



OUR HOLISTIC ROADMAP IN 66 DAYS

INTRODUCTION - WEEK 0

Introduction

Before you start your FeelGoodX journey, let's have a quick briefing so you can have an idea about this workshop. In this journey, you will engage in a series of self-reflection exercises. Don't worry; all tasks are dedicated just for you only because we value and care about your feelings added you have an opportunity to enjoy every exercise each week.

Moving on, it's designed to improve and explore your health, emotions, strengths and weaknesses, objective in life, knowing yourself better, your purpose and your passion, increase your happiness, build productive and positive habits as well start feeling good, that is our primary goal to always feel good, which will equip you to have a wealthy – yes! That's right; we will also tackle the financial aspect of your life and of course, your overall health and to have a fulfilling life.

For those of you who do not know about FeelGoodX or want to learn more, here are a few FAQ's for you:

What is FeelGoodX workshop?

An advanced online training to help you develop the eight core skills of personal journey, so you can live with purposeful life.

How do I use this workbook?

Make it fun and enjoyable. Use it any way you want. You can take 30 - 45 minutes per day to complete all the exercises if you're going to complete more than one task or skip. I hope you'll enjoy this journey and apply this in your daily life.

How can it help me in my life?

FeelGoodX workshop is designed to guide you the knowledges you never learned in school. If you want to live your life the way it should be, it will help you develop:

- Mindfulness
- Live your life and love what you do
- Be awesome to yourself and the world

Where is FeelGoodX workshop?

Where you are! FeelGoodX workshop gives you 100% digital access. You can take it wherever you want, whenever you want. Log in on your way to work, on the weekends, after work, or on the plane. We'll also ship you a physical workbook (don't worry, there's a digital copy, too). And you have lifetime access to the course, so you can take it as many times as you like.

Are there any prerequisites for joining FeelGoodX?

Nope. These are advanced strategies, but they are designed for anyone in setting -- whether you want to lead your life more effectively or happier. No need to have taken any other courses or read any other books.

How does FeelGoodX workshop? What support does it offer?

When you enroll in FeelGoodX, you'll get digital access to all of the course resources. Simply log in and learn at your convenience. Each of the 8 skills include exercises, journal/book, and a discussion forum. The course is interactive, and you'll have the ability to ask questions and get our feedback during live Facebook.

How long does it take to complete the course?

You have lifetime access, so you can go as quickly (or slowly) as you'd like. Most of our students do one lesson a week for 9 weeks. Each lesson takes 45 minutes to 1 hour (not including bonus challenges). You can also watch all at once! And you can always re-watch a lesson or video.

Who teaches FeelGoodX workshop? Who answers my questions?

The curriculum was developed by me (Bhada Sinhaphalin) after years of research, experimentation, and trial. I answer questions during live Facebook sessions.

How is this course different from other soft skills trainings or your book?

My book and other courses are set up to get people started on the right foot in a holistic ways — this course is designed to help you find your FeelGoodX paths once and for all.

FeelGoodX workshop is the science/Asian-based people skills program that's been developed. It's full of specific strategies, live examples, formulas, and gives you a step-by-step plan including the FeelGoodX book to record your journey.

We know that investing in your FeelGoodX is a life-changing decision. That's why we want to make sure this is the best decision for you.

It's also why we offer a 100 percent money-back guarantee. If you enroll, go through the training, do the work, and you don't see an improvement in your interactions and start getting more opportunities in your career — we'll give you every penny back.

That said, this isn't a magical fix. . But if you apply our science/culture -backed methods to your life, you will absolutely transform your life and it's not part of the course, you'll probably notice positive feedback from family and friends.

Welcome to week 0 of The FeelGoodX workshop.

This is the start of your journey, we hope you'll enjoy every week to come.

This week, we'll focus on finding your "purpose" only nothing more, nothing else, Sky's the limit. Yes! You read it right! Today is all about you. Through several self-reflection exercises, which you and I will be working for the next week you'll have a bird's-eye view of the things that will help you find your sense of purpose in life. Besides, in this part of the week, you'll have a glimpse of your whys, strengths, and weaknesses, and all the areas wherein you can have a better understanding of your purpose.

Purpose: Today, we will look at exercises will help you know yourself better should I say, Why are you here? Do you like what are you doing in your life? What motivates you to achieve your dreams? Hey! I want to remind you, do not over think write down the first things that come out of your mind and what you truly feel.

Passion: Week 1, we will discuss the things that you're passiona about, the things that fuels you from doing the things you love that is also helps you in fining your purpose in life. Remember that your purpose and passion are always interconnected.

Emotional Health: Week 2 will cover the importance of healthy heart, specifically emotional aspect of life. We will look at how our inner person is such a importance part in making sure we live the kind of life we desire. We learn how our emotional life will become health and strong to help your journey.

Let's get started on your journey, by focusing on the first element: Purpose

Finding your purpose in life must be your top priority; that's why this is the first stage of this journey. How can you set your goals and have a successful or a meaningful life? If you don't identify who you are or what you want, then you really can't. We occasionally tend to underestimate the importance of knowing our purpose. Furthermore, understanding and identifying your purpose leads to better decision making, setting appropriate goals, and living a more productive life. So what are we waiting for?

Our purpose is adaptive in an evolutionary sense. It helps both human beings and other species to survive. We seem to believe that our mission in life arises from your unique gifts and sets you apart from other people, but that's only part of the truth is, it also grows on how we connect with others.

Acknowledge What Make You Feel Good

Without our purpose, it's hard to be indeed being passionate. And without passion, it's difficult to inspire and help or lead others. Living a purpose-driven life is the building block of our happiness.

Find your purpose and pursue it persistently. Think about what is happening in your life recently to make you feel this way. Think about the good things and bad things. When you are helpful to someone, and when people smile because of you; being a reason for someone to laugh is always a good feeling. When your effort starts yielding results, it helps you to work harder to achieve your goals in life.

I feel good when	Rate 1-5	How often must I feel this way and why?
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____
9. _____	_____	_____
10. _____	_____	_____

Acknowledge What Makes You Not Feel Good?

Do you feel you give your best, but still can't provide yourself with recognition. We are living in a fast-paced world; many stresses have made it difficult to feel good. When you internalize the message of "I'm not feeling good," where does it come from? Don't hesitate to answer whether you want.

I feel good when	Rate 1-5	How often must I feel this way and why?
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____
9. _____	_____	_____
10. _____	_____	_____

How To Find Your Purpose?

Take more action

You can't just imagine or dream your way into finding your life purpose; you have to make your way into it. Take a mental note from Nike and Just Do It. The more we act, the more we get clear on things. So instead of overthinking. Start taking steps toward your purpose to find it, and try new things. It will help you get out of your way. Doing something is better than doing nothing; it can also create a more profound lack of clarity to your questions.

Drop from your head to your heart

Listen to your heart; it is your best tool to access your real purpose. Ask yourself what you love. Then start taking steps to do what you love. When you are inspired and connected to your happy self, inspiration can flood your heart and soul. When you listen from your heart, you are naturally more joyful and motivated to explore and discover new things about you. By doing what you love, you will be inspired and gain new insights into what brings you happiness. Therefore, it is essential to use your time efficiently and plan how to spend it.

Break Up with The “ONE.”

Many of us struggle because we try to find that ONE thing that we are meant to do, we are not even trying our best to find our real purpose, that's why trying to find only one thing is the reason why we feel like something is missing. The idea that we have only one thing we are meant that limits us from fulfilling our greatness.

Consider that the real purpose of anyone's life is to be fully involved in living. Try to be present for the journey and fully embrace it. Soon you will be radiating passion, and you will feel so purposeful and fulfilled that you will wonder how you lived a life without it. Enjoy the journey into your own excellent life.

What do you think is your purpose right now?

Acknowledging your purpose in life is perhaps the most essential action that you can take. Take time to understand why you are here, and do it with passion and enthusiasm. Some people define their sense of purpose by touching and changing the lives of other people.

The purpose of this course to share awareness, and convince you that design your life with purpose. Yours?

If You Change Yourself, You Can Find Your Purpose

Life is unpredictable, and that only constant is our feelings and actions towards life. We have the power to control our attitude and that this attitude can determine our future choices and that choices determine outcomes. All that we have become and all that we are, have something to do with our life choices.

Like seasons our lives are also changing. You cannot change how the season change, but can change yourself. Therefore, the first step is to brace the winter. They come regularly. It may be sometimes tricky, and seldom smooth, but winters are always coming and go. Winters can bring stressful situations. So we should learn how to manage the winters in our life.

The question is not whether the recipe for success will work for us, but whether how the person creates his/her recipe for success. We can go from wherever we wish to be, and we can do whatever we want to do, and. No dreams are impossible provided; we first dare to believe in it.

Here are some tips to improve your life:

Believe in yourself

You've got to believe you can be a better person than yesterday.

Refine your goals

Reach for the goals with a higher purpose. Discover for something beyond the things you thought you couldn't do.

Admit your mistakes

Yes, we're not perfect, but sometimes you have to admit your mistakes. Here's one of the best phrases today, whether it is indifferent world languages, "I'm sorry," or "my fault." Those words could start a meaningful relationship with someone

Face your fears

Allowing yourself to be vulnerable to your concerns is the right way to conquer them. Say, I'm afraid of going to the party alone and think about how you could change that.

Barriers



You can focus on things that are barriers, or you can focus on scaling the wall or redefining the problem.
- Tim Cook



Every person has a calling, a mission you are not an accident. However, barriers make changes; even if we want it, sometimes it is incredibly difficult, and so we turn and walk away. Finding one's purpose is not that easy to find. Barriers seem so astronomically high; we have to find ways to remove the walls. What are barriers holding you back from finding your purpose?

Barriers	Actions/solutions towards these barriers
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

What's Your Sausage For Happiness?

From the observation of Paramhansa Yogananda

"I once saw a cartoon drawing of a dog, hitched to a small, but well-laden cart. The dog's owner had found an ingenious method for getting it to pull the cart for him. A long pole, tied to the cart, extended forward over the dog's head. At the end of the pole there dangled a sausage, temptingly. The dog, straining in vain to reach that sausage, hardly noticed the heavy cart he was dragging along behind him."

Are you also chasing your sausage for happiness? This chase makes you anxious. It makes you overwhelmed. It makes you feel pressure to be happy. It is a big problem for us. Instead of welcoming happiness into our lives, we unknowingly push away happiness out of our lives. And chasing for your happiness will not help us to recognize it because we are so busy looking for something else, that in the first place it was not there.

To invite happiness in your life, you need to experience different human emotions, the positive and the negative. These emotions play a critical role in your satisfaction in life. Positive emotions can make you feel good and tell you when things are right. While negative emotions might make you happy or mostly feel uncomfortable, however, they also give you light on the things that are and alerting you on what's wrong and to take an appropriate action to correct them. Remember that the quality of happiness you're looking for is the primary hidden within yourself.

How Do You See Yourself In 5 – 10 Years?



*Imagination is the beginning of creation.
You imagine what you desire, you will what you,
and at last you create what you will.*
- George Shaw



Talk about your personal goals. Where do you see yourself? What do you want to be doing with your career and life, and why? What are your dreams and aspirations? Look 5 and 10 years ahead.

Personal	Professionally
5 YEARS	5 YEARS
Health	Financially
10 YEARS	10 YEARS

The Power Of Your Why

Your whys can change a situation in an instant, and it can create all sorts of fantastic new opportunities, opening doors for you. It is crucial to ask your whys because it is based on what are the reasons and the clarity behind everything we do in life. It also gives meaning and insights on our journey to teach us lessons, giving us a chance to pause a moment and think for our actions.

1. Why is finding your purpose is important?	2. Why am I here?
3. Why do I still empty, even when I'm successful?	4. Why I am in the job am in?
5. Why do I feel as if I'm missing something huge in my life?	Notes

My Strengths And Weaknesses

Every individual is unique, and we all function differently based on our beliefs, personality, and how we feel. It is important to know yourself through your capabilities. Your strengths can be your leverage, things you can use to push yourself further. On the other hand, your weaknesses are the things can unmotivated you to pursue your life goals. These are also the areas you need to improve. It is not something you lack, but it is something you need to build and develop.

My top 8 strengths	My top 8 weaknesses	Solutions to overcome/improve my weaknesses
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____

Most Important Questions Of Your Life

Our lives are filled with different questions. Some questions are more complex than others, and some require answers that will inevitably have a significant influence on our lives and may manifest the path we end up taking. Equipped yourself with these questions, and then you're prepared to take the necessary steps as you move forward in your life.

Have I accomplished the goals that I have planned for this year? Why?

Have I done my best on all the things I do?

Have I improved my health, and if so, in what way?

Has my relationship with my co-workers, friends and family have been satisfied, or hostile? If it has been hostile, whose fault is it, or solely mine?

Have I lost my concentration towards my life goals?

In what ways have I improve myself to towards life challenges

Have I followed my plans for budgeting my expenses and my income, and have I really devoted time and effort in this budgeting?

Have I been guilty of any wrong doings in the past?

Have I been thankful all this time?

Have I been affected by the challenges in my life, in what way?

What Are Your Values?

List of Values

Accountability, Achievement, Adaptability, Adventure, Altruism, Ambition, Authenticity, Balance, Beauty, Being the best, Belonging, Career, Caring, Collaboration, Commitment, Community, Compassion, Competence, Confidence, Connection, Contentment, Contribution, Cooperation, Courage, Creativity, Curiosity, Dignity, Diversity, Environment, Efficiency, Equality, Ethics, Excellence, Fairness, Faith, Family, Financial stability, Forgiveness, Freedom, Friendship, Fun, Future generations, Generosity, Giving back, Grace, Gratitude, Growth, Harmony, Health, Home, Honesty, Hope, Humility, Humor, Inclusion, Independence, Initiative, Integrity, Intuition, Job security, Joy, Justice, Kindness, Knowledge, Leadership, Learning, Legacy, Leisure, Love, Loyalty, Making a difference, Nature, Openness, Optimism, Order, Parenting, Patience, Patriotism, Peace, Perseverance, Personal fulfillment, Power, Pride, Recognition, Reliability, Resourcefulness, Respect, Responsibility, Risk-taking, Safety, Security, Self-discipline, Self-expression, Self-respect, Serenity, Service, Simplicity, Spirituality, Sportsmanship, Stewardship, Success, Teamwork, Thrift, Time, Tradition, Travel, Trust, Truth, Understanding, Uniqueness, Usefulness, Vision, Vulnerability, Wealth, Well-being, Wholeheartedness, Wisdom.

According to the Cambridge Dictionary, our values are “the principles that help you decide what is right and wrong, and how to think and act in various situations.” Our values are essential because they can help you to grow and create our life we want to experience. Your values also are the reflection of yourself how you deal with others and how you pursue your purpose in life.

My values	My actions to honor this value and live within it
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Why Your Feedback To Yourself Is Valuable?



Feedback is a gift. Ideas are the currency of our next success. Let people see you value both feedback and ideas. – Jim Trinko and Les Wallace



Feedback is the most accessible, most powerful tool to help you to be motivated and change your perspective. It has a secure connection to your feelings that creates a clear picture. When we think of feedback, we often receive it from someone, or we are often giving it out to someone. What if we give ourselves an input?

Feedback on your purpose

Feedback on your Health

Feedback on your Fitness

Feedback on your Emotion

Wheel of Life

Take a spin of your life to acknowledge and accept where you are right now is the initial step to finding your meaning. Designate the eight areas that you think you prioritize the most by assigning a rating from 1-10 for each, start each area in the center of the circle. This exercise will only take a minute to answer.



Writing your incantation

Words can profoundly affect us, so it would make sense that mantras, chants, or positive affirmations are powerful as a motivator to continue your journey. This week what's your mantra on finding your purpose and knowing yourself better?

In each week you have to create your affirmation with the related theme of the week.

Tips:

- Make your affirmation short and simple
- Start your affirmation with "I" or "My" and with "I want" or "I need."
- Write your affirmation in the present tense
- Make sure your affirmations are positive statements.

For example, "I am energetic and full of life! I change my state of mind to achieve my goals."

Knowing yourself is the best beginning of all wisdom.
- Aristotle

This winding road is your guide each week. In the space below write down your intention and write down three words, that you are excited for this week.

This week is all about finding your purpose, it is the reason you go on the journey, and next week, let's continue finding your passion, which keeps you motivated. Your passion is what helps you to find your purpose - you are solely responsible for finding both your passion and purpose. No one else can see it or define it for you. You are responsible for following your own path and representing yourself. However, don't think or feel you are alone on this journey we're here to guide you. Both your purpose and passion are connected or tied with your feelings.

Do these on a regular basis and be consistent in finding your purpose. Take time in a disciplined manner, because over time, if you find your purpose, you will see your inner core foundation strengthening your life in different ways you could never image.

Next week, we'll explore together the things that you are passionate about. We will take a look at how important passion is and what different practices it must take to point your life in the right direction by identifying your interest and passion, as well as how your passion plays a vital role in your overall health, well-being.

Until next week, let's do something passionately.