



# OUR HOLISTIC ROADMAP IN 66 DAYS

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BONUS



## *Build a Life You're Proud of*

*It is our choices, Harry, that show what we truly are,  
far more than our abilities.*

*- J.K. Rowling*



It has been a long journey, and it is not over yet, this is a bonus to get you deeper and know yourself better. The greatest and most important adventure of your journey is discovering who we really are. Finding yourself may sound like an inherently self-centered goal, but it is actually an unselfish process that is at the root of everything we do in life.

We are our choices

A powerful statement by the richest man in the world and the founder of Amazon, Jeff Bezos, is one of the most successful online entrepreneurs of our time. He has seen it all, and his failures are enough to tell a story, his successes are enough to offer advice of all kinds. His speech at Princeton University in 2010, he distinguishes between the gifts we have and the choices we make.

The difference between gifts and choices

"Cleverness is a gift, and kindness is a choice. Gifts are easy — they're given after all. Choices can be hard."

"You can seduce yourself with your gifts if you're not careful, and if you do, it'll probably be to the detriment of your choices."

In your FeelgoodX journey, your life choices can guide you to act and think for yourself instead of feeling the way the world wants you to be.

Similar to Jeff Bezos in FeelGoodX, "We are what we feel" Your feelings from the foundation of your life, dictate the choices you make and determine the direction that your life takes. Your emotions and choices will influence your decision related to your purpose, passions, relationship, mindset, and other elements you engage in.

Despite this importance of recognizing our feeling and making choices, instead, we adopt the values of the dominant values of society. Unfortunately, they may create a life that is carrying you down a path that is not the direction you want to go to.

If you want to build yourself, it's essential to look not at who others think we are, but what we feel and choose to be. As human beings, we are somewhat blind to our gifts. And instead, we blame others for our life and the way we should feel without assuming responsibility for our own choices.

The 12 questions follow his bits of advice he asked his audience to reflect - what if we answer these valuable questions to help you in your FeelGoodX journey?

By answering these questions, you can be able to reflect deeply to help build a great life story. How would you answer these questions? Will you take pride in your gifts, or pride in your choices?

### 1. How Will You Use Your Gifts?

We all have unique abilities and gifts. These gifts are given to you to make who you are and set you apart from others. If you think your gifts you will make a lot of money, you're missing the point of your life because your gifts should be wielded like superheroes do, cast-off their powers for the good of others. Find the happiest things using your gifts to serve something greater than yourself.

What are your gifts?

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How will you use these gifts?

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What's your passion?

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What outcomes do you expect when you follow your passion?

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What outcomes do you expect when you use inertia as your guide?

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List down how to live a life of high adventure?

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What a life of service means to you?

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List down what services you can offer to others?

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Have you often admitted when you're wrong and apologize?

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Have you often bluff it out when you're wrong and in what are the reasons why?

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How constantly apologizing affects your personal relationship with others?

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# 8. Will You Guard Your Heart Against Rejection Or Act When You Fall In Love?

Rejection hurts; it triggers our feelings of unworthiness. Regardless, being rejected, we tend to keep pursuing love in an attempt to prove to ourselves that we are indeed lovable.

What's love for you?

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How to tell if you're giving to much?

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How do you deal with rejection?

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## 9. Will You Play It Safe Or Be A Bit Swashbuckling?

When you try something new that makes you feel stressed or worries you? These feelings are not there to scare you or even stress you out. It means that something must be relevant; otherwise, you'd feel nothing if it's not worth your effort and time.

Are you brave enough to do something that no one else dares to do?

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What does it mean to take risks?

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Is playing it safe holding you back and why?

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## 10. When It's Tough, Will You Give Up Or Be Relentless?

In real life, being relentless is a state of mind that will give you motivation and encouragement to achieve, to overcome, to survive. Relentless means being strong when others are not, looking for the end outcomes so intensely that it becomes irrelevant.

Not just in your work, but in everything that you do. Keep improving if you fear others will disapprove of what you're doing.

Are you relentless in getting things done?

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Is giving up is an option for you and why?

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Do you listen carefully and is sincerely interested in others welfare?

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Do you provide opportunities for others?

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What do you think being cynical can do to your life and to others?

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