday and you're hit with a wave of deep, philosophical thoughts first thing in the morning? Got any ideas? Here's what I recommend:

- Meditate
- Dream
- Paint
- Reflect
- Journal
- Have heartfelt conversations
- Read a comforting book



- Wrap yourself in a cozy blanket and sip mint tea
- Take an online course
- Listen to inspiring podcasts
- Look boldly into the future and make bold decisions!
- Or... simply take a sweet, long nap!

Yes — resting is an action, too.

What shouldn't you do? Dive into self-criticism. It always leads to emotional burnout and anxiety. Never go down that road!
So tell me — what did I miss?

August 20 — You're Not Interested

Why aren't today's kids interested in art?
Museums, exhibitions, galleries — they won't go willingly.
We blame them. We curse the internet, technology, modern values.
But in truth — the problem lies with us, the parents.
Children ***inherit*** their worldview and system of values ***from us.***
If art leaves us indifferent, how will it ever touch the younger generation?

A person who understands art is often seen as cultured and well-read.
That's why it's so important to nurture a love for beauty in childhood — so our children grow up sensitive, thoughtful, educated.
And most of all — **capable of creating.**
Of crafting something truly brilliant.

August 21 — Signs of Giftedness

According to scientists, around 20% of modern children already show signs of giftedness in preschool age — though it's not always obvious at first glance. Did you know that…

Thomas Alva Edison was considered a failure by his neighbors, teachers, and even family friends. He was distracted, struggled at school, and had hearing problems. Eventually, his parents had to withdraw him from school altogether.

Ilya Mechnikov was mocked by his brothers, seen as a loser in childhood. The only subject he excelled in was botany — so much so, he would pay his brothers 2 kopecks just to listen to him speak about it.

***Sergei Prokofiev*,** the musical genius, was cherished by his family. His parents were his first teachers, educating him in Russian, arithmetic, geography, and history. By the age of 6, he had already composed three plays.

Charles Gounod was a truly multifaceted talent: a composer of spiritual music, a skilled artist, and a gifted writer. His extraordinary parents nurtured his potential and supported his creativity from an early age.

The signs of genius are often subtle. Sometimes misunderstood.
But always worth noticing — and nurturing.

August 22 — Talent Lives In Everyone

There's no such thing as a person without talent.
The truth is — not everyone has discovered theirs yet.
Why? Sometimes illness, life circumstances, fear of trying something new, or simply a lack of desire to grow can hold us back from uncovering what we're naturally gifted at.
I've tried many paths: painting, poetry, music, crafts, sales, accounting…
But what brought me the most joy and came easiest was teaching. Sharing knowledge. That's my talent. That's where I thrive.
What about you?
Have you discovered your own talents yet?

August 23 — Unleash Your Creativity

Inside each of us lives a creator.
It doesn't matter if you paint with a brush, with words, with music — or simply create a warm, welcoming space at home — it's all creativity in action.
Creativity isn't about a flawless result.
It's about the process — where you feel most you. It's about that flow, when time disappears, your heart sings, and your soul lights up.
No one gets to decide whether or not you're "talented."
If you create — you are a creator.
Do it for yourself. With love. Without fear. Without judgment. Without comparison. Just give yourself permission to be fully you.
The world needs your voice.
Your ideas. Your style. Your touch.
Go create!

August 24 — Live Each Day Like It's Your Last

Oh, how I dream of becoming a wealthy grandmother, leaving my grandchildren a million-dollar legacy and passive income from my investments.
But I'm not trying to become the richest person in the cemetery.

To me, living a meaningful life means spending time with people I love, staying healthy and happy, growing a little every day, doing what I love, and connecting with the world through my books and social media posts.
But how do you stay focused on what really matters in the daily whirlwind of life?
It's simple: **live every day as if it were your last.**
If we keep in mind that life is short — and no one knows when it will end — it becomes easier to see what truly matters.

Every morning, ask yourself: *How would I live today if I knew it was my last?*
This isn't just a fun exercise.
It's a powerful way to snap into awareness — to remember how little time we have, and how much we want to do while we're here.

Most people sleepwalk through life.
Days blur into weeks, months, years.
Then one day, they look back and wonder where all the time went.

So start your mornings with this truth: you are mortal. And then… live fully.
Take risks. Say yes. Love deeply. Dream boldly. Shine brightly.
Be grateful for the miracle of today.

August 25 — A Bad Habit

Do you ever have the habit of postponing important tasks until the very last moment? I can't say I suffer from it constantly — but yes, it happens to me, too.
After reflecting on why we procrastinate, I've identified at least three common reasons:

- It's not your task.
- You're doing something for someone else, not for yourself. The thought of giving your time and energy for free to fulfill someone else's agenda can feel draining.
- You lack the information to get started.

That's why I created a helpful habit: setting aside dedicated time just to gather the details I need to move forward.

You haven't built the skill of entering a "Flow" state.
Waiting around for inspiration or motivation to strike is a trap.
Flow is simply deep concentration — a mental state where you're fully immersed and focused on what you're doing. You don't need to love the task.
You just need to be present.

The ability to focus is not a talent — it's a trainable skill.
And when you build it, you'll be amazed how full and successful your days become. You'll have more and more reasons to proudly tell yourself at the end of each day: ***"I did great today."***

August 26 — Optimist, Pessimist, Realist

Which one are you?
Do you see yourself as an optimist, a pessimist, or a realist?

Here are 12 traits of true optimists — do you recognize yourself in any of them?



- They're rarely surprised by difficulties.
- They're open to partial solutions.
- They actively plan for the future.
- They're willing to start over.
- They don't let "dark thoughts" multiply.
- They cultivate gratitude.
- They use imagination and aim for success.
- They stay grounded even in tough times.
- They believe in limitless personal growth.
- They bring love into the world.
- They love to share good news.
- They accept what they cannot change.

Sound like you?

"Optimism sees the light in the tunnel;
pessimism worries it might be a train.
But courage walks forward anyway."

August 27 — Similar, Yet Different

Psychologists can offer us countless tests to show how different we are — what sets us apart, where we diverge. But I deeply believe that there's something we all share: an innate ability to create. Yes — the ability to create is embedded in each of us ***on a genetic level.***

The challenge? Not everyone realizes it.
And even fewer apply it in practice.
But we should.

Let's make the world brighter.
Let's create.

August 28 — Tell Me What Color You Are

As they say, there are two types of people: those who categorize others — and those who don't.

Tom "Big Al" Schreiter, a guru of network marketing, definitely does. One of his theories that really caught my interest is about personality types by color.
If you're working with people, it's helpful to understand who you're talking to — and how to speak their language. Schreiter defines **four personality types**, each assigned a color: green, blue, red, and yellow. Here's a quick breakdown:

🟡 ***Yellows*** – Kind, caring, empathetic. They're the ones who comfort the shy newcomer at the party, share snacks, and make lifelong friends in their first week at a new job. Weakness? They can be indecisive or overly soft because they see and feel everyone's emotions. They're less interested in technology or systems — they want to know how your product helps people.

🔵 ***Blues*** – The party people! Energetic, fun-loving, sociable. They crave attention and surround themselves with others. Invite one blue to an event — and expect five more to show up. Downside? They often talk more than they listen.

🔴 ***Reds*** – The leaders. Ambitious, decisive, and goal-oriented. Reds always seem to have a plan and know what's "right." They're competitive and driven by results and recognition. Routine bores them. Want something done? Put a red in charge.

🟢 Greens – The quiet experts. They avoid the spotlight but go deep into their areas of interest. Precise, analytical, and loyal — they don't do things randomly. Greens often worry over small details but are incredibly reliable. If you have a green on your team, you've found long-term support.

So… what color are you?

August 29 — Why We Need Talents

Every person is born with talents and abilities.
They help us navigate life and contribute something meaningful — something that brings progress, beauty, and usefulness to the world.
Have you seen ***Harold Edgerton's*** most famous photograph — the one where a bullet slices cleanly through an apple? It was taken in 1964 using a flash that lasted just a millionth of a second. That single moment became possible thanks to Edgerton's genius. As an inventor, artist, and MIT professor, he pioneered high-speed photography — a breakthrough that eventually captured events as fleeting as lightning strikes and nuclear explosions.

I truly believe **genius lives in everyone.**
It just needs to be awakened.
And the world needs it.

August 30 — Friends

I'm looking at a photo of me and my best friend, smiling at each other, laughing during one of our trips. Nearly ten years ago, we couldn't have imagined that we'd one day live in different countries — she in Italy, and I in Poland. All the chaos in the world — the pandemic, the upheaval — none of it could've even crossed our minds, not even as wild science fiction.

Life changes fast!

If I think back to childhood… there was no internet.
The word *"smartphone"* didn't even exist yet.
We used to run to the library to borrow books and learn about the planet.
From early spring to late autumn, we ran barefoot through villages, fields, forests, meadows, riversides… and we weren't afraid of any viruses, except maybe chickenpox.

We had all sorts of pets — a turtle, a fish in the bathtub, rabbits. We'd herd the ducks and geese to the river in the morning, and by night they'd come marching back home. Even they knew where home was!

I had a beautiful childhood.
Yes — without internet, Bitcoin, or smartphones.
And I don't regret that one bit.

August 31 — Tides In, Tides Out

Have you ever experienced a sudden surge of energy — when you feel like you can do a thousand things at once? And you actually do them. Everything seems to fall into place, you get amazing results, like you have some kind of superpower to control time and reality.
But don't be fooled.

There will be other days, too — when nothing works: computers crash, people are out of sync, things slip from your hands, and chaos rules both your work and personal life.
Don't panic. This is natural.

Just like the tides come and go, so do our energy cycles.
The stronger the wave, the stronger the ebb.
We can't control this rhythm — but we can prepare for it.

Take a moment to think about **what you can do on low-energy days.**
Have a gentle backup plan for those moments.
And above all — meet each wave with gratitude.

September 1 — When I Feel Low

What do you do when negative emotions crash over you like a wave, and everything feels empty, gray, and meaningless?

On days like that, I want to escape the planet. I can't stand seeing anyone. My optimism is gone. My self-worth feels like it's buried beneath the floorboards.
What's happening? Why does this happen?
Where does the energy go — and how do I recharge?
Energy is the power of the mind.

Our own brain can either drain us or energize us.
So we need to guide it. Train it. Discipline it.
Keep reminding it: the most important moment is the one you're in, and the most important person is the one right in front of you.
Don't drift — live mindfully. That's the key.

When I feel low, I reach for ways to recharge:

- I embroider a picture
- I listen to nature sounds in my headphones
- I meditate twice as long
- I speak to God
- I read something that uplifts me
- I color with bright, joyful pencils — so vivid it feels like the whole room warms up
- And I travel.

For me, traveling is the most powerful way to refill my soul.
Isolation? Not for me. I need to move, see, feel, live.

September 2 — Do You Like Hungary?

I've been to Hungary six times — mostly on budget bus tours, which are surprisingly affordable. I truly believe that almost anyone can treat themselves to this experience.

A trip to Hungary will gift you with an abundance of delightful and unexpected impressions. The country offers just as many fascinating attractions as any other in Europe. From stunning natural landscapes and historic fortresses to enchanting castles and religious buildings from various eras and architectural styles — Hungary has it all.

You can mix sightseeing with a visit to museums or even the Hungarian State Opera House. For those seeking a slower pace, the thermal spas are perfect. Almost every city has its own natural thermal springs rich in healing minerals.

A few highlights stand out:

The Széchenyi Baths are massive and magnificent.
The Cave Baths in Miskolc-Tapolca are truly one-of-a-kind — there's nothing else quite like them in the world. My time there left a lifelong impression.

And let's not forget ***Lake Hévíz***, a thermal lake nestled in the crater of an extinct volcano — pure magic.

For foodies and wine lovers, I highly recommend a trip to ***Eger.*** There, you'll be treated to authentic Hungarian goulash — and trust me, you have no idea how heavenly it is until you try it! I asked for seconds. And thirds. Wine tastings in Eger will leave you feeling blissfully content before your journey home.

By the way, for just 4–5€, you can buy a plastic five-liter jug of your favorite wine. That's exactly what I did — and my husband was absolutely thrilled when I came home with that jug of excellent Hungarian wine.

September 3 — The Colorful Lakes of New Zealand

There was a time when I was completely captivated by New Zealand. I studied everything related to it — I read and annotated textbooks and encyclopedias, collected newspaper clippings, and browsed the embassy's website as soon as it launched. Eventually, I even began academic research on the topic: *"The Professional Training of Future Tourism Specialists in Higher Education Institutions of New Zealand."* You can actually find my scientific publications on this topic online.
So, yes — I could tell you a lot about this remarkable country.

But today, I want to draw your attention to one truly magical feature: the c***olorful lakes of New Zealand.*** These vibrant wonders are located in Wai-O-Tapu, a geothermal area and protected reserve in the southern part of the Okataina Volcanic Centre, within the Taupō Volcanic Zone on the North Island.

This region is rich in picturesque hot springs and is home to the famous Lady Knox Geyser. The lakes here are otherworldly, displaying a stunning palette of colors.

- *A green tint means the water contains high levels of sulfur or iron compounds.*
- *Orange suggests the presence of antimony.*
- *Purple hints at manganese.*
- *A milky white hue comes from silica.*

The Māori, New Zealand's Indigenous people, may not have known the exact chemical reasons behind the colors — but they held deep respect for the geothermal features, calling them ***"The Sacred Waters."***

Wai-O-Tapu is one of those rare places where you can safely witness "living" lakes — natural wonders that bubble, shimmer, and steam — all from a safe distance.
Yes, a trip to this faraway land might not come cheap.
But believe me — it's worth every cent.

September 4 — Romania

Mysterious Romania draws tourists with its rich history and breathtaking natural beauty. Many still believe that the country's medieval castles are haunted by vampires — thanks to the enduring ***legends of Count Dracula.*** Gothic castles rising through forested landscapes, their spires piercing the sky, feel like reflections of the nation's myths.

Yet for most visitors, Romania is also a quintessential European country. Its capital is filled with grand architecture, and the nation's diverse culture is showcased beautifully in its ethnographic museums. Dense forests often lie within nature reserves and national parks. The charm of cozy European towns can be found in Braşov, Sibiu, and Sighişoara — each region with its own unique character and cultural flavor.

I've crossed Romania many times — by car or by coach. One of my favorite routes winds through ***Transylvania.*** By day, the scenic views are simply captivating. By night, the mysterious full-moon glow over the hills stirs the imagination — as if vampires might truly roam nearby.

Romanian highways are excellent. On one trip, we pushed our little sports car to 220 km/h (over 135 mph). The feeling of flight, the freedom of speed, and the thrill of that moment are forever etched in my memory — deeply tied to the beauty and allure of Romania.
I'll never forget it.

September 5 — A Man-Made Catastrophe

One would think that the advancement of technology should bring prosperity and drive progress. But in reality, it often does the opposite. Frequently, the achievements of civilization cause ***harm*** and provoke ***degradation.***
Take, for example, some of the most well-known inventions.

- Chemical weapons were never the original intention when Nobel laureate *Fritz Haber* developed cheap nitrogen-based fertilizers.
- And Teflon, a handy kitchen invention, turned out to be a major environmental threat — factories producing non-stick pans release perfluorooctanoic acid, polluting rivers and lakes and harming animals and plants.
- The engines of cargo ships running on bunker fuel emit such harmful exhaust gases that they are responsible for an estimated 90,000 deaths annually. Shocking, isn't it?

Now think about the internet. The number of hours people spend on social media increases every year. Yet the quality of content consumed steadily declines. The trend of not thinking, of passivity, is becoming fashionable — and that too is a catastrophe, slowly destroying human intellect.

I urge mindfulness.
Learn. Think. Reflect.
Act with awareness.

September 6 — The Strange Brain

You've probably heard it before: the human brain is incredible. But you may not fully realize just ***how incredible*** it really is.

These days, many of us are learning how to work in online systems — and for many, it's a brand-new experience. Even if you're already highly skilled in your field, adapting to new methods, absorbing large volumes of information, and developing your own style can feel exhausting. That's putting it mildly.

But here's the thing: the ***human brain is astonishing.***
You can master anything!
The key is consistency — take action daily, apply your new knowledge in practice, and build your skills step by step.

One of the best examples of our brain's capacity is the famously difficult memory test required to become a London cab driver. To drive a taxi in London, you must pass a rigorous exam called **The Knowledge**, which covers about ***25,000 streets*** and ***50,000 landmarks*** across ***200 square kilometers.***

And London's street system is centuries old — winding and complex, unlike the simple grid of a city like New York. Drivers typically spend over 4 years preparing for the exam.

GPS? Not allowed. They start on scooters, riding the streets to memorize them. ***Around 70% of trainees drop out.*** It's as demanding as a college degree — some students train for up to eight years.

During the final exam, candidates must chart a route, naming every street they'd drive on and describing what's found along the way. Examiners deliberately create stressful conditions — knocking on tables, criticizing outfits, asking trick questions — just to test emotional resilience. Many candidates panic and flee the room.

London has over ***20,000 taxis***, all owned by individuals who invested enormous effort and resources to earn the right to drive them. Studies show that trainees' brains physically change during this training. MRIs show their hippocampus enlarges — the part of the brain tied to memory. It's anatomical proof: our brains are malleable and plastic.

So don't be afraid to learn. It's essential for life.
And yes — you are capable of so much more than you think.
Try. Stretch. Grow.

September 7 — The Ebbinghaus Curve

How can you remember — and not forget?

The German psychologist ***Hermann Ebbinghaus*** was fascinated by "pure" memory: recall unaffected by reasoning or emotion. In 1885 his experiments produced the famous forgetting curve — now called the Ebbinghaus Curve.
Ebbinghaus showed that willpower (and even mnemonic tricks) isn't enough. We must understand how memory itself works.

Skilled intelligence officers know these mechanisms well: their lives depend on storing huge amounts of data in their heads.

Ebbinghaus highlighted three key principles of effective memory.

1. Spaced Repetition If new material isn't reviewed, we lose it quickly—most of it vanishes within hours. Each review slows the loss; the more repetitions, the stronger the trace. One of my professors called it *"the three-day half-life of memory."* Without review, after three days we remember only 50%; three days later only 25%; after two weeks barely 5%.
For a single-day study sprint, try this schedule:

- 1st review: 15–20 minutes after learning
- 2nd review: 6–8 hours later
- 3rd review: 24 hours later

(Students — pin this to your wall!)

2. The Serial-Position (Edge) Effect Our brains best recall the beginning and the end of any sequence—conversation, word list, daily events, even exam tickets. Intelligence officers exploit this: when they need information, they never raise the real topic at the start or the end. They open with small talk, slip the key question into the middle, then close on something unrelated.
Remember: the middle is the hardest part to fix in memory.

3. Interference Similar memories blur together. The more alike two items are, the harder each is to retrieve. New information blocks the old—and the old can block the new. Think of changing the PIN on your bank card: you keep typing the old one until the new digits finally push it aside.

Solution: break large, similar chunks into smaller sessions at different times of day and interleave totally different tasks between them. When cramming for exams, alternate topics that are as dissimilar as possible. If you must read stacks of documents, choose each next file to differ from the last whenever you can.

Our brains are plastic and trainable.
Work with their rhythms — **repeat, respect the edges, reduce interference** — and you'll be amazed at how much you can truly remember.

September 8 — Learn The Right Way

I often think back to my school years. My parents taught me to read before I even started first grade, and I devoured knowledge in huge bites. I wanted to know ***everything about everything.*** Of course, I didn't always understand what I read, and not all of it stuck. But the parts that did often led to deep reflections — and the urge to retell it all to someone else.

At home, my sister and I played "school." The dolls and stuffed animals were our students, our desks were Dad's books, and I, naturally, was the teacher. My sister answered on behalf of every toy *(which explains why all my students made the same mistakes).*

On the street, our neighborhood kids loved story time. I was at least a year older than most of them, the first to go to school, and they'd wait for me to come back from class — asking if I'd come outside to tell the next part of the story I'd started the day before.

For my first four years in school, I was a straight-A student. Everything came easily — until fifth grade. That's when it all shifted. Suddenly, I was getting Cs in the first quarter. The reason? A total system change. No longer did we have one teacher and one classroom; now we moved from room to room with new teachers for each subject. And the material itself got harder. More to memorize, more to understand.

Geography chapters were dense. History was a mountain of dates and names. Biology overflowed with new terms. Studying became overwhelming. I'd get home in the afternoon and sit with my textbooks until midnight.

One day, my father sat down with me and said:

"You need to learn how to learn. Here's how: Always do written assignments the day they're given, not the night before they're due. And for memorization, break the text into parts. For each paragraph, find the main idea and say it in your own words. That way, a two-page chapter becomes ten clear sentences you understand. And take a separate sheet for important dates and names — memorize those on their own."

I followed his advice.
Everything changed.

I no longer had to painfully memorize every word. Homework got easier.
By high school, I could finish in 30 minutes—and only because of the written tasks. I remembered oral material instantly.
In the end, I **graduated with honors.**

Dad was right: learning isn't just about effort — **it's about the right approach.**

September 9 — Beyond The Edge

To me, knowledge is like a border — somewhere between the present and the future. This applies both globally and on a personal level. What we know shapes how we act. And often, that's a good thing: it protects us from danger and prevents mistakes.

Take this memory from childhood: the first time I touched a hot stove with my tiny hand, I instantly learned that "hot" means "pain" — and I've never forgotten that lesson.

But knowledge has a flip side. It can also cage our curiosity. It can keep us from exploring the unknown or daring to create something beyond what's considered "normal."

I remember preparing for university when I was a student at a physics and math prep school. One day, while solving a problem about derivatives, I boldly decided to apply what I now know was a second-order derivative. Back then, I didn't have the terminology — I just felt my way through it, stepping into the unknown. A step beyond my current knowledge.

At the next lesson, my teacher looked at my solution, paused, then asked suspiciously, *"Where did you learn this? Who helped you?"*

To this day, I still remember the chill that ran through me. That quiet fear. That sinking feeling of being accused when all I had done was follow a spark of intuition.

No one had helped me.
I had simply dared to take one small step... **beyond the edge.**

September 10 — My Challenges

Challenges have appeared in my life more than once. One that stands out vividly: applying to the foreign language faculty.

At that point, I had already been studying mathematics at university for three years and wasn't planning on getting a second degree. But my father said, *"You should,"*—and so I found myself preparing for entrance exams once again.

But here's the twist: I had studied German in school. I took German courses afterward and even passed all my university German exams with top marks. Naturally. But this was 1993, and for the first time, students could enroll in two faculties at once. Unfortunately, that year, the German and French tracks didn't get enough students and weren't opened. Meanwhile, the English track had not one but two full groups — and I was placed in one of them.

My father showed me something important that year: ***no obstacle is truly a problem — it's simply a task waiting to be solved.*** He found me a tutor: his own former schoolteacher, Mrs. Oleksandra. And in ***just 14 days,*** she managed to pour an entire high school English curriculum into my head.

"How is that even possible?" you might ask.
Let me tell you how it went. Every morning, I arrived at her home and we studied for three hours straight — 180 minutes, no breaks. We worked through Petrova's *Teach Yourself English* book, line by line. I read aloud, and she taught me grammar, pronunciation, conversation.

There was a break — the hour it took me to walk back home. And then, until sunset, I drilled exercises, memorized vocabulary, repeated dialogues, translated texts. Six to seven more hours daily. That was my routine.

So, when people ask me how long it takes to learn a language from scratch, I confidently say: **two weeks**. I've done it. It's possible.

I passed the entrance exam and joined the English group. At first, I made everyone laugh — mixing German prepositions into my English sentences. But three years later, I passed my final exams and received two diplomas — one in math, one in English — on the same day.
Who would've guessed that those two degrees would one day become the foundation of my career?
My father did.

Maybe he saw my potential. Maybe he believed talent was inherited — his own father had entered a physics and math faculty just before the war, on the first try, without help. And knowing German saved his life in a concentration camp.

Human potential is limitless.
The only borders are the ones we build in our minds.

September 11 — English Is Easy

Stop treating English like a school subject.
It's not a test — it's a tool. A living, breathing part of life.
People study English for years… and still can't speak it. But drop them in an English-speaking country, and within months — they're talking, living, thriving.
Why? Because the language becomes real. Necessary. Alive.
You don't need to move abroad to speak English fluently.
You just need to shift your mindset.
Use it. Live it. Make mistakes. Laugh through them.
Language is not about perfection — it's about connection.
And yes, you ***can*** do this.

September 12 — See Yourself Through a Foreigner's Eyes

Look at yourself the way a foreigner sees you.

- Your accent? It's charming.
- Your effort to find the right words? Endearing.
- And you? Mysterious, interesting, unforgettable.

They're just as curious about you as you are about them.
They want to learn about your world, your culture, your language — even if it's just to test a few movie myths or say "Privet, kak dela?" with pride.
And when you speak English — with all your courage and color — they don't judge. ***They admire.***
So speak boldly. Mistakes don't matter. Connection does.

September 13 — English for Travel

You've studied English for years — but the moment you land abroad, your mind goes blank. Sound familiar?
It's not about grammar. It's about comfort.
To speak confidently, prepare like a traveler, not a student.

- Learn a few key phrases.
- Practice simple dialogues for real-life situations.
- Get used to seeing and hearing native speakers — use video chats or apps.
- And most importantly — smile, wave, and say "Hi!"

Language lives in connection, not perfection.
The more you use it, the easier it becomes.
Travel isn't just about seeing the world — it's your chance to speak with it.

September 14 — The Rosenthal Effect

Have you ever heard of the ***Rosenthal Effect***?
No? Then let me explain it in a few words.

It's a psychological phenomenon that shows how our expectations can shape reality. In 1966, American psychologist ***Robert Rosenthal*** proved it through a series of experiments — the most famous of which became known as the Rosenthal's Children study.

He tested the intellectual abilities of schoolchildren in a San Francisco school.
The results? Average across the board — no significant differences.

But then Rosenthal told the teachers something remarkable: that certain students had hidden potential and, with proper guidance, would likely show significant growth in their IQ. ***That was a lie.*** But here's the twist — over time, those very students began to outperform the rest. How?

Rosenthal explained that the teachers, believing in those students' potential, subtly changed their behavior. Through body language, tone of voice, attention, encouragement — they communicated their ***high expectations.*** And the children responded. They became the students their teachers believed them to be.
Expectations became reality.
Now ask yourself: what kind of thoughts circle in your mind every day? Doubt? Fear? Insecurity? Or confidence, belief, and joy for the victory that's already on its way? Because your inner world shapes your outer one.
You will get exactly what you expect.

September 15 — Reality

No matter what anyone says — reality is shaped by our inner state.
Not even by our words, as was once believed: *"Say it and it will come true,"* or *"Call yourself something and you'll become it."* These days, many believe it's not words that shape reality, but thoughts.

The new mantra is: *"Organize your thoughts. Live mindfully."*
But lately, I'm more and more convinced — reality responds to something deeper: *our emotions.*

- How do we feel in the morning, throughout the day, and at night?
- Do we wake up frowning or smiling?
- Are we content while we work, or irritated and drained?
- At the end of the day, do we feel fulfilled or discouraged?

When we learn to manage our emotions, we unlock a new level of influence over our reality. Try this: tomorrow morning, before any thoughts flood in — feel first.
Feel joy. Calm. Gratitude. Then let the thoughts follow.

Remember the ***"Mirror Smile" technique?*** You stand in front of a mirror and smile at yourself — and something shifts. Even if you were upset, your body pulls you toward a lighter mood. The physical smile sparks real emotional change. Just like that, your emotions can shape your thoughts — and together, they rewrite your reality.

Try it. Now you know the secret.

September 16 — Where Emotions Live

I recently learned that the word *emotion* comes from the Latin *emotio,* meaning "to agitate, to stir deeply." And truly, emotions do just that — they shake us to the core. Both positive and negative ones deeply affect our mental state.

What fascinates me most is that emotions don't only respond to what's happening right now. They can be triggered by memories or even by imagined scenarios that haven't (and may never) happen. Think about it: just recalling a painful moment or imagining a possible future can stir emotions so real, you feel like it's all happening again — or for the first time.

Some scientists have taken this even further. They've created something called a *"thermal map of emotions."* Yes, emotions leave a literal temperature imprint on our bodies!

- ***Shame*** cools the legs, but sets your face, chest, and solar plexus ablaze.
- ***Sadness*** feels like ice spreading through your arms and legs.
- ***Depression*** can numb nearly the entire body.
- ***Fear*** keeps the limbs normal, but lights the rest of the body on fire.
- ***Pride*** heats the upper body, but leaves the legs stable.

- ***Love*** sets almost the entire body aflame — except for the lower legs.
- And ***happiness?*** It warms everything, head to toe.

Emotional "heat" increases our bodily awareness — it speeds up the heartbeat, alters breathing, affects digestion, even changes the texture of our skin. In other words, our bodies are at the mercy of our emotions.

So here's a powerful question:

- *What if we could learn to guide our emotions — not suppress them, but gently steer them?*
- *Would our reality begin to shift if we consciously practiced joy, gratitude, awe, calm, love?*

From my own experience, I know that gratitude and love create momentum — they lead me to kindness, to creation, to movement. But when I sink into sadness or despair, everything slows down. My body weakens. My will fades. Nothing calls to me. But when I'm happy? Oh, then I sing. I hum. Sometimes I even dance in the kitchen — yes, really! That's when I'm in flow. Ideas spark. My hands move. Everything just works.

Have you felt this too?
Take a moment. Recall a time when you were lit up from within.
Feel it again.
Reflect on it.
It just might change your tomorrow.

September 17 — The Magic of Gratitude

How often do you say ***thank you?***
Once a day? Twice?
When do you feel that warmth in your chest — that gentle urge to express gratitude? In the quiet of morning? As the day winds down?
The true magic of gratitude lies in this: ***it shapes your reality.***
Whatever you thank the Universe for tends to multiply.
So, be mindful of how and what you thank for.

- Don't thank the illness — thank the healing.
- Don't thank for your enemies — thank for the friends who walk beside you.
- Gratitude for pain and disaster may sound noble, but it's not what your soul truly seeks. Instead, thank God for the strength and wisdom to get through it.

That's where the power is.
There is always something to be grateful for —
A person, a moment, a lesson, a breath.
Thank God. Thank people. Thank the Universe.
And most importantly… **thank yourself.**
Gratitude creates worlds.
And those worlds — when born from a sincere heart — are always beautiful.

September 18 — My Familiar Doubts

We all experience doubt at some point.
And often, we treat it like the enemy — something negative that must be silenced or ignored. But that's not always fair.
Some doubts are useful.
They slow us down just enough to keep us from doing something reckless. They make us pause and think. But then there are other doubts — the kind that sabotage our goals, chip away at our self-worth, and whisper lies when we're already tired. When those show up, I've learned to meet them head-on.
"I don't have enough experience."
No one is born with diplomas and skills.
Everything can be learned — and I'm learning.
"I don't have the right skills."
Skills come with practice. I'll try… and see what happens.
"People say I can't do it."
Let them show their results. Just because they failed doesn't mean I will.
"No one cares about my idea."
There are 7 billion people in the world — my people are out there.
"I've made too many mistakes."
That's tough… but now I know exactly what not to do.
"I don't have enough stamina."
Time to rest. Burnout breeds doubt. Energy needs recharging.
"It's not the right time."
My moment is coming. I just have to keep moving toward it.
"It's too risky."
Let's weigh those risks. Most of them can be calculated, managed, and overcome.
"I don't deserve success."
This one's rare — but if it sneaks in, I stand in front of the mirror and start listing my wins. Confidence returns.

Friends, **how do you deal with doubt** when it comes knocking?
Do you have a goal you're moving toward?
How close are you now?

September 19 — Fear Has Big Eyes

"Fear has big eyes."
My grandmother used to say that often.
And I think I understood what it meant much earlier than most.

One summer, when I was a child, we went camping by the sea with my parents and their friends — all so young back then, full of laughter and life. I remember bonfires, guitar songs, quiet nights in tents, and conversations that felt like they'd last forever.

One morning, I woke up in a panic — to the sound of a lion growling. It felt like it was right behind me. In the tent. Breathing down my neck. I lay still for hours, frozen in fear, unable to move, too terrified even to whisper for help.

Later that day, ***I found out the truth.***
It wasn't a lion. It was just one of my dad's friends… ***snoring.***

That's what fear does.
It blinds us.
It paralyzes.
It makes us imagine monsters where there are none.
It steals our voice, our action, our growth.

- What would our lives look like if we didn't let fear dictate our stories?
- What kind of bold, beautiful, unexpected chapters might we write?

Let's find out.
Let's live just one day without listening to fear's "big eyes."

September 20 — Calm

Why do I embroider pictures?
Because the process itself brings me deep peace.
When my hands are busy, my mind gets to rest.

My thoughts drift gently, following the rhythm of the needle,
and suddenly it feels like the whole world melts away.
Everything quiets. Everything softens.
There's peace in my soul.

Creativity heals.
Whether we're making something ordinary or something brilliant,
we're shaping new realities — our own little beautiful worlds.
And sometimes, that's all we need.

September 21 — You Are a Lighthouse

We live in a time when the world feels crowded with voices — experts, coaches, influencers… all calling you into their courses, their systems, their formulas.
And in this noise, how do you stand out?

- By being more than useful.
- By being real.
- By evoking emotion.

It's your bold expression of your inner world — **your light** — that draws people in. It's the spark in your voice, the courage in your choices, the truth in your presence. Let your content be brave. Let your actions be worthy of respect.
Wear beauty. Live kindness. Speak honestly.
Hold the values others are too shy to mention out loud.
Inspire. Let your spirit shine.

You are a lighthouse. And lighthouses don't chase ships.
They simply shine. And the ships… they find their way.

September 22 — When You Cry

Have you ever had those moments when the tears come like rivers —
no matter how hard you try to hold them back?
I rarely cry.
People say I'm strong…
But even I have moments when the tears win.
You can forgive those who misunderstand you and say careless things.
You can feel compassion for those who don't know how to manage their emotions, who lash out in anger or frustration.

You can grit your teeth and get through the financial struggles.
You can stumble, fail, feel the sting of it —
and still find the courage to try again.

But how do you not cry…

- when every fiber of your being longs to create,
- to build your own worlds with purpose and passion —
- and instead, you're forced to survive?
- to just get through the day?



No one else can do your work for you.
No one else can live your life in your place.
And in those moments… I cry.
Because for me, to live means to create.
Everything else is just noise.

September 23 — Humanity in Transformation

If you really listen to the steady stream of voices across social media these days, you'll notice a recurring theme — many people are going through something deep, something shifting.
And I get it. ***Something is happening to us.***

Just a year ago, we were desperately trying to stay sane amidst the fear and panic that swept across the globe. We dove headfirst into online courses, new digital careers, anything to occupy the mind — filling our brains with useful content so there'd be no room left for despair.

But now… it feels like we've stepped into the next spiral of transformation — this time, of the soul. Waves of old memories come crashing in — regrets about lost chances, or worse, about the ones we did take but somehow mishandled. There's this aching desire to rewrite the past, to erase those who betrayed us, shamed us, used us. Sometimes that pain is so intense, it makes you want to howl.

We start asking the hard questions:

- What is the point of all this?
- What am I here for?
- What truly matters?

And if you've ever felt that — that strange sense that you're standing before some divine mirror, as if your soul is on trial… If you've ever clung to that one tiny flicker of hope in your heart, the one that whispers:
"It's going to be okay. I'm a good person. God sees me. And He loves me..."

Then you know — **this transformation is necessary.**
The caterpillar must break to become a butterfly.
A seed must split open to become a tree.
And within us, a new spirit is being born.

September 24 — The Noise of the Naysayers

Is there a single person on this Earth who's never been criticized? Even Jesus faced judgment and persecution — so what hope do the rest of us have?
People react to criticism in all sorts of ways.

- Some fight back.
- Some retreat and cry.

But here's the truth:
The brighter you shine, the higher you aim, the more likely you are to be mocked, misunderstood, or torn down — and often unfairly so.
So what do you do?
Stay calm.

Imagine this:
You're standing on the shore, and the ocean keeps sending waves at your feet.
It splashes you, threatens to knock you over, even drags at your ankles trying to pull you in.
Now imagine yelling at the sea:
"Stop! Be still! No more waves!"
If it listens to you — congratulations, you're God.
But if not… then why waste your breath trying to stop the tide?
That's what critics and haters are — just noise.
Let them choke on their own barking.
You? ***Keep walking toward your goal.***
You've already come so far.
There's still more work to do.
And ahead — waiting just for you — is your victory. Your triumph.
You were born to be brilliant. To live fully. To create worlds.
So go on. Create. Live. Shine.

September 25 — Where the Heart Longs to Go

You can tether a person to one place.
You can scare them with illness, blackmail them with the threat of losing their job, or convince them that global restrictions are necessary.
But you cannot chain a human heart. The ***longing for freedom*** lives in our DNA.
We are made in the image of God — with free will, a spirit that refuses to break.

How I Long to Escape

by Lilia Yermak



How I long to run away,
To where the forest hides the day,
To find a hush the world can't steal,
Where only truth and silence heal.

To sit with thoughts of love and grace,
And feel God's mercy in that place.
To ponder honor, soul, and light—
What stirred my heart, what fuels my fight.

How I yearn to leave behind
The chaos that consumes the mind,
The endless tasks, the weight, the race—
And vanish without leaving trace.

If only I could taste the road,
With freedom's wind to ease my load,
And by my side—no crowd, no plea—
Just You, my Lord, to walk with me.

September 26 — Too Long

You cannot keep people in isolation for too long.
We are social beings.
We need connection.
We crave discovery — because we are thinkers, seekers, creators.

We need journeys that whisper of the unknown, roads that call us into the distance, mountains that beg to be climbed.
When you take away freedom, when you cut the threads of human connection, the soul begins to cry out to God — each in their own language.
And God… He listens.

Weary Angel
by Lilia Yermak



A weary Angel, with sorrowed eyes,
Gazed down below, heavy with pain.
He prayed each night beneath the skies:
"Oh Lord, please save them once again."

The price of madness—death and loss,
A world in flames, torn hearts that bleed.
"Spare the children, no matter the cost..."
And God replied, "Hold on—I lead."

September 27 — Do Not Be Afraid

It feels as if the entire world is living in fear.
Social media buzzes with global tensions.
News outlets speak of disasters lurking on the horizon.
YouTube feeds are flooded with self-proclaimed prophets warning of the world's end. Everywhere you turn — voices echo:
"It's bad… and it's only going to get worse."
People live in constant anxiety.
Afraid of what tomorrow might bring.
Even the Bible speaks of these times.
And amid all this darkness, being an optimist feels like a radical act. But try. You may not be able to stop bad things from happening, but you can stop feeding your soul with bad news. You can choose what you listen to, what you believe in, what you focus on. ***After every black night, a bright morning comes.***

Brilliant Light always follows deep Darkness.
Whatever you've gone through — use it.
Let it be the platform from which you make your leap into a future filled with possibility. All that pain, all that growth — it's your fuel.

So stay strong.
Hold on to hope.
And do not be afraid.
Let the radiant Light of your soul illuminate everything in your life.

September 28 — Seven Recommendations

To feel confident — move your body.
To feel well — nourish it wisely.
To know yourself — write down your goals.
To gain more — take the leap and risk.
To understand the world — go see it.
To grow your wealth — invest with intention.
To grow your mind — read constantly.

These are simple truths. And yet, within them — a life well lived.
You don't need to change the whole world today.
Just take one step.
One better choice. One brave decision.
Your future self is already waiting — stronger, wiser, more fulfilled.
But to meet them, you must start walking now.

September 29 — Books for Self-Development

Lately, I find myself surrounded by people who are learning.
And not students or teenagers — but adults.
Life, it seems, has changed the rules of the game.
This is a time for personal growth.
For self-education.
For uncovering the deeper potential within.

What books are you reading?
What courses are you taking?
What new knowledge are you welcoming into your life each day?

Let me know — I'd love to hear.
In the meantime, let me share a list of books that have helped me or people I know on the path of self-development:

- 12 Rules for Life — Jordan Peterson
- 45 Tattoos of Personality — Maxim Batyrev
- The 7 Habits of Highly Effective Families — Stephen Covey
- The 7 Habits of Highly Effective People — Stephen Covey
- The Antidote — Oliver Burkeman
- Feel the Fear and Do It Anyway — Susan Jeffers
- Everything Is Fcked* — Mark Manson
- Thinking, Fast and Slow — Daniel Kahneman
- The Law of Success — Napoleon Hill
- The Laws of Winners — Bodo Schäfer
- How to Develop Self-Confidence and Influence People — Dale Carnegie
- You Can Heal Your Life — Louise Hay
- How to Stop Worrying and Start Living — Dale Carnegie
- The Red Pill 2: The Whole Truth About Success — Andrey Kurpatov
- The Life-Changing Magic of Tidying Up — Marie Kondo
- You Are a Badass — Jen Sincero
- Badass Habits — Jen Sincero
- The Subtle Art of Not Giving a Fck* — Mark Manson
- You're Smarter Than You Think — Thomas Armstrong

If you're in Warsaw, some of these titles are available at the Czytajswoje bookroom — "Books in Poland." It's a lovely little spot with a warm atmosphere and kind people. Highly recommended.

September 30 — Warsaw: A City I Love

It didn't happen at first sight. Not even in the first year.
But slowly, day by day, over many months, I began to feel it — this city is home.
There's something magical about Warsaw's sunsets.
I'm still mesmerized: where do those pink-and-violet skies above the rooftops come from?

Warsaw
by Lilia Yermak



Warsaw — my city, my home.
A place where I no longer roam.
Each sunrise brings joy to my day —
There's no better place, I would say.

When twilight begins its descent,
And sky over rooftops is bent
With blushes of rose-colored flame —
I whisper my city's sweet name.



Warsaw, it captures the heart.
From its charm, you never depart.
Above it a radiant star
Shines gently, from somewhere afar.

I've grown used to how people here greet each other.
Even when leaving the elevator, it's proper to say, *"Dziękuję, do widzenia"* — thank you, goodbye. Even to strangers. And I love that.

I love Warsaw's parks — with squirrels and hedgehogs, and birds I can't name. The air feels lighter there. Thoughts come easier, too…

I think everyone could share something beautiful about their city — if only they paused long enough to notice it.
Stop, for just a moment.
Look around.
Let the beauty surprise you.

October 1 — Dark Nights of the Soul

People sometimes ask me:
"Have there been moments in your life you'd want to change?
Mistakes you'd undo, paths you wouldn't take?"
Of course.
Like anyone human, I've had them.

There were times when my soul wandered in darkness —

- battling inner demons,
- falling into the traps of the cunning and faithless,
- wounded and left lying on the roadside of life.

Haven't you ever felt that way?
We all have, at some point.
But here's the truth:
When a diamond falls into the mud, it's still a diamond.

Yes, it gets dirty.
Yes, it may be unrecognizable.
But its core never changes. Its brilliance still lives beneath the grime.
All it needs is a little clean water — and it shines again.

So it is with us.
If the Light lives within you, no matter how low you fall or how lost you feel — you are still precious. You are still worthy. **You were made to shine.**

We cannot rewrite the past. But we can learn from it.
And we can choose to live in the light of our soul, starting now.

October 2 — Twenty-Six Years Married

It feels like only yesterday was our ***wedding day.***
But somehow, twenty-six years have flown by.



At every stage of life, we face choices.
And those choices shape our path.
Once, long ago, Sasha chose me.
I said ***"yes."***
And I have never regretted it.
We've lived through a lot — the good and the bad, the joyful and the complicated.
We've learned, felt deeply, and grown wiser together.
I won't pretend it was always easy.
There were moments when I threw up my hands and cried out:
"Oh God, why did You make me Yermak's wife?"
But more often, I've smiled — softly, sincerely — and whispered,
"Thank You, Lord, that we are still together."

In the beginning, we tried to change each other, to prove ourselves, to win little battles. There were even times it seemed we could live without each other. If I was his eyes, and he my hands, then maybe — just maybe — we could survive without eyes or hands. Uncomfortable. Incomplete. But not impossible.

Yet at some point, you wake up and realize — living without each other is no longer an option. Because we've become one. Now, I'm his heart. And he is mine. And tell me — can anyone live without a heart?

There are so many words written about love.
Experts analyze it, debate it endlessly.
But I always remember what my grandmother said:
"Living life isn't the same as walking across a field."
And she was right. Because in this life, I know there is no better companion for me than my husband.

October 3 — Relationships Are a Spiral

Relationships don't stand still.
They grow, they stretch, they move — always in motion.
And they grow in a spiral.
At the very center of that spiral is love — the steady core that everything else spins around. But as the spiral moves faster, centrifugal force can try to fling us apart — pulling each of us away from the center, and away from each other.
The only way to stay together is to hold on.
Tightly.
To each other, and to love itself — at every single turn of the spiral.
Believe me: true friendship between a man and a woman does exist.
It's called the **perfect marriage.**

October 4 — The Line of Our Blood

It's a shame no one taught us to remember our ancestors — to truly know them, seven generations back. Because it's those seven generations that shape us most.
The strongest spiritual and genetic connection we have is with those who came before us — 126 souls in our direct line, not even counting their siblings or extended kin.
But what does that connection give us?

1st generation – You. Your presence in this world. Your fully formed Self. Walking your own path becomes easier when you recognize the calling of your Higher Self. The more healthy, successful, and joyful you are—the more power you bring to your lineage.

2nd generation – Parents. They give you your emotional foundation, help shape your view of the world, your relationships, your ability to adapt and belong.

3rd generation – Grandparents. They pass on intelligence, communication skills, natural talents — especially academic or artistic. That's why gifts often "skip a generation."

4th generation – Great-grandparents. They infuse you with the energy of love, beauty, fertility, joy, harmony, and material well-being.

5th generation – Great-great-grandparents. Their legacy is willpower, drive, courage, and the hunger for achievement. A powerful generation — yet so often forgotten.

6th generation – Great-great-great-grandparents. They gift you the strength to rise, lead, and command respect. Through them come your roots of tradition, wisdom, and vision.

7th generation – The Eldest of Elders. Teachers of the bloodline. They shape your sense of purpose, discipline, and your place in this world — your role in family, in community, in history.

We are not alone.
We are never alone.

The lineage we come from is a current running through us — guiding, strengthening, whispering wisdom from within our cells. When we honor and remember those who came before us, we clear the path for their support to reach us. **They are with us. Always.**

October 5 — The Power of the Lineage Lies in Unity

What gives a family its strength? ***Unity.***
Each of us carries unique gifts. But when we join those strengths together — truly unite — we become a force capable of anything.

I often dream about that. I imagine my children, my husband, my mother, and other relatives working together on a shared mission. Each of us contributes in the area where we shine the brightest.

I see my eldest son, a brilliant financial analyst, managing our resources with clarity and strategy.

My daughter, so precise and dependable, handles all documentation and communications. She's a professional office manager, after all.
My husband is the backbone of our operations. He sees every detail, maintains structure, and loves order — it's his gift.
My mother cooks the most heartwarming meals and somehow always finds exactly what we need, no matter how rare or expensive. She's a masterful provider. I treasure that about her.
My father constantly reminds us to take care of our health — because wellness is everything.
My son-in-law? I admire his ability to make any space both functional and beautiful. His experience is immense, and his vision elevates our surroundings.
My aunt is the queen of cleanliness and comfort — any room she touches sparkles. It's a gift of transformation.
Our youngest son is endlessly creative, with a magnetic personality that draws people in. That gift alone is priceless.
And me? I'm the visionary. The generator of ideas. The strategist. The motivator. I've been a teacher for over two decades, and my mission has always been the same: to remind every student that they are talented, capable, and one of a kind.

Sure, we all have our weaknesses — who doesn't? But what matters most is not what we lack. It's what we offer. And when we focus on the strengths of each member of our family, those strengths grow stronger, richer, deeper.

The unity of a lineage is the soil in which greatness grows.

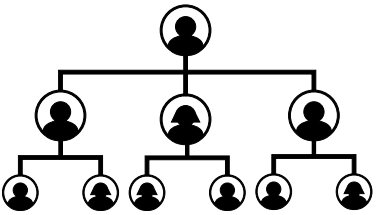
Yes, some people succeed on their own — without support, without harmony in the family. I won't argue with that. It happens. But I deeply believe this: true legacy, the kind that echoes through generations, begins with unity.

That's the foundation.
So think about it.
Especially if you're in conflict with your loved ones.
Maybe my words will stir something in your heart.
Maybe something will shift.
For the better.

October 6 — The Path to Your Life

To be born — to come into this world — we needed:

- 2 parents
- 4 grandparents
- 8 great-grandparents
- 16 great-great-grandparents
- 32 third-great-grandparents
- 64 fourth-great-grandparents
- 128 fifth-great-grandparents
- 256 sixth-great-grandparents
- 512 seventh-great-grandparents
- 1,024 eighth-great-grandparents
- 2,048 ninth-great-grandparents



That's 4,094 ancestors across just the last 11 generations, spanning roughly 300 years before you ever took your first breath.
Pause for a moment and let that sink in.

Thousands of lives.
Thousands of choices.

Victories, defeats, dreams pursued and lost, love stories, tragedies, acts of courage, of sacrifice, of survival. Each one of those 4,094 lives had to unfold exactly as it did — for you to exist.
We carry all of that within us.
All of them live on through us.
May we live with gratitude.
May we walk through this life honoring them — knowing that every heartbeat we feel today was made possible by theirs.

October 7 — Legacy

Legacy.
A word that waits quietly until the end… Yet only a rare few — just 3% of humanity — will awaken to its meaning while still alive.
Will you be among them?
What does legacy look like in your life?

For me, it's clear:
My mission — now, in the past, and in the future — is to awaken the genius in others. To inspire as many souls as I can to live fully, to love deeply, to create boldly — and to leave behind more than just memories.
To leave meaning.
To leave a mark.
To leave a trail.
Not later. Now.
While we breathe.
While we love.
While we can still shape the world with our hands and hearts.
To know your place in the story of your family, your people, your time — to live a life that echoes through generations — that, to me, is sacred.
And you?
What will your legacy be?

October 8 — To Fly in Dreams

When we were children, they told us that flying in a dream meant we were growing. And I believed it. I adored those dreams — loved the lightness, the freedom, the knowing. Each time I returned to that dream, I remembered exactly what to do to lift off. To rise above rooftops and treetops, to drift through the clouds, to glide across the skies of some twilight cityscape...
Pure wonder.

Even after waking, I'd carry that weightless joy with me.
It felt like my soul had been flying.
And guess what?
Nothing has changed.
We can still fly in our dreams.
We still grow — only now the growth is inward, upward, soul-deep.
But just like the body needs food to grow, so does the soul.
So I ask you—what do you feed your soul?
What do you read, listen to, learn?
Do you take time to pray? To meditate? To reflect?
Your soul is growing, always.
Nurture it. Let it soar.
Grow deeply.
And never stop flying in your dreams.

October 9 — Rebirth

Who are you?
How often do you ask yourself this question?
A helpless, suffering soul, crushed by the weight of the world?
Or an awakened creator — greeting each new day with wonder and purpose?

The moment you choose to become the master of your own life, your rebirth begins.
From victim to visionary.
From the weary to the victorious.
And it matters.

Because the transformation of the world begins with the transformation of a single soul. It's time to remember:
You are the one who chose to come to this Earth —
to create something magnificent,
something only you could bring into being,
something that can't be made again, anywhere, at any time.

Look inward.
Search your soul for that inner creative spark.
Find your light — and let it shine bright enough to illuminate the lives around you.
The world becomes better simply because you exist.

So, let me ask you once again:
Who are you?
And can you answer without hesitation?

October 10 — We Believe

We believe in the power of change — starting with ourselves.
We believe that nothing happens until you take action.
We believe that theory alone doesn't create results — only action does.
We believe that sharing your experience can spark transformation in others.
We believe that everyone has the potential to be happy and fulfilled.
We believe that the most brilliant ideas often come in the most unexpected places.

We believe that stopping your growth leads to failure.
We believe that extraordinary effort can create miracles.
We believe it's okay to make mistakes — they are proof that you're trying.
We believe that failure is only temporary.
We believe that doing something imperfectly is better than doing nothing at all.
We believe that growth is a lifelong journey, and the biggest mistake is to stop evolving. Because in the end, what we believe shapes who we become.

October 11 — The Biggest Pool in the World

Did you know that the largest swimming pool on Earth isn't just real — it's breathtaking?

Welcome to San Alfonso del Mar in Chile.
This man-made wonder stretches over 1,013 meters in length and holds a staggering 250 million liters of seawater — filtered and warmed to a perfect 26°C. That's right: ocean water, without the cold, without the sharks, and with crystal clarity.

Built beside the Pacific, not in spite of it, this pool was born from a bold idea — that limitations can be transformed into landmarks.

Cold water? Dangerous wildlife? No problem. One man, Fernando Fischmann, dared to see a problem as a possibility. And the result? A shimmering lagoon so massive, it earned a place in the Guinness Book of World Records.

Sometimes, the greatest things are built not by avoiding challenges, but by diving straight into them. **What problem could become your masterpiece?**

October 12 — Your Prize

"Travel isn't always a reward for hard work — it's a school of life."
– Anthony Bourdain

We often treat travel like a rare prize — a trophy we earn after years of hustle and exhaustion. Finally... a week in Egypt! Finally... permission to breathe.
But here's the truth: ***You deserve to see the world more often.***
This planet wasn't built as a distant dream — it was made for you to explore, to feel, to learn, to live.

Don't wait for permission.
Don't wait for the "perfect" time.
The world is your classroom. Go collect your lessons.

October 13 — I Want to Visit Japan

Japan. A land of quiet strength, deep tradition, and futuristic brilliance.
To many, it feels like another planet — a place where beauty lives in every detail, and kindness is woven into everyday life.

What's their secret to longevity and peace? Maybe it's the food. Maybe it's the discipline. But maybe... it's their deep respect for each other's inner world. Their ability to think before they speak. To protect another's mood like it's sacred.

I dream of seeing Japan with my own eyes.
To stand beneath cherry blossoms.
To gaze at Mount Fuji.
To feel the energy of Tokyo.
And I know this dream — like all dreams with heart behind them — is possible.

What's your Japan?
What dream whispers to your soul?

October 14 — Tunisia

Why do people go to Tunisia?
Maybe for the warmth — not just of the sun, but of the experience.

You'll find world-class spas, bustling bazaars full of color and charm, camel rides across the mighty Sahara, and golden beaches kissed by the Mediterranean.
No visa needed.
No stress.
Just pack your curiosity.
Tunisia is more than a destination — it's a reminder that adventure doesn't have to be far, expensive, or complicated.

Sometimes, a change of place is exactly ***what your soul needs.***
Where will you go next?

October 15 — Beyond the Struggle

Should building a business feel like a constant push against yourself? Should you use tools and methods that drain you, just because they're "supposed" to work?
Maybe not.

In everything — whether it's business, a job, or daily life — ***joy matters.***
Because joy is fuel. It's the energy of creation, growth, and momentum.
Yes, challenges will come. Yes, there are tough days.
But the real magic happens when you build from a place of light, not pressure.

Find your way. Use the tools that fit you.
And most of all — ***choose joy***, even in the work.
That's when true progress begins.

October 16 – Attracting the Premium

Every entrepreneur dreams of high-value clients — people who pay well, stay loyal, and grow with you. But how do you find them?
Simple: ***be premium yourself.***

Premium clients pay for more than a product — they pay for clarity, support, knowledge, transformation, emotion, and belonging.
They want to feel seen. Guided. Inspired.

- So offer results, not promises.
- Offer experience, not just information.

Show up as someone they'd be proud to partner with.
Because ***premium energy attracts premium people.***

October 17 — Ready for a Cruise?

Tired of the same vacation spots year after year?
Maybe it's time to try something new — like a sea cruise on a stunning white ship.
A cruise is more than travel.
It's a floating luxury resort, a spa on the waves, and a journey through the world's most beautiful cities — all in one trip.

Once seen as elite and expensive, cruises are now surprisingly affordable, stylish, and full of adventure.
Treat yourself to something unforgettable.
Because the ocean is calling — and it's easier to answer than you think.

October 18 — Safe to Sail

I've never taken a cruise.
Not because I hate travel — I love flying, hiking, even bungee jumping.
But I've always been afraid of open water… until I learned this:
According to UNESCO, ***cruises are the safest form of travel in the world.***
Why?

- Advanced stabilizers prevent seasickness and ensure a smooth ride.
- Satellite navigation allows crews to avoid storms with precision.
- Routes can be changed instantly in case of political unrest — ships simply sail to safer ports.

So yes, the sea may seem vast and wild. But a cruise ship?
It's a masterpiece of safety, comfort, and calm.
And now, I'm not afraid anymore.

October 19 — Where Can You Cruise?

Where can you go on a cruise ship?
The real question is — where can't you go?
Mediterranean ruins. Norwegian fjords. Caribbean beaches. Asian temples. Alaskan glaciers. You can chase summer in Mexico, watch whales in Alaska, or sail through ancient myths in Greece. From the wild Galápagos to the futuristic skylines of Dubai and Singapore — the ***world is wide open.***
And today, cruising is not a fantasy. It's a real, reachable adventure.
The world is waiting. If your heart says yes — don't wait.
Go find the cruise of your dreams… and live it.

October 20 — Charter or Regular?

Ever wondered what the difference is between charter and regular flights?
On the surface — almost nothing. Same planes. Same crew. Same food.
But behind the scenes, it's all about *how* and *why* the flight operates.

Regular flights run on fixed schedules — like a daily bus between point A and B.

Charter flights are special orders from tour operators, created for specific dates and destinations — often places not served by regular routes.

Charters are usually cheaper, because tour operators buy seats in bulk and pass the savings to you. But there are trade-offs:
You can't buy a charter ticket on your own — only through a package tour.
No refunds or exchanges.
No online check-in — only at the airport.
Still, for seasonal getaways, charters are a smart, affordable choice.
Just like in life — sometimes the less advertised route gets you where you want to go… for less.

October 21 — Most Beautiful Runways in the World

We board the plane already expecting something exciting and interesting. And sometimes, even before we land, we're already captivated by the beauty outside the window. Here are some of the most divine runways in the world — where the landing is as breathtaking as the destination itself.

Innsbruck Airport, Austria Nestled in the Alps, this runway offers breathtaking views of forested mountains in summer and snow-covered peaks in winter. One of the most technically challenging — but beautiful — landings in Europe.
Lijiang Airport, China Surrounded by endless mountains, it feels like you're landing on a peak. The final descent into a lush valley is dramatic and unforgettable.
London City Airport, UK A landing in the heart of London! Fly low over Tower Bridge, the London Eye, and St. Paul's Cathedral — urban beauty from above.
Queenstown Airport, New Zealand Fly straight into a postcard. Green meadows, snowy mountains, and the dazzling Lake Wakatipu make this approach simply magical.
Velana International Airport (Malé), Maldives Landing here feels like floating over paradise. Watch the coral islands and turquoise ocean unfold beneath you — pure tropical wonder.
Donegal Airport, Ireland Remote and rugged, this tiny airport rewards you with views of the wild Atlantic coast, dotted with lakes, islands, and endless green.
Barra Airport, Scotland The runway is the beach. Planes land on sand, between tides — a rare and thrilling experience in the Scottish Hebrides.

Corfu Airport, Greece A short runway at sea's edge offers dramatic landings with stunning views of the Vlacherna Monastery and Ionian waters.

After the long pause the world has taken, **I carry a quiet wish** — to greet the skies again and witness every one of these divine runways, not through a screen, but through an airplane window.

October 22 — Sky Dreams Never Land

If you adore the sky like I do, you'll understand this:
some part of us never wants to land.
In Stockholm, Sweden, there's a place where that wish comes true —
a Jumbo Jet turned hotel, parked right by the runway.
Once a flying Boeing 747, it now offers 29 rooms, including one in the cockpit itself, with a view of planes taking off into the clouds.
135 euros a night... but can you really put a price on sleeping inside a dream?
P.S. By the way, Happy Birthday to me!

October 23 — Istanbul: Where East Meets West

Each day, the world offers us a new corner to dream about.
Today — let's fly to ***Istanbul***, the city where two continents hold hands.
It's not just beautiful — it's alive.

Walk under the domes of ***Hagia Sophia***, feel the cool shadow of the ***Blue Mosque***, and descend into the ancient ***Basilica Cistern*** where columns rise from water like a forgotten temple. History here breathes.
Stroll through ***Topkapi Palace***, once home to sultans and secrets. Then lose your breath at ***Dolmabahçe***, a palace so ornate it makes fairy tales seem plain.
And yes — the shopping is reason enough to go. Saffron, silk, leather, sweets. From the buzzing alleys of the ***Grand Bazaar*** to sleek malls like Istinye Park, there's magic in every purchase.

But the moment that may stay with you the most?
A cruise along the ***Bosphorus***, as Europe sits on your left and Asia on your right, and the city glows golden under the sky.
Let Istanbul remind you:
The world is vast, rich, and full of wonder.
And all you have to do… is go.

October 24 — A Bow to the Turtles

When the world slowed down, nature took a deep breath. In the midst of lockdowns and fear, something beautiful happened along the coast of Odisha, India — thousands of vulnerable olive ridley turtles came ashore to nest in peace.

No tourists. No fishermen. No poachers.
Just quiet. Just nature — reclaiming its rhythm.
Nearly 60 million eggs were laid on a beach that, just a year before, was too crowded and dangerous for even a few to survive.
Sometimes, when humans step back, the Earth remembers how to heal.
The question is: when we return — will we remember how to protect it?

October 25 — Slow Down in Sri Lanka

If there's a place made for slowing down and tuning in — it's Sri Lanka.
Here, time stretches gently. The sea is never far, and neither is nature. No rush, no pressure. Just waves, palm trees, and warm smiles. Even the pace of service mirrors the island's spirit — relaxed, unhurried, and full of life.

Forget noisy nightlife — think beach barbecues, jungle picnics, quiet temples, and diving into crystal waters. Adventure seekers, surfers, and culture lovers all find a corner of paradise here. And tea lovers? Welcome to the heart of Ceylon — where the hills are green and your cup never empty.

Yes, the flight is long.
But the peace that greets you? Timeless.
Let Sri Lanka teach you the ***art of just being***.

October 26 — Shanghai: Where East Winks at West

Once a humble fishing village, today Shanghai rises like a dream of glass and steel — bold, fast, and impossibly stylish. They call it the Paris of the East, and for good reason: fashion, finance, skyscrapers, and fine dining line every avenue. But don't be fooled — the soul of China is still alive in every corner.

Step beyond the skyline, and you'll find silk markets, ancient pagodas, steaming bowls of street noodles, and maybe even grilled grasshoppers on a stick.

Tradition and modernity dance here — and you're invited to join.
Shanghai isn't just a city.
It's a conversation between past and future — and both speak fluently.

October 27 – Switzerland: Worth Every Step

Switzerland isn't the kind of place you pass through — it's a place you go to with purpose. It may be skipped on budget bus tours, but those who make the journey know: it's unforgettable. Snow-capped peaks, storybook villages, crystal lakes, and perfectly preserved medieval towns — every inch of Switzerland feels like it was painted with precision.
This is a country for the intentional traveler.
Whether you're hiking alpine trails on Mount Titlis, wandering cobblestone streets in ancient towns, or sipping coffee by the water in Lucerne — Switzerland invites you to slow down and truly see. Well-marked paths, clean cities, seamless transport — it's built for beauty, and for you.
Yes, it costs more.
But the memories? ***Absolutely priceless.***

October 28 — There's Still Hope for Earth

While headlines shout crisis and conflict, something quieter — and more powerful — is happening around the world: people are choosing to protect the planet.
From Norway's refusal to drill on pristine islands, to Thai supermarkets replacing plastic with banana leaves… from Indian villages planting trees for every baby girl, to Rome trading bottles for subway rides — change is happening.
Whales are returning. Forests are growing. Coral is being restored.
And the Earth, slowly but surely, is healing.
We don't need to do everything. But if each of us does something, the future will look a lot more green — and a lot more hopeful.
This is our home. Let's take care of it.
Because the good news?
We already are.

October 29 — Control Is Easy



It's actually easy to control:

- Your faith
- Your thoughts
- Your environment
- Your outlook
- What food you eat
- What books you read
- How often you take risks
- Whether you spend or invest money
- Whether you love or hate
- How you treat yourself
- How you treat others
- How often you smile
- How often you worry
- How often you say “thank you”
- How often you say “I love you”
- How often you exercise
- How often you dwell on the past
- How often you dream about the future
- How you live each day

Control what you can — and you'll be surprised how much that really is.

October 30 — Why I Write About Travel

I write about travel because I miss it — deeply.
The pandemic grounded my body, but my heart still soars across this planet I love.
I want people to see its beauty, feel its magic, and learn to protect it.
Because the more we love the Earth, the more we’ll fight to save it.

October 31 — Peru & Bolivia: Where Spirit Meets Sky

Some journeys don’t just change your view — they change ***you***.
A trip to Peru and Bolivia is an invitation to step into the living heartbeat of ancient civilizations. To walk the stone paths of Machu Picchu.

To stand before the surreal colors of the Rainbow Mountains.
To wander markets where magic is still whispered and mystery is still sacred.

You'll ride through jungle-covered railways, hike beside glaciers like Ausangate, and watch the sun rise over steaming geysers in silence so pure… it feels like prayer.
And then there's the wind. The mountains. The kind of silence that clears your mind and reminds you: ***you are alive.***

This isn't just travel — it's connection.
To the earth. To yourself. To something greater.
I'll go there. Because I love the mountains, the wind on the summit, and the quiet where thoughts come clean.

And in places like these… God feels close.

November 1 — A Special Day

This morning, I woke up from a dream — one so vivid, I could still feel the applause. In it, I was being honored in a packed arena, celebrated for my impact, surrounded by love, light, and family. Rolls Royce, red carpet, thousands of people saying "thank you."

I felt seen. I felt proud. I felt ready.

Then I opened my eyes. A rainy window. A rental apartment.
But you know what? I didn't feel disappointed.
Because maybe it wasn't just a dream.

Maybe it was a glimpse of what's to come —
if I keep showing up, keep working, and keep believing.

So I made coffee. I opened my laptop.
And I got to work — turning that dream into my story.

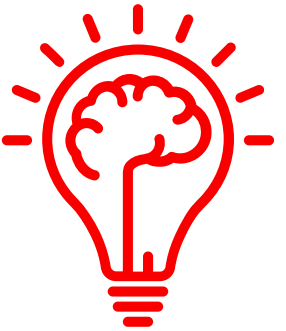
November 2 – The Day of Wonders

Every year on my birthday, I wake up with one question:
What special gift has life prepared for me today?

I remember turning 35 — I set a goal to collect 35 birthday wishes.
The day began with love from family, friends, and colleagues.
But by evening, I still hadn't reached my number.
So I stepped outside, walked through my neighborhood, and told strangers it was my birthday — just to hear a kind word, a smile, a simple "Happy Birthday."
Was it a little strange? ***Maybe.***
Was it unforgettable? ***Absolutely.***
Sometimes, to receive what we need most, we just have to ask — with courage, with joy, and a bit of childlike wonder.
What are you brave enough to ask for today?

November 3 — Mind-Blown

How my brain resisted change:



- I won't do it.
- I can't do it.
- I'd like to do it.
- How do I do it?
- I'll try to do it.
- I can do it.
- I will do it.
- I did it!

Every breakthrough starts with resistance.
Every transformation begins with doubt.
But step by step, thought by thought — the impossible becomes your new normal.
So… where are you on this path today?

November 4 – Reflections in Rain

The days are getting colder now.
The rain taps softly on the windows.
Leaves fall in golden silence, and time seems to slow.
I used to rush through seasons — chasing plans, places, people. But now, in these quiet, locked-down autumn days, I notice more. The smell of wet earth. The way the sky turns silver before dusk. The stillness of being home.

Sometimes, the world keeps us inside to remind us to go deeper within.
This season isn't about movement. It's about meaning.
About soft blankets, warm drinks, and honest thoughts.
About the beauty of letting go — just like the trees.
So today, I sit still, listen to the rain, and ask myself:
What am I ready to release… and what is quietly beginning to grow?

November 5 — Before You Travel: A Quick Checklist

Heading off on a trip?
Don't forget to take care of a few ***important things*** before you go:

- Make arrangements for your pets and houseplants.
- Inform your building concierge and neighbors, and leave emergency contact info.
- Top up your phone balance and check international roaming rates.
- Notify your bank about your travel dates and destination — it prevents card blocks due to "suspicious activity."
- Exchange some currency in advance.
- Make copies of your passport and save emergency bank contact numbers.
- Leave your family the details of your card and how to transfer money if needed.
- Write down your itinerary and hotel contacts, and share them with loved ones.
- Secure valuables and important documents in a safe or safety deposit box.
- Unplug all unnecessary electrical appliances.
- Pack a travel-size first aid kit.
- Take spare glasses or contact lenses if you use them.

And finally, ***double-check*** the essentials: passport, tickets, money, cards, guidebook, seasonal clothes, comfortable shoes, toiletries, electronics, and chargers.
A little preparation brings a lot more peace. Bon voyage!

November 6 — Did You Know?

Every industry has its secrets — and today, I'll share a few from the world of travel, as a certified tourism expert. I hope you'll find them helpful and worth a *"thank you"*.

- Tour operators update prices for package holidays several times a day.

- The cheapest days to book are usually Tuesday evening into Wednesday, and Saturday.
- Once physical travel agencies close for the day, online booking systems are managed by automated bots — not humans.
- The brand of your phone can actually affect the price shown for your package. (Yes, seriously — iPhones often see higher rates!)

So, how can you book a great-value vacation to your dream destination?

- Check prices on different days and times.
- Use incognito mode or compare prices across devices.
- Book online during off-peak hours.
- And most importantly — stay curious and informed.

Because smart travelers don't just wait for luck — they know how to find it.

November 7 — The Deserters' Market

Tbilisi, the capital of Georgia, is full of Eastern charm — and bustling markets. The city's main food market has a curious name: the Deserters' Market (also known as the Borjomi Market). Strange, isn't it?

According to historical sources, this market emerged during the civil war, when army deserters sold weapons, uniforms, and gear right on the spot.

Decades later, the deserters are long gone — but what remains is one of the most popular and vibrant food markets in the city.

Located near the central railway station, it attracts locals and tourists alike. And yes — you can buy just about everything here, especially the freshest produce grown and made by local farmers.

One visit, and your taste buds will thank you.

November 8 — What You Can and Can't Take on Board

Airport security checks can be stressful, but a little preparation helps a lot. Here's what you're allowed to bring in your carry-on:

Allowed:

Food: Solid snacks are fine. No liquids or gel-like foods.

Medications: Pills, drops, bandages, and hydrogen peroxide.

Electronics: Laptops, phones, tablets, cameras, chargers, even hairdryers.
Documents & Valuables: Always keep them with you.
Cosmetics: Dry items like powder, blush, mascara, and pencils.
Toiletries: Toothbrushes, wipes, combs (no sharp ends), non-acetone nail polish remover (under 100 ml).
Clothing: Bring a light sweater — it can get chilly in-flight.

Not allowed:
Sharp items like scissors or manicure sets.
Liquids over 100 ml — including sunscreen, shampoo, and lotions.

Pro tip: I once had to throw out embroidery scissors and a brand-new after-sun lotion at security… don't make my mistake!

November 9 — Meeting at the Airport

Is there always someone who picks you up when you arrive at the airport?
Let me tell you a story I once read online.
A woman once shared a story that really stayed with me:

I was flying home with a kind woman and her brother.
We met on the plane and chatted.
When we landed, they asked: *"Is someone picking you up?"*
I remembered my husband's words: *"Just take a taxi. Don't bargain."*
So I shook my head: *"No, no one."*

They kindly offered me a ride and warned me they'd soon need to turn off the main road. I didn't think much of it — until I stood alone on the side of a snowy highway, cars speeding past, and realized: he really didn't come.

I tried to wave down a car with frozen fingers, but after 10 minutes — nothing.
I layered up all my clothes and started walking.
Eventually, I found a bus stop, then a trolleybus, and finally caught a ride.
Three hours later, I made it home.
I dropped to the floor in the hallway, exhausted, still holding the cheese I brought back.
My husband, seated at his computer "saving the universe," called out:
"Oh, hey bunny. You made it?"
I lay there, arms spread, not ready to get up.

What am I doing with this man? I thought.
I already knew what he'd say:
"*You should have taken a taxi. I told you. Why make a fuss?"*
All logical. All reasonable.
But in my heart, something didn't feel right.

Months later, I watched a reality show about the Osbournes.
The mom was dragging the kids into the car to meet their dad at the airport.
They groaned, resisted, whined — *"Why do we always have to go?"*
And then, mocking her tone, they all repeated:
"Because we looooove him!"
And just like that, they went.

Since then, I've known the answer. You meet someone at the airport not because it's convenient — but **because you love them.**

I live in Warsaw and know very well how hard it can be for someone to get from either airport to their destination — especially if it's their first time in this big city.
Thank God, my husband and children always pick me up at the airport. **Always.**

November 10 — What the Soul Longs For

On those especially sunny autumn days, when golden light pours through my window, I find myself reaching for my paint-by-numbers set. You know the kind? I'm so grateful to whoever invented them — for giving amateur dreamers like me a doorway into creativity.

I don't know how to paint. But I love it deeply.
As I fill each space with color, I feel joy.
Joy in the stillness.
Joy in the beauty.
Joy in the quiet illusion that I'm creating something entirely my own.

In those moments, I'm building a world — my world.
And maybe that's what the soul truly longs for:
Not perfection, not mastery — just the **freedom to create.**

November 11 — What Lockdown Taught Us

Sometimes I think about what we, as humans, have actually learned through lockdown. There was a time when we could walk in the park, meet friends, hit the gym, or go out dancing — anytime, anywhere. But suddenly, the world shrank. One home. One space. One family.

And somehow, we adapted.
We learned to share space with kindness.
To wait our turn for the bathroom or kitchen.
To respect each other's silence.
To listen.
To live together — not just under one roof, but with more care.

Not everyone had this experience — but in my home, with my husband, my mother, and our three kids, it became a quiet kind of blessing.

Maybe the biggest lessons in life don't come from comfort — but from constraint.
There's always something worth learning.
Even in lockdown.

November 12 — Why Does God Allow This?

It's a question we often ask in moments of confusion or pain.

- When injustice strikes.
- When our freedoms are taken.
- When nothing around us feels right.

Like now…
Is it really fair to forbid people from walking outside?
To restrict movement so drastically?
Yes — I understand that governments are trying to slow the spread of disease. I understand the need. But it still hurts. It still feels wrong.
And in times like these, we begin to wonder:
Why does God allow this?

Maybe we won't get the full answer. But maybe… just maybe, the silence is an invitation. To journey inward. To travel in new ways — through books, through videos, through memories, through dreams.

The outside world may be paused — but the soul still knows how to roam.
So today, I let my imagination wander.
Because even in confinement, the heart is free.

November 13 — New Skills, New Courage

One day, a colleague told me,
"You should try going live. Not just writing posts — but speaking directly to your audience."
It struck a chord.
I've been on stage since I was a child. I've been a teacher for years. And still — the idea of going live made me hesitate. There's something vulnerable about speaking to a camera, knowing people are watching in real time.

But I've come to realize — just like any other skill, this too can be learned.

- How to speak with clarity.
- How to connect with an audience you cannot see.
- How to be heard, and more importantly — how to truly reach.

Every skill starts as something unfamiliar.
Then one day, it becomes a part of you.
So I'm not afraid of feeling unsure. I'm just getting started.
What new skill is calling to you right now?

November 14 — Let's Talk About Going Live

If you're growing your presence online, going live is one of the best things you can do. Whether it's Facebook, Instagram, or any other platform, live video helps people connect with the real you. And the best part? It's easier than it seems — especially when you're prepared.

Here's how to make your live broadcasts feel natural and impactful — without the stress.

First Impressions Matter
When you go live, people don't just hear what you say — they feel your vibe. So it's worth checking a few things beforehand:

- Your look – Keep it simple but tidy. A clean outfit, a bit of grooming, and you're good.
- Your background – Choose a spot that's clean and quiet. Hide any mess and set the mood.

- Your sound – Whether you're outside or inside, make sure people can hear you clearly. Let your family know you're going live so you're not interrupted.
- Your lighting – Good light = happy viewers. Natural daylight or a ring light works great!

What Should You Say?

Think of your live as a friendly chat. Here's an easy structure:

- Start with a warm hello – Let people know what you're talking about.
- Share your "why" – Why is this important to you?
- Get into the heart of your message – Be yourself, share from the heart.
- Talk to your viewers – Read comments, respond, say names. People love to feel seen.
- Wrap it up – Sum up your main thought and thank them for watching.

Bring Your Energy

Your energy is everything! Before going live, do something that puts you in a good mood — a favorite song, a short walk, a deep breath. That joy will shine through the screen. Speak clearly, smile sometimes, use natural gestures — and be human. People love real, not perfect.

How Long Should It Be?

- Quick tip or update? 1–5 minutes
- Sharing something meaningful? 10–20 minutes
- Doing a training or Q&A? 30–60 minutes
- More than that? Time for a full-on webinar!



Prep Like a Pro (Even If You're Not One)

- Jot down a few talking points.
- Do a quick lighting/sound check.
- Record a short test video and see how it looks.
- Then... just go for it! Mistakes happen — it's part of the charm.

Remember: You don't have to be perfect.
You just have to be you.
Live videos are a beautiful way to share your heart, your story, your message.
So smile, hit "Go Live," and let the magic happen.

November 15 — Online Growth

There's something powerful about *going live*. It's not just about visibility — though yes, it grows your reach. The algorithm notices. People tune in. Your name begins to echo in spaces it never reached before.

But more than that — live video gives your voice a heartbeat. It becomes a direct channel from soul to soul. It's where truth can land in real time. Where messages about love, nature, family, friendship, creativity, and the strength of the human spirit don't just sit on a page — they breathe.

I go live not because I want to be seen, but because I have something to say.
Because I cannot betray who I am or silence what I carry.
I was born to pass on light, knowledge, perspective — to speak what my heart knows is needed.

Online growth is not just a strategy. It's a ***sacred opportunity to serve.***
To remind others — and myself — what truly matters.

November 16 — The Golden Rules of Network Marketing

Let's talk about what really matters in today's online business world. If you want to thrive in network marketing, these aren't just tips — they're the rules to live by:

- Set a bold, ambitious goal.
- Stay driven and become a true expert.
- Work both online and offline — every connection counts.
- Don't fear cold contacts — they sharpen your edge.
- Master the art of presenting your business with confidence.
- Read. A lot. Every single day.
- Plan your day the night before and rise by 6:00 a.m.
- Host live sessions, train your team, write that book (or three).
- Start a blog, build your brand, and never let haters shake you.
- Audit your circle — surround yourself with energy, vision, and values.
- Focus on your VIPs — key people build empires.
- Take care of your body. Strong energy needs strong health.
- Keep learning. Stay in the flow. Evolve constantly.
- Position yourself as a thought leader.

Love the process of building your business. That's the real magic.
Network marketing isn't just about income — ***it's about impact.***
Stand tall. Show up. Be unforgettable.

November 17 — Haters

There's a new word echoing through the digital space: haters. It comes from "to hate," and it describes people who leave harsh, often unprovoked criticism online. But I keep wondering — what truly drives someone to post negativity? What emotion lives beneath the urge to attack or insult a stranger from behind a screen? Is it really hatred… or something deeper, more hidden?

As for me, I approach criticism with caution — even when I feel it might be deserved. I remember moments when I was deeply frustrated — with a taxi driver, or poor service at a checkout line. I was tempted to write a bad review. The words were almost typed. But then… I paused.
Something held me back.
Compassion.

Because sometimes mercy is greater than righteous anger.
Sometimes, the most powerful thing we can do is choose not to hit "send."
And maybe that's the kind of quiet strength the world needs more of.

November 18 — Why I Still Move

Lockdown again. Grey skies, long days, and the couch whispering my name. But I've learned something over these strange months — my body needs to move, even if my world has shrunk to four walls.

Not for the calories. Not for the perfect body. But for me — for my mind, for my mood, for that feeling of *"I did something good today."*

I roll out my yoga mat (well, actually — an old beach towel), press play on my favorite YouTube workout, and let the instructor's cheerful voice guide me. Some days I dance around the kitchen. Some days it's just a slow stretch near the window. But every time, I feel better. Lighter. Stronger. More like me.

Even a 10-minute workout is a little rebellion against gloom.
And honestly? It's become my quiet joy.

So, here's my reminder to future-me (and maybe to you too):
Keep moving, beautiful. For your heart, your smile, and your spark.

November 19 — Little Things That Matter

Lately, I've been thinking about the quiet ways we care for ourselves. Not the grand gestures — just the little habits that whisper, "I love you" to our bodies. One of those little habits? Taking my vitamins and minerals.

Not because it's trendy. Not because I'm aiming for perfection. But because my body does so much for me every single day — and I want to return the favor.

A glass of water, a capsule of sunshine (hello, Vitamin D!), some magnesium for calm, a boost of iron when I feel pale and tired… It's not magic. But it feels like a kind of self-respect.

I used to forget. Now I leave them by my tea mug, like tiny love notes to myself. I may not control the whole world. But I can choose to nourish this one little life I've been given. And that's ***more powerful than it sounds.***

November 20 — Nourishing From Within

Lately, with all the lockdowns and restrictions, I've realized how much our bodies depend on us. When movement is limited, and the world feels uncertain, one of the best gifts we can give ourselves is healthy food — real, nourishing, healing food.

I've also been reading more about the benefits of fasting. Even short periods without food can give the body time to reset, detox, and recharge. It's not about punishing ourselves — it's about listening to what we really need.
We can't always control what's happening outside.
But we can take care of our inside.
And that's where true health begins.

November 21 — The Gift of Fasting

I've fasted twice in my life — real fasting, just water for 5 full days.
The first time was during my studies at a Christian university.
It was more than physical; it was spiritual.

A group of us went to a quiet sanatorium on the city's edge. We prayed, we sang, we waited for God — and I still remember how deeply we felt His presence. It wasn't easy, but it was holy. It changed something in me.

The second time was more recent. I wanted to release some weight and reset. I lost 5 kg — but more importantly, I felt lightness in my soul again. Fasting, when done with intention, can be healing. Not just for the body, but for the spirit. It's amazing how stillness and simplicity can bring us closer to truth — and to ourselves.

November 22 — 4 Words That Might Change Everything

Today I stumbled upon something fascinating — four tiny words that might hold surprising power in both life and career. I never really thought about them this way before… but maybe I should start!

"Yet"

I don't understand it… *yet.*

Can you feel the shift? One small word turns a limitation into a possibility. Psychologists say that adding "yet" shows you're open, ambitious, and growing. I like that. I think I'll start using it more.

"You"

This one's funny. Apparently, when we say things like *"You've got this!"* to ourselves instead of *"I've got this,"* we actually perform better. Weird, right? But somehow, that little pep talk in second person feels stronger. Almost like coaching yourself from the outside.

"Together"

I love this one. People naturally give more energy when they're working with someone. It's not just about collaboration — it's about shared joy, shared purpose. *"Let's do this together"* has a whole different magic than *"I'll do it alone."*

"No"

This might be the hardest… but maybe the most important. Saying *"no"* to the wrong things makes space for the right ones. Even billionaires like Warren Buffett swear by it. The trick? Say it kindly — and when you can, offer a better alternative.

So simple. And somehow... powerful.

Funny how language shapes not just our speech, but our story.

Maybe these four words will help me tell mine just a little better.

November 23 – Nighttime Rituals That Nourish

Each evening, just before sleep, I spend a few quiet moments in meditation — or, if you prefer, in heartfelt prayer. It's a time to clear the noise of the day and reconnect with what matters most.

I thank my God, I thank the heavens… for my children, my parents, my family, my life. ***Gratitude always brings peace.*** And in that stillness, something beautiful often happens — a new idea is born. A spark. A quiet answer. A glimpse of opportunity. A new poem, at last...

This simple ritual centers me. It grounds me.
It reminds me who I am and what I'm here for.
Success begins in the heart — and a thankful heart is always open to more.

November 24 — This Moment Is Your Life

All we truly have is this moment. Not yesterday. Not someday. Just now. And your greatest strength — your quiet heroism — lives right here, in the present.

Life doesn't pause while we overthink or delay. So don't postpone your joy. Listen to your heart. Feel your secret dreams. Travel. Taste something new. Read a book you wouldn't normally choose. Write your own story. Take photos of your everyday — the light on your street, the smile of a stranger.

These little steps, these small delights, they are not distractions.
They are life itself. Let them bring you joy.

November 25 — Before We Become Dust



Sometimes I pause and imagine my last years on Earth.
Hopefully far in the future, when I'm 80 or 90.
What will I feel then?
Will I be happy? Will I be wise?
What will I wish I had done more of — or less of?

I often remember the words of elderly people I've spoken with. Many say, "I still feel 35 inside," even as their bodies grow tired. That stays with me. Time flies faster than we ever expect.

The truth is hard, but simple: in 100 years, we will all be dust. That's not tragic — it's motivating. It means now is the time. To live. To laugh. To love with our whole heart. To create. To forgive. To be fully alive — in body, soul, and mind. Let's not waste this precious moment.

November 26 – Before I'm 90...

If I live to be 90, I want to look back with warmth and wonder. So here's what I hope to do before then — not for achievement, but for fulfillment.
For life itself. ***Before I'm 90...***

- I want to write more books from my heart. Not for praise, but to leave a part of me in the world.
- I want to see more countries, smell new spices, and watch sunsets in unfamiliar places.
- I want to walk barefoot in the sand and laugh until I cry.
- I want to take more photos, not for social media, but for my future self to remember.
- I want to sit by the sea and listen to waves — in peace, not in a rush.
- I want to spend quiet time with the people I love. Really love. Without distractions.
- I want to keep learning — languages, history, human stories.
- I want to give — to teach, to guide, to help someone believe in themselves again.
- I want to grow spiritually — to live in deep connection with God, and with myself.

If I can do even half of this, I'll be grateful.
What would you put ***on your list?***

November 27 — Why I Choose to Forgive

Sometimes I ask myself: why is forgiveness so important? And the answer always comes back clear — because when I don't forgive, it's me who suffers most.

Bitterness is like carrying fire inside your heart. It burns only you. It poisons your thoughts, your energy, your joy. In a heart filled with resentment, there is no room for healing, love, or growth. Nothing kind can bloom there.

And truly — in a hundred years, all of us will be gone. Every grudge, every insult, every betrayal... dust. Forgotten. So why give them power today? Why waste our precious time and soul on what will never last?

Forgiveness is not about excusing wrong. It's about freeing yourself. It's a decision to stop carrying pain that doesn't belong to your future. It's how we clean the window of the heart — so that light can come in again.

And I want light. I want peace. I want to live unburdened.
So I choose to forgive. For me. For the life I still have to live.

November 28 – Heart Habits

Lately, I've been learning that emotional healing doesn't come all at once.
It comes in little heart habits... quiet choices... soft whispers to myself like:
"You're safe now."

It comes when I pause before reacting.
When I forgive, even if they never say sorry.
When I choose rest over pressure.
When I let myself cry — or laugh — without guilt.

Healing is not just a moment. It's a ***daily practice.***
So I'm learning to listen to my heart a little more each day — to hold it gently... to stop silencing its needs.

Because peace isn't just a destination.
It's a habit. One kind thought at a time.

November 29 — Tending to My Inner Garden

Today I thought about what it really means to be emotionally well. Not just smiling or staying positive — but truly feeling whole on the inside.

Emotional wellness, to me, is allowing myself to feel what I feel — without apology. It's being kind to myself when I'm tired, or anxious, or low. It's choosing rest instead of pressure. It's giving myself the grace to pause and breathe.
I'm learning that emotional strength isn't about "toughening up."

It's about being soft and strong at the same time. Setting boundaries. Journaling instead of bottling things up. Reaching out instead of retreating.

My heart deserves peace. And every little habit — like meditation, gratitude, or a quiet moment with a small cup of coffee — helps me water the garden within. I want to keep showing up for myself in this way.
One day at a time.

November 30 — Breaths Between the Chaos

Morning Check-In: How do I feel today? What do I need?
Journaling Space: One honest thought. One hope.
Slow Moment Ritual: A warm drink. A breath. A pause.
Gratitude Practice: Name 3 things you're thankful for.
Meditation or Prayer: Just 5 minutes of stillness.
Reach Out: Send a kind word to someone you care about.
Healthy Boundary: Say no to one thing that drains you.
Outside Time: Step into fresh air and notice beauty.
Soothing Soundtrack: Play music that nourishes your spirit.
Let Go Gently: Release one worry you cannot control today.

December 1 — Almost Winter

Just one day left until winter begins. Outside, the world feels heavy — more news of the pandemic, wars, and endless crises. It's easy to feel overwhelmed.
But somewhere inside, I hold a small light of hope.

Winter holidays are on the horizon — with their warmth, soft lights, and moments of stillness. They remind me that even in dark times, joy can return. Comfort can visit. And we keep going, together, step by step, with peaceful breaths.

December 2 — Winter Silence

Winter arrives not with noise, but with hush.
The world wraps itself in white and gray, and suddenly, everything feels slower, gentler, quieter. Streets empty, trees stand bare, and even the sky seems to whisper instead of speak.
In this stillness, we're invited to rest.

To breathe.
To turn inward — not in isolation, but in peace.

While the world outside sleeps, something within us begins to stir:
a new idea, a quiet dream, a deeper kind of strength.
We may not be blooming now, but we're becoming.
And like the earth beneath the frost, we're not frozen — we're preparing.

So let this season remind you:
Rest is not the end. It's part of the becoming.

December 3 — Soul Check-In

As nature quiets down and prepares for winter rest, it doesn't mean your spirit should fall asleep too.
This isn't the time to bury your dreams — it's the ***time to review*** them.
Maybe this is the season for a soul check-in. Not to close the project, but to realign the path.
Ask yourself the questions that matter:
What have I achieved? What still lies ahead? What needs adjusting? What can I release — and what should I add?
This is course correction.
And in the stillness, you can finally hear your soul speak clearly.

December 4 — Silent Conversations

There's something sacred about silence.
Most mornings, I slip on my headphones, play soft, calming music, and let the world fade away. I don't rush. I don't speak. I just breathe.

Meditation, for me, isn't just about stillness — it's about listening.
To my own thoughts. To the voice of God.

To the quiet truths that only come when everything else grows quiet.
Sometimes I talk to Him — not with grand prayers, but with the simple words of my heart. And in that space, I start to hear myself more clearly, too. It's like sorting through a tangled thread — gently, patiently — until clarity returns.
My soul feels lighter. Calmer. Seen.
And that's the kind of peace I want to carry into the rest of my day.

December 5 — Made for Me

One day, during a quiet moment of prayer, I found myself speaking to God — not with words, but with my heart.

Eyes closed, the world disappeared. And then… something sacred happened.
I saw an endless black sky, filled with stars — millions of them, scattered like diamonds across the night.

Behind me, though I couldn't turn, I felt a calm, powerful presence.
I knew it was the Lord. Dressed in white. Gentle, still, and close.
And He whispered something I'll never forget:
"I have created all of this for you."

Tears welled in my eyes.
Because in that moment, I believed Him.
This whole universe — the beauty, the wonder, the potential — it's not just out there for others. It's for me.
And it's for you.

There is enough in this world for each of us to be fulfilled.
To succeed. To love deeply and live meaningfully.

We just need to believe it — and walk forward with open hearts, knowing Heaven is cheering us on.

December 6 — What If…

Sometimes I wonder… What if my life had been different?

- What if I had been born into another family, in another city — not in that little village surrounded by fields and quiet skies?
- What if I hadn't spent so many hours reading in childhood, dreaming through stories?
- What if I hadn't tasted both the sweetness of success and the sting of failure in my early yearsWho would I be now?
- Would my heart be the same?
- Would I still be me?

Perhaps we'll never know. Maybe some parts of destiny are written in the stars — and maybe some, we write ourselves.

But this I know: I am grateful. For all that I had. For all that I have.
And even for the "what ifs" — because they remind me just how far I've come.

December 7 — So Many Passions… One Me

My coach says: *"Focus. One goal. One path."*
And I understand. Truly. If you want to succeed deeply, you must give something your full heart.

But… what if your heart is wide?
What if your soul sings in many languages?
Since I was thirteen, I've written poems. I'm a teacher of math. I adore learning foreign languages. I'm drawn to faith, spirit, and deep questions about life. I'm curious about building wealth and leaving a legacy.

How can I cut away pieces of myself to fit into just one box?
Maybe the answer isn't rejection, but integration.
Maybe I am here to create my own unique path — one that weaves all my gifts into something beautiful and whole.

I don't have to be *less.*
I just have to be **true.**
And that… is enough.



December 8 — What Mark Twain Missed

Today I read about one of Mark Twain's biggest mistakes… and it really made me think. He once turned down the chance to invest in Alexander Bell's invention — the telephone. He called it nonsense. Years later, that ***"nonsense"*** made Bell and his partners millionaires… while Twain was touring to pay off debts.
It reminded me: ***opportunities don't always look obvious.***
Sometimes they wear strange clothes.
I don't want to miss mine — not out of doubt, fear, or habit.
That's why I'm learning. About investments. About passive income.
To be ready. To choose boldly. To say yes when it counts.

December 9 — Don't Miss What Could Be Perfect

Sometimes I think of how Mark Twain missed a fortune simply because he couldn't see the value of a new idea. He said no to investing in the telephone — something that changed the world.

That story isn't just about business. It's about life.
We shouldn't reject something just because we don't understand it. Whether it's a new idea, opportunity, technology, or even a person — we have to give it a chance. We need to stay open, stay curious, and stay willing to learn.

If you always shut your eyes to what's unfamiliar, you might miss something that could have changed everything.

I don't want to miss my moment. That's why I'm learning. Growing. Exploring. Because *something perfect* might be right in front of me — just waiting to be seen.

December 10 — Brave in My Own Way

Today I didn't roar. I didn't charge ahead or break records.
But still… I was ***brave.***
I answered the messages I had been avoiding.
I showed up to something even though I felt unsure. I let someone see me — not just my smile, but my questions, my humanness. That's courage too.

There's a kind of bravery that doesn't get applause. It's quiet. It hides behind steady breaths and trembling hands. It shows up in choosing to try again, even when you're tired. In saying *"I need help"* or *"I don't know"* or *"I'm not okay."*

That's the kind of bravery I had today.
No spotlight. No fanfare.
Just me, choosing not to give up on myself.
And I'm proud of that.

December 11 — Nighttime Memories

Sometimes, especially before sleep, old memories return.
Faces I'd rather not see again. Words I wish I hadn't said.
Situations I wish I could erase.

I didn't want to meet some of those people. I didn't want to make those mistakes. But I did. And they happened.

Guilt is a heavy companion. It lingers. It whispers. It traps. And each time, I find myself quietly repeating, "I love You, Lord… please forgive me."

And then I remember — He already has.
He forgave me long ago. It's me who needs to forgive myself.

The hardest part of healing is accepting that the past can't be undone. But maybe… it can be transformed. Into wisdom. Into compassion. Into grace.
And tonight, I choose that grace.

December 12 — Letting Go of the Past

Some things I carry… no longer serve me.
Old guilt. Unspoken words. The need to rewrite what's already done.
Today, I loosened my grip. Not because it was easy — but because I'm learning that peace is worth more than perfection.

I whispered to myself, *"It's okay to move forward. You don't have to carry this forever."*
And in that small moment, I felt something shift.
A little lighter. A little freer.
Still healing, but healing nonetheless.

December 13 — The Genius Within

Somewhere deep inside me lives a quiet genius —
The part of me that dreams boldly, solves problems in surprising ways, and finds beauty in places others might pass by.
Today, I choose to give that part of me some space to breathe.
No blame for past missteps. No shame for delays or detours.

Instead, I offer ***honor*** — for what I can do, will do, and was born to create.
There's a spark in me placed by the Creator Himself.
And it's not too late. Not too small. Not too broken.
Today I light a gentle fire within…
And I whisper to myself:
"*There is genius in you. Trust it. Follow it. Let it grow.*"

December 14 — Power of Small Creations

Today I reminded myself: I don't need to move mountains to matter.
Even the smallest acts of creation carry power.
When I write a poem — especially in those sacred moments when a line flows just right — I feel something awaken in me. Fulfillment. Quiet joy. A spark of something divine. Rearranging a space, adding beauty, or simply saying something kind — it all counts. These are small ripples in the world, but they come from a deep place within me.

And when I create, I feel closest to the Source… to the Almighty Creator.
Like a tiny reflection of that same magnificent force.
That's a holy kind of happiness.

And to anyone reading this: you have a well of creativity inside you too.
It may be quiet. It may come in whispers. But it's there.
You don't need to be perfect, or famous, or recognized — you just need to begin.
Write something. Plant something. Sing. Draw. Rearrange. Speak from your heart.
Your small creations are ***not small at all.***
They are how light gets in.
And how love gets shared.
So even on ordinary days, ***keep creating.***
One word, one breath, one poem at a time.

December 15 – You're Not Too Late

Sometimes I wonder… what if I'm too old to start something new? Too late to become a wealthy woman, a famous poetess, a world-traveling storyteller? Too late to live with deep joy, to be a proud mother, a grateful daughter, a fulfilled soul?

But then I breathe and remember:
The world keeps changing — and ***so can I.***

Just because I haven't done it yet doesn't mean I've missed my chance.
Time may have passed, but my dreams are still valid. My gifts are still alive.
And most importantly — my story is still being written. I'm holding the pen.

There's no expiration date on purpose.
Some of the greatest creators, thinkers, and leaders began their brightest work later in life. Every day you wake up is a second chance to begin again.
Keep going.
You are not behind — you are becoming.

December 16 — Creators Who Bloomed Later in Life

Here are some truly inspiring creators, thinkers, and doers who remind us that greatness isn't tied to age — it's tied to courage, purpose, and persistence:

Grandma Moses (Anna Mary Robertson Moses) – Began painting in her *late 70s* after retiring from farm work. Became one of America's most beloved folk artists in her 80s.
Laura Ingalls Wilder – Published her first "Little House" book at age *65,* launching one of the most famous children's book series in history.
Colonel Harland Sanders – Founded KFC (Kentucky Fried Chicken) at *65* after failing at multiple careers. He turned his fried chicken recipe into a global brand.
Louise Hay – Started Hay House publishing and became a world-famous self-help author in her *50s,* after a life of hardship and trauma.
Toni Morrison – Published her first novel at age *39,* and won the Nobel Prize in Literature at *62*. She didn't even consider herself a writer until her late 30s.
Julia Child – Learned to cook in her late *30s* and published her first cookbook at 49. Became a TV star and beloved chef in her *50s.*
Vera Wang – Became a famous fashion designer only *after 40,* after working in journalism and figure skating earlier in life.
Ray Kroc – Bought McDonald's in his *50s* and turned it into a global empire — redefining the fast-food industry.
Elizabeth Gilbert – Though she'd been writing for years, her book Eat, Pray, Love made her world-famous at *38* and changed the conversation about self-discovery.

Moral of the story?
It's never too late to create something beautiful, powerful, or meaningful.
Your second act might just be your most brilliant.

Every day is a fresh page.
You choose what story you write.

December 17 — Dreaming of the Sky

I've been thinking...
I would love to learn how to fly — a plane or maybe even a helicopter.
A few years ago, in my forties, I learned how to drive a car and got my license.
I did it out of necessity... but to my surprise, it turned out to be pure joy.
Since then, I've driven thousands of kilometers across ten countries.

But now the sky is calling me.
There's something about flying that stirs my soul.
The freedom, the height, the perspective.
If only I could find a place to learn — I truly believe it's never too late to gain new skills, to reach for new heights, to chase bold dreams.
My feet are still on the ground, but my heart is already in the clouds.

December 18 — A Mother's Quiet Heart

How do you live without fear... for your children? Especially when they are already grown and living their own lives. Sometimes I don't even know how their day went — what hurt them, what gave them strength or confidence. What they're thinking. What choices they're making. Whether they're truly happy.

When we let them go from the nest, all we can do is pray that their life will be full of meaning, love, and dignity. We ask God to protect them, to guide their steps, to give them wisdom. Whatever we've managed to plant in their hearts and minds — that's what they now carry. The rest... is in God's hands.

Sometimes I wonder — did I teach them enough? Did I give enough? Was I patient enough? But deep down, I know this: my daughter and my two sons always give me quiet reasons to be proud. Not loudly, not with fanfare — but in the small, steady ways that matter most.

A mother's heart is just like that… infinite, bottomless.
Always loving. Always hoping.

Dear God, thank You for the gift of my children. Please guide them, protect them, and fill their lives with peace, purpose, and joy. When I cannot be near, let my love still reach them. And help me rest in the faith that You are always near.

December 19 — My Voice Matters

Even if I tremble, I still want to speak.
For years, I've hidden some parts of myself — holding back what I truly thought or felt, afraid of judgment or being misunderstood. But lately, I've started to realize something simple but powerful: my voice is mine for a reason.

Even if it shakes, even if I don't have all the perfect words — what I carry inside deserves air, deserves space, deserves light.

When I speak my truth gently and honestly, I'm honoring my journey. I'm allowing others to see the real me — not the polished version, but the meaningful one. It's not always easy to trust my voice… but it's getting easier with every whisper of courage. I'm learning that using my voice doesn't mean shouting. Sometimes, it just means choosing not to stay silent when my heart has something to say.

December 20 — The Beauty of Beginning Again

I've started over more than once in life. Each time, I feared I might break. Each time, I didn't. Instead, I became softer. Stronger. Wiser.
And now — I'm ***starting something new again.***

You may not know this, but I've been writing since I was 13. Poetry, thoughts, pages full of emotion. But for a long time, I was afraid to write a book. I told myself it had to be perfect… and that I wasn't ready.

But here I am, writing anyway. Imperfectly. Bravely. And with every page, I feel my soul taking flight. This book — and the ones that may follow — are not just words. They are pieces of me, shared with honesty and love.

So today I remind myself — and maybe you too — it's always okay to begin again. The start is never too small, and ***it's never too late.***

December 21 — The Gift of Presence

You can't control the future — and the past is already behind you.
But this moment is yours.
Right now, you have the power to pause and be fully here.

To notice the way the light touches the trees.
To feel the steady rhythm of your breath.
To find peace in the smallest, simplest things.

The present is a gift — one that gently reminds you: you are alive, and this moment matters. So let yourself slow down, soften, and truly live now.
And say gently to your soul: *"Today, I return to the present. I honor the beauty of now."*

December 22 — You Can Make Beautiful Things

Some days, I forget how much creative power lives in my hands.
But it's true — beauty doesn't have to be big or famous to be meaningful.
A kind note. A shared meal. A photo that catches the light just right. A poem that carries a piece of your soul. These are beautiful things — and you can make them.

You're not here just to consume the world.
You're here to shape it.
To create tenderness in the noise.
To leave something behind that whispers, *"I was here, and I loved."*
Never underestimate what your heart can build.

December 23 — No One Can Take Your Light

Life brings storms.
Sometimes, people misunderstand you.
Sometimes, the road is heavy and uncertain.
But even in the darkest season — your light still lives inside you.
No one can take your light. ***It's yours.***
Born of love, of hope, of every brave moment you've walked through.

So protect it. Speak gently to yourself.
Do the things that bring you back to your center.
And when you're ready — let it shine again.
Not for perfection. Just for truth. Just for you.

December 24 — Keep Tending to Your Dreams

Not all progress is loud.
Sometimes the most meaningful growth happens in silence — in the small acts of care, in the unseen hours of trying, hoping, returning again.
Some dreams take time. They ask for your patience.
They stretch you gently. And they bloom in their own beautiful season.
Even when you feel like you're standing still, you are not.
The seeds you've planted are taking root. The vision you carry is finding form.
So ***don't give up.***
Write the next page. Send the next message.
Practice one more time. Even the quiet steps count.
Your dream is listening. And it's growing — right alongside you.

December 25 — This Time Next Year...

If I could finish the sentence, *"This time next year I want to be..."*, what would I say?
I think I'd whisper something brave something that makes my heart beat faster.

This time next year…

- I want to be stronger, more ***centered,*** living fully in my purpose.
- I want to be bold enough to follow the dreams I've put on hold.
- I want to be a better learner, a kinder human, a clearer soul.
- I want to stop hiding behind "someday" and just begin — right now.

Excuses may feel safe, but they've never built a life worth remembering.
So I'm choosing today to step up — with faith, with focus, with fire in my spirit.
Because deep down, I know:
There is **genius in me.**
And I'm finally ready to let it lead.

December 26 — My Vision Board: Becoming Her

Today, I'm carving out space in my mind — and my heart — for the woman I'm becoming. My vision board isn't just about things I want. It's about the energy I want to live in. The values I want to embody. The legacy I want to shape.

Here's what I see on my board:

- A Passport & Suitcase – to remind me to explore, grow, and live boldly.
- A Book with My Name on the Cover – my voice matters, and I will share it.
- Sunlight in a Quiet Room – for peace, presence, and creative flow.
- Happy Faces of Family & Friends – I want to give them more love than ever.
- A Mirror with the Word "Confidence" – I'll walk like I believe in myself.
- A Bank Notification Saying "Deposit Received" – financial ease is coming.
- A Quote That Reads: "She remembered who she was… and the game changed."

This board isn't just a wish. It's a direction. A commitment. A quiet promise to keep becoming — with intention, courage, and grace.

December 27 — The Road Home

There's more than one way to get home from work — and just the same, there are many roads to a better life.
A life that feels like home.
The life you were meant to live.
There isn't only one path.
There isn't only one calling.

You might have several gifts — several purposes.
Each one can lead you closer to your true self.
Along the way, you'll meet many kindred souls.
Each will bring you a lesson, a reflection, a nudge toward growth.
All of them together?
They help you rise above the version of yourself you once were —
until you become the person you were always meant to be.
The meaning of your existence is to make it home.

Home to the long-forgotten feeling of wild love, radiance, and fearlessness.
The path you choose s up to you.

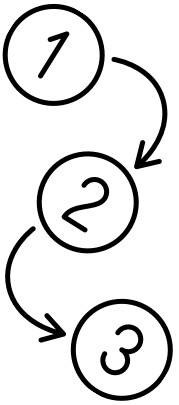
Some roads will be winding, some smooth like a fast train gliding under a clear sky. It doesn't matter how long it takes — what matters is that you keep walking.

Because here's the truth:
You are the co-author of your own life.
Every fleeting choice, every quiet decision shapes the script of your journey.
So choose with heart.
Choose with vision.
And take the road that feels like home.

December 28 — It's Coming Closer

A new year is on its way.
As always, we place fresh hopes on it — hopes that this will be the year things finally change. We promise ourselves to lose weight, to start working out, to learn something new, to pay off debts, to reach success… And we believe.

But belief alone is never enough.
It takes real action.



Dreams need structure.
They need a plan and the means to make them happen.

- Want to get into shape?

Look up nearby fitness clubs.
Check the rates. See the schedule. Choose a coach.
Make it real.

- Want to grow your skills?

Research learning platforms.
Find out the cost. Ask yourself — why do I need this?

- Ready to break free financially?

Speak to someone about investments.
Learn how to build passive income.
Don't just wish for abundance — learn how to build it.

Dreams become reality when you treat them like goals.
And goals become achievements when you have a plan.

So go ahead. Plan. Act. Become.
The new year is approaching. Let it meet you ready.

December 29 — Goals for the New Year

We've all seen those "200-point wish lists" taught by coaches, bloggers, or online psychologists. And let's be honest — those who wanted to master that art, already have. So now, let's keep it real. Just add heart.

Here are a few things that truly matter:

- Stop blaming yourself for past failures and mistakes.
- Move your body. Take your vitamins. Care for yourself daily.
- Break harmful habits. Build healthy ones — one choice at a time.
- Publish a book that will make the world a little better.
- Keep reading. Keep learning. Never stop growing.
- Choose joy. Every day. Even in the small things.
- Invest more. Waste less. Let your money serve your dreams.
- Travel more. See the world. Let it teach and inspire you.
- Love your people—truly, deeply, often.

Have you made your list yet? Then may your plans take flight.
And may the coming year be the one where dreams become your life.

December 30 — Seven Lessons from 2020

2020 was, without a doubt, the most unpredictable year of our lives.
A year that tested us — deeply, painfully, thoroughly.
And only the strongest made it through with clarity and purpose.

Before stepping into a new year, it's worth pausing to reflect.
To start 2021 fresh — mind calm, spirit grounded, heart ready.

Here are my seven personal lessons:

- Like most people, I wasn't prepared for the next big global crisis. It caught me off guard.
- Enrolling in online marketing courses in March turned out to be a life-saver. It redirected my anxious mind toward learning and growth.
- We get through hard times not by resistance, but by flexibility. I adapted. I learned to teach and consult online.
- I discovered that the online world opens up countless new possibilities — once you're willing to dive in and learn how it all works.

- I'm deeply grateful that by the time the global crisis began, my family and relationships were already strong. That emotional foundation made all the difference when physical space was limited.
- Once again, I realized: our choices always shape our future. There are decisions I wish I'd made differently before the pandemic… but hindsight, as always, arrives late.
- And most importantly, this year sparked a transformation in my consciousness. I became clear about what I truly want in life — and, more importantly, how to make it real in this new world.

What about you?
What did 2020 teach you?

December 31 — Another New Year at the Door

Once again, we stand at the threshold.
Tonight, the last breath of 2020 meets the first heartbeat of 2021 —
a quiet exchange at midnight,
as the law of time flows on, uninterrupted.
But imagine, just for a moment... what if time were to stop?

What if we were frozen in space, like a honeybee trapped in amber?
And with us, everything would stop, too —

- ***our dreams and accomplishments,***
- ***our fears and doubts,***
- ***our kindness... and our unforgiveness.***

The words we never said.
The feelings we never shared.
Imagine that.
Then hurry — do what matters most, before the clock strikes twelve.
Do it from the heart.
Let it be kindness. Let it be love. Let it be mercy.
Hug your family. Kiss your children. Forgive your enemies.
And thank God—for life itself.

Happy New Year, my friends.
May joy find you. May peace guide you.
And may your heart always remember what truly matters.

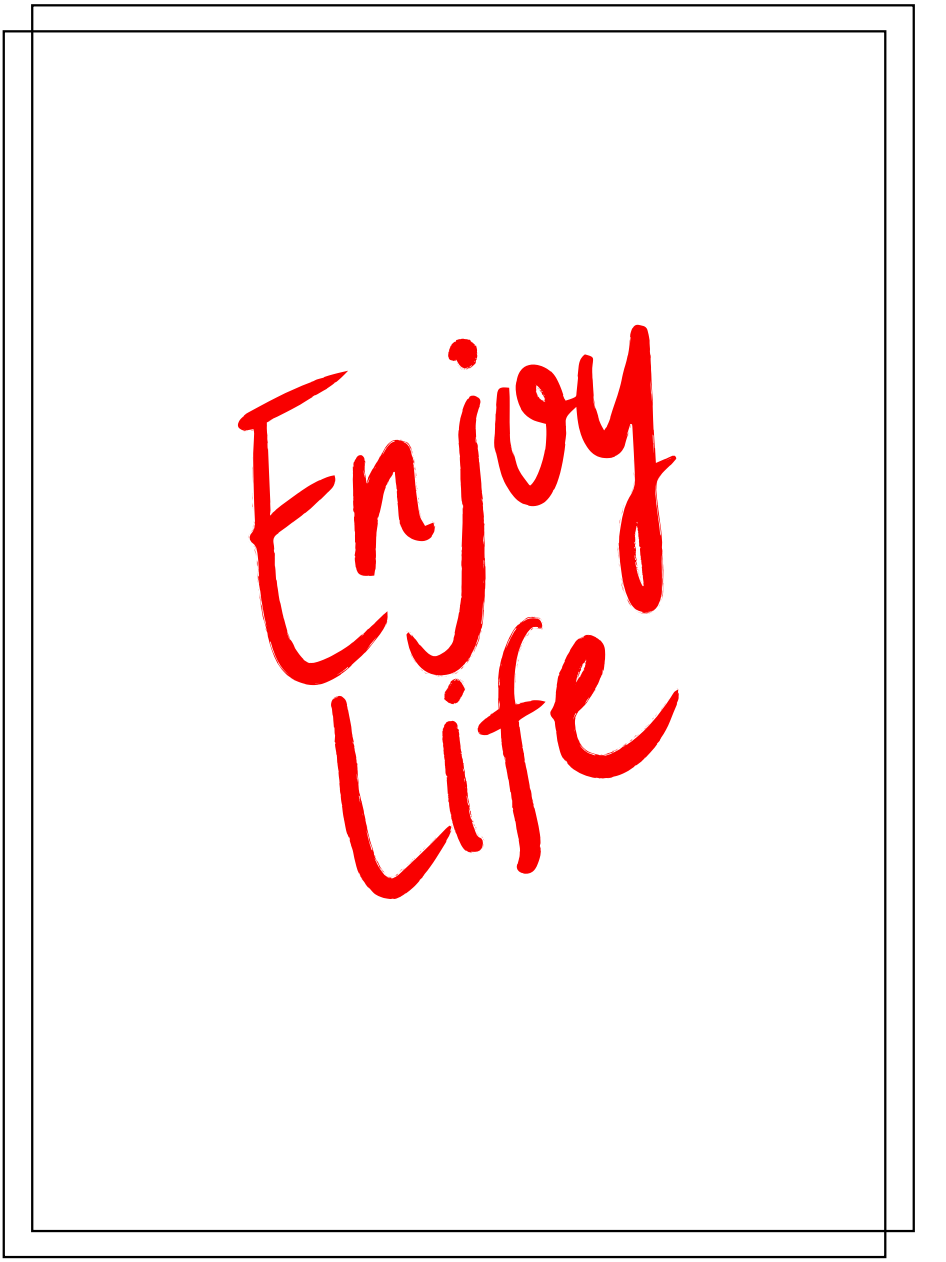

Enjoy
Life

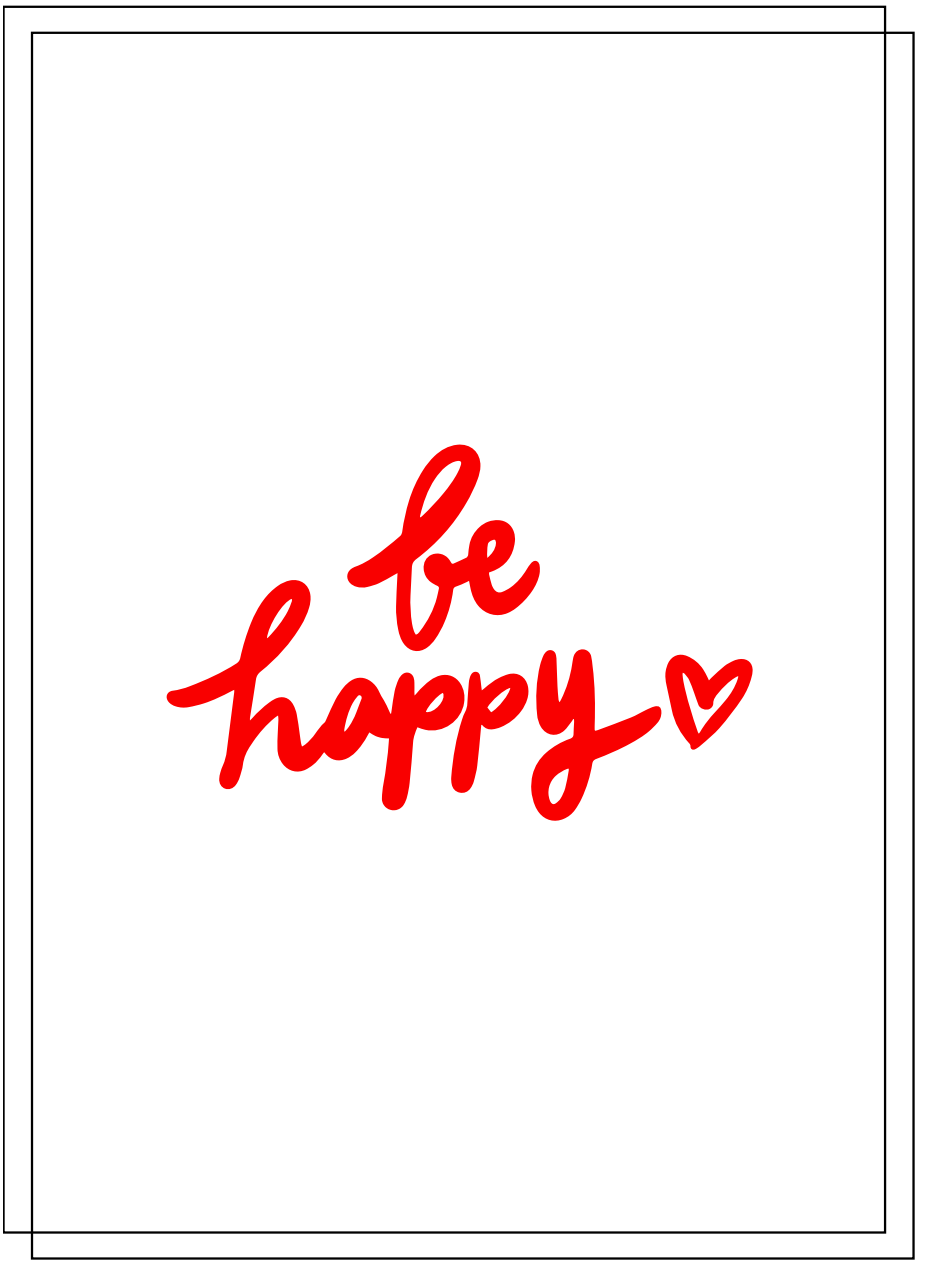
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78 Apr.22—Amsterdam
79 Apr.23—My Seas and Oceans
80 Apr.24—The Dead Sea
81 Apr.25—Discovering a New World
81 Apr.26—The Long Road
82 Apr.27—Low-Cost, High-Value
82 Apr.28—Do You Love To Travel?
83 Apr.29—Freedom
83 Apr.30—Remote Work
84 May 1—Self-Discipline
85 May 2—Your Personal Brand Is You
85 May 3—The People I'm Looking For
86 May 4—Humor as a Mirror
87 May 5—A Team Like the Swan, the Crab, and the Pike
88 May 6—Teamwork That Works
89 May 7—Why Webinars Work
89 May 8—How Do Webinars Work?
89 May 9—How to Influence People
90 May 10—Be the Reason
90 May 11—Core Principles of Online Influence
91 May 12—Persuading Through Text
92 May 13—What to Write About
93 May 14—Text Check Because Every Word Matters
93 May 15—Lead Magnet
94 May 16—Target Audience
95 May 17—Customer Trust
96 May 18—How Recommendations Work
96 May 19—The Hitch Method
97 May 20—Be a Bit Like Hitch
97 May 21—How Interesting Are You?
98 May 22—Shame
98 May 23—What Types of Networks Exist
99 May 24—What Network Marketing Really Is
100 May 25—Network Marketing Is Not a Pyramid Scheme
101 May 26—Why You Shouldn't Argue With Objections
102 May 27—Personal Qualities of a Network Marketer
103 May 28—Signs of Financial Pyramids
104 May 29—Types of Network Marketing Models
105 May 30—The Global MLM Industry
106 May 31—What's a Referral Program?
107 Jun.1—Who Is a Sponsor in MLM?
107 Jun.2—The Numbers Behind the MLM Business
108 Jun.3—Does Network Marketing Annoy You?
109 Jun.4—Five Must-Read Books for Every Network Marketer
110 Jun.5—What Every Network Marketer Really Wants
111 Jun.6—Network Marketing Isn't for Everyone
112 Jun.7—To Invest or Not to Invest
113 Jun.8—My Ideal Client
113 Jun.9—The Pareto Principle
114 Jun.10—Do Martians Need Advertising?
115 Jun.11—Effective Advertising
115 Jun.12—Two Free Ways to Promote Online
116 Jun.13—Hashtags: What Are They
117 Jun.14—From Point A to Point B
118 Jun.15—Motivation Is Like Breathing
118 Jun.16—Ten Minutes a Day
119 Jun.17—Resource Map
119 Jun.18—How Real Are Your Dreams
120 Jun.19—Postponing For Later
121 Jun.20—The Couch Traveler
122 Jun.21—Books About Travel
123 Jun.22—On Traveling
123 Jun.23—What I See
124 Jun.24—Your Brain's Autopilot
124 Jun.25—A Vaccine For The Poverty Virus
126 Jun.26—How To Recognize Mindset Viruses
127 Jun.27—Your Financial Archetype
128 Jun.28—Your Financial Thermostat
129 Jun.29—An Interesting Exercise
129 Jun.30—Burning The Bridges
130 Jul.1—The Bandura Curve
131 Jul.2—A Day of Knowledge
132 Jul.3—A New Chance
132 Jul.4—The Awareness Mode
133 Jul.5—Freedom and Love
133 Jul.6—Morning Questions That Matter
134 Jul.7—Your Goal Determines Your Path
134 Jul.8—Everyone Has Their Own Purpose
135 Jul.9—Reflections on Being Useful
135 Jul.10—Doing What You Love
136 Jul.11—How Rich Are You, Really?
137 Jul.12—Don't Miss Your Chance
137 Jul.13—Fish Seek Depth, People Seek Better
139 Jul.14—How Much Money Do you Spend Away?
140 Jul.15—Your Financial Freedom
140 Jul.16—Financial Freedom Isn't a Myth
141 Jul.17—Investing In Simple Words
142 Jul.18—The Fear of Losing Money
142 Jul.19—Do You Have a Plan?
143 Jul.20—Levels of Financial Goals
144 Jul.21—Active VS Passive Income
145 Jul.22—An Investment In Your Future
146 Jul.23—Drowning In Debt
147 Jul.24—Common Financial Mistakes
148 Jul.25—What Millionaries Read
149 Jul.26—What Kiyosaki Said
150 Jul.27—What Successful People Read

151 *Jul.28—Your Bucket List*
152 *Jul.29—Why Creators Need Passive Income*
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153 *Jul.31—What Happens If You Save Money for 10 Years*
154 *Aug.1—Compound Interest: The Eighth Wonder of The World*
155 *Aug.2—Let's Do The Math*
156 *Aug.3—Proverbs About Money*
157 *Aug.4—Online Games*
157 *Aug.5—The Big Mistake*
158 *Aug.6—Financial Games Online*
158 *Aug.7—Saint-Exupéry*
159 *Aug.8—Awaken Your Inner Genius*
159 *Aug.9—How to Develop Your Talents*
160 *Aug.10—Believe It: You Are a Genius*
160 *Aug.11—The Savant Syndrome*
160 *Aug.12—Ahead of His Time*
161 *Aug.13—Faithful To The End*
161 *Aug.14—A Wonderful World*
162 *Aug.15—Decorating City Walls*
162 *Aug.16—Note Paper*
162 *Aug.17—Music As The Creator's Language*
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163 *Aug.19—What To Do on a Rainy Day*
164 *Aug.20—You're Not Interested*
164 *Aug.21—Signs of Giftedness*
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165 *Aug.23—Unleash Your Creativity*
166 *Aug.24—Live Each Day Like It's Your Last*
166 *Aug.25—A Bad Habit*
167 *Aug.26—Optimist, Pessimist, Realist*
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169 *Aug.30—Girlfriends*
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171 *Sep.2—Do You Like Hungary?*
172 *Sep.3—The Colorful Lakes of New Zealand*
173 *Sep.4—Romania*
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175 *Sep.7—The Ebbinghaus Curve*
176 *Sep.8—Learn The Right Way*
178 *Sep.9—Beyond The Edge*
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180 *Sep.13—English for Travel*
181 *Sep.14—The Rosenthal Effect*
181 *Sep.15—Reality*
182 *Sep.16—Where Emotions Live*
183 *Sep.17—The Magic of Gratitude*
184 *Sep.18—My Familiar Doubts*
185 *Sep.19—Fear Has Big Eyes*
185 *Sep.20—Calm*
186 *Sep.21—You Are a Lighthouse*
186 *Sep.22—When You Cry*
187 *Sep.23—Humanity in Transformation*
188 *Sep.24—The Noise of the Naysayers*
189 *Sep.25—Where the Heart Longs to Go*
189 *Sep.26—Too Long*
190 *Sep.27—Do Not Be Afraid*
191 *Sep.28—Seven Recommendations*
191 *Sep.29—Books for Self-Development*
192 *Sep.30—Warsaw: A City I Love*
193 *Oct.1—Dark Nights of the Soul*
194 *Oct.2—Twenty-Six Years Married*
195 *Oct.3—Relationships Are a Spiral*
195 *Oct.4—The Line of Our Blood*
196 *Oct.5—The Power of the Lineage Lies in Unity*
198 *Oct.6—The Path to Your Life*
198 *Oct.7—Legacy*
199 *Oct.8—To Fly in Dreams*
200 *Oct.9—Rebirth*
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201 *Oct.11—The Biggest Pool in the World*
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203 *Oct.15—Beyond the Struggle*
203 *Oct.16—Attracting the Premium*
203 *Oct.17—Ready for a Cruise?*
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206 *Oct.22—Sky Dreams Never Land*
206 *Oct.23—Istanbul: Where East Meets West*
207 *Oct.24—A Bow to the Turtles*
207 *Oct.25—Slow Down in Sri Lanka*
207 *Oct.26—Shanghai: Where East Winks at West*
208 *Oct.27—Switzerland: Worth Every Step*
208 *Oct.28—There's Still Hope for Earth*
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210 *Nov.1—A Special Day*
210 *Nov.2—The Day of Wonders*
211 *Nov.3—Mind-Blown*
211 *Nov.4—Reflections in Rain*
212 *Nov.5—Before You Travel: A Quick Checklist*
212 *Nov.6—Did You Know?*
213 *Nov.7—The Deserters' Market*
213 *Nov.8—What You Can and Can't Take on Board*
214 *Nov.9—Meeting at the Airport*
215 *Nov.10—What the Soul Longs For*
216 *Nov.11—What Lockdown Taught Us*
216 *Nov.12—Why Does God Allow This?*

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217 *Nov.14—Let's Talk About Going Live*
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219 *Nov.16—The Golden Rules of Network Marketing*
220 *Nov.17—Haters*
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221 *Nov.21—The Gift of Fasting*
222 *Nov.22—4 Words That Might Change Everything*
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224 *Nov.26—Before I'm 90...*
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225 *Nov.28—Heart Habits*
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232 *Dec.14—Power of Small Creations*
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233 *Dec.16—Creators Who Bloomed Later in Life*
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be
happy

About the Author

Lilia Yermak was born in the vibrant steppes of Ukraine, into a family where music and learning flowed freely — her mother a devoted teacher, her father a musician. For the past decade, she has lived in Poland, carrying her roots and dreams with her.

A teacher of mathematics and English by training, Lilia also holds a degree in Tourism and Hospitality. She is a passionate traveler who has visited more than 20 countries, always seeking meaning in landscapes, people, and quiet moments.

Happily married for over 30 years, and a proud mother of three grown children, Lilia has been writing poetry since the age of thirteen. She has published six collections of poetry in Ukraine. ***Create Your Own Worlds*** is her first full book of reflection — born during the global pause of 2020.

It may not be perfect, but it is sincere — written with honesty, tenderness, and the hope that it will inspire you to listen to your soul and write your own pages.

Final Note to You, Dear Reader

If you're holding this book, know this:
you've just walked through 366 days of heart and truth.
The world may have paused in 2020,
but your soul kept growing.
Let this be your reminder —

You can create your own worlds!

With your thoughts, your choices,
your daily acts of courage and care.
You are not just living life — you are shaping it.
Keep writing your story. Keep listening to your life.
Because even in stillness, you are becoming —
becoming more of who you truly are.

