

DEVELOPPING
INNER STRENGTH
Key FOR SUCCESS

Anhlan Phuc Nguyen, VEF Board Chair

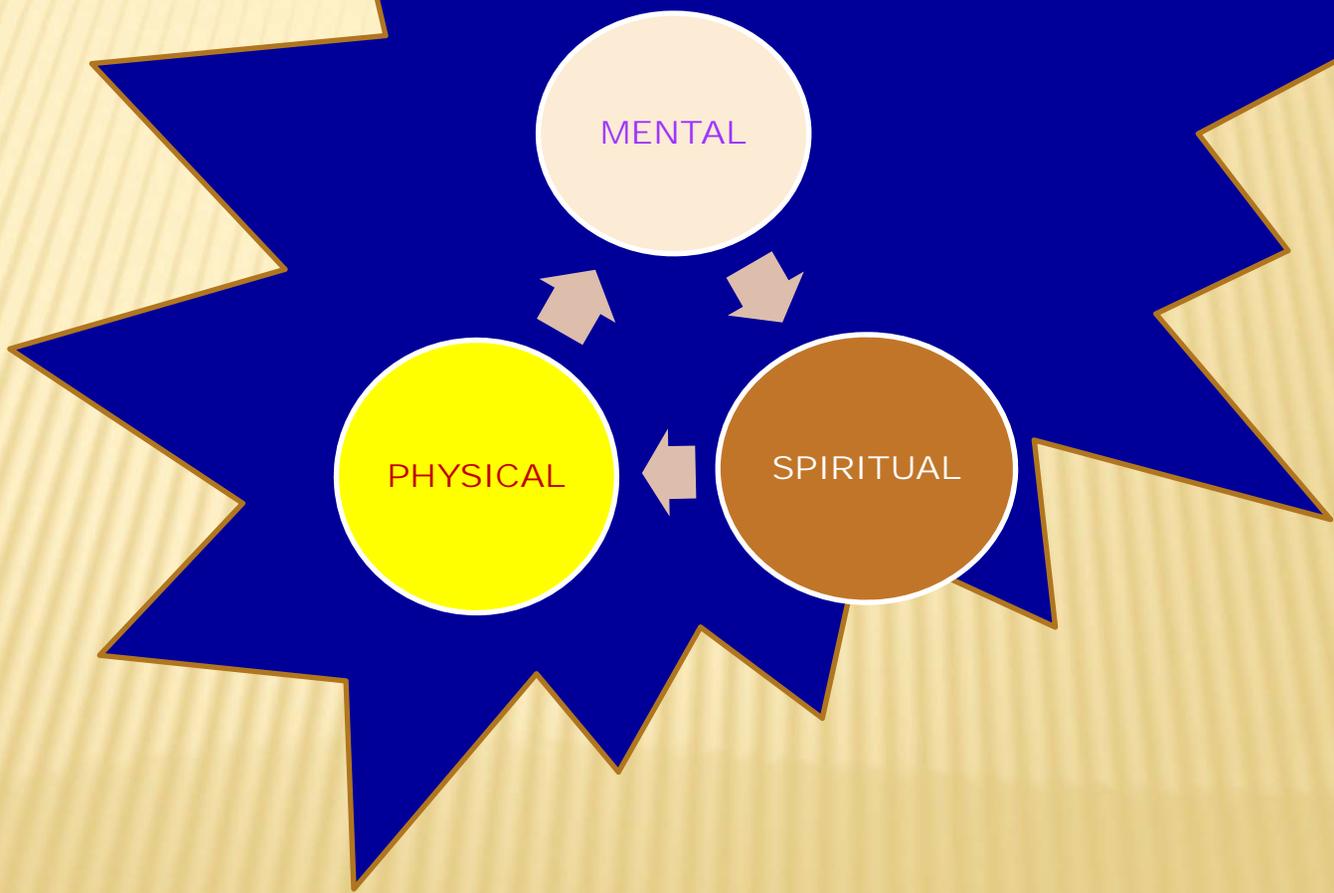
Mental

Spiritual

Physical



ENERGY



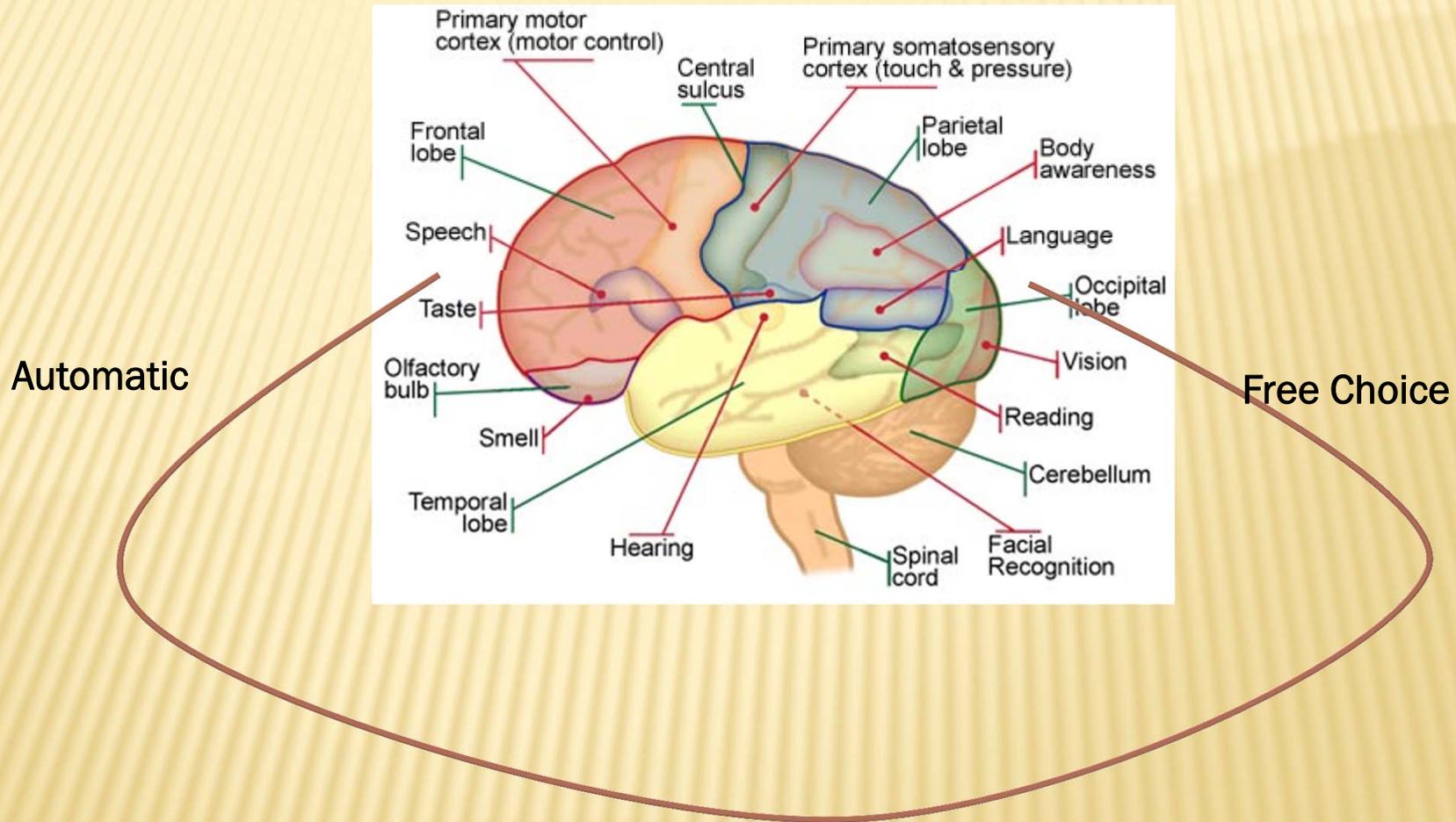
PHYSICAL/HEALTH FITNESS

- 1. Body**
- 2. Nutrition**
- 3. Sleep**
- 4. Z-factor**

MENTAL FITNESS

- **The Feedback Loop: Unconscious, Aware, Self-aware (mindfulness)**
- **Maintaining peaceful and relaxed facial expression**
- **Prioritize your schedule**
- **Emotional/Mental Energy**

Self-awareness / Mindfulness



Self-awareness / Mindfulness

**Maintaining peaceful
and relaxed
facial expression
(an thư diện mục)**

Emotional Intelligence

Intra-personal

Inter-personal

Stress Management

Adaptability

General Mood – Self actualization

Self-awareness / Mindfulness

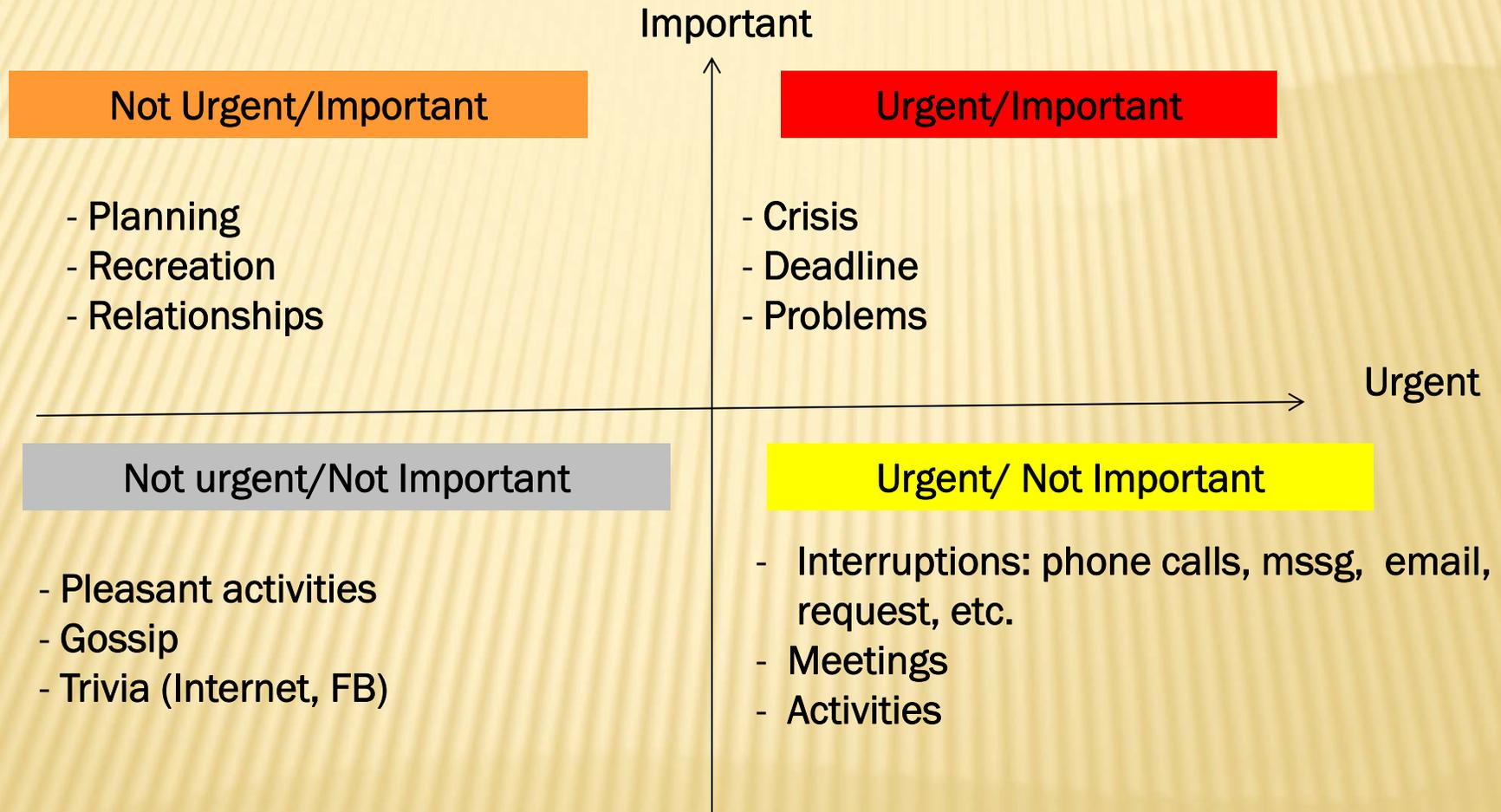
KEY POINTS

1. Observe and evaluate your action and thoughts such as “What am I doing to me?” or “What I am thinking?” or “Why am I doing/reacting like that?”
2. Remain open to as much input as possible.
3. Don't censor incoming data through DENIAL, judgment, prejudice, and rigid beliefs.
4. Free yourself emotionally and harbor no secrets.
5. Be willing to redefine yourself everyday.
6. Don't regret the past or fear the future.

**DO EVERYTHING WITH INTENTION &
ATTENTION**

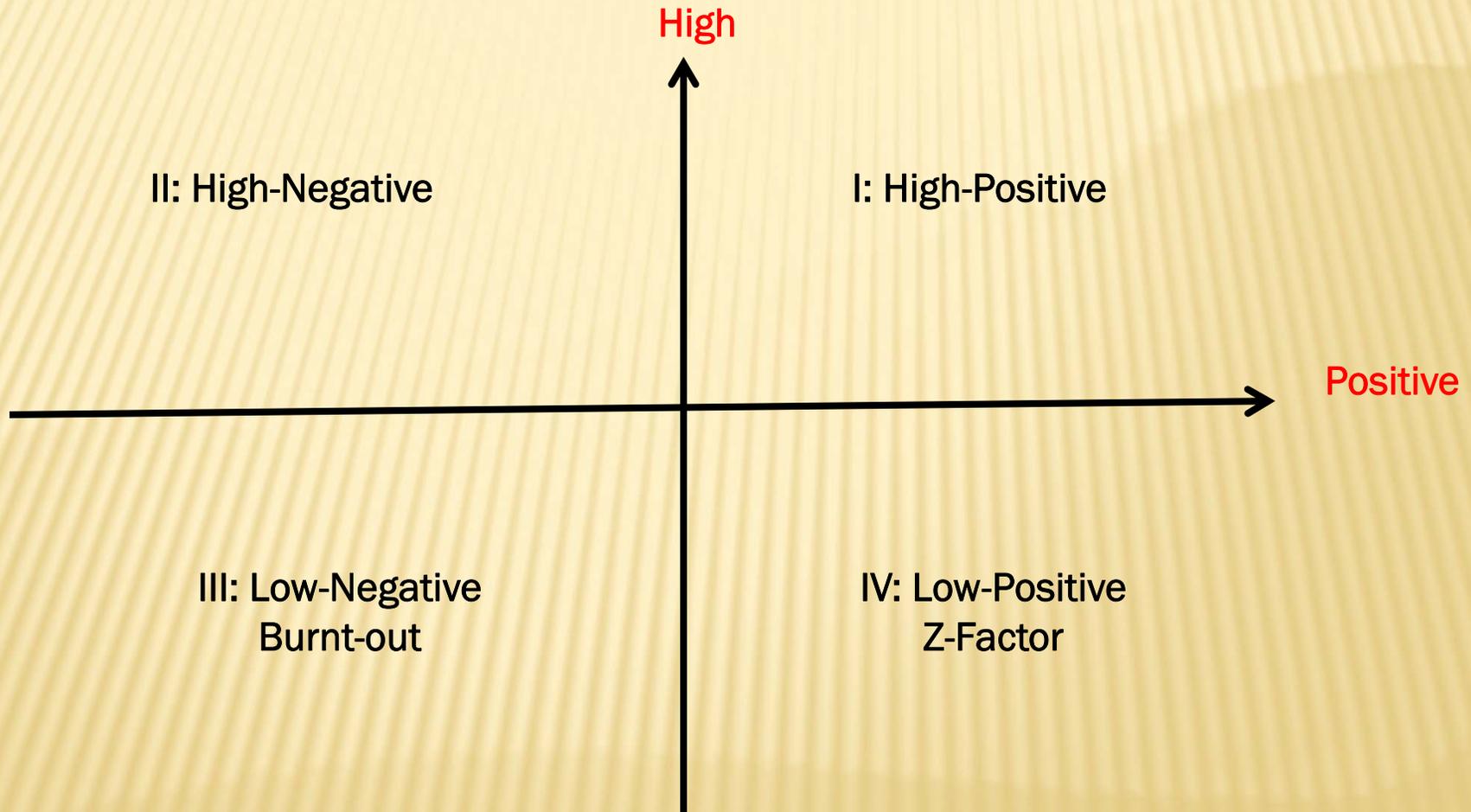
Self-awareness / Mindfulness

Prioritize Your schedule



Self-awareness / Mindfulness

Emotional/Mental Energy



Raising your mental energy

KEY POINTS

1. Become conscious of your thoughts
2. Make meditation a regular practice in your life
3. Become conscious of the food you eat
4. Retreat from low-energy substance
5. Become conscious of the energy level of music you listen to
6. Enhance your energy with photograph
7. Extend act of kindness asking for nothing in return
8. As frequently as possible hold thoughts of forgiveness in your mind.
9. Practice gratitude daily and keep a journal of blessings.

**MATCH / NO-MATCH
GAME**

CHANGE YOUR THOUGHT,

**YOU WILL
CHANGE YOUR LIFE!**

We must raise ourselves to the levels of energy where we are the lights we seek, where we are the happiness we desire, where we are the love we feel is missing, and where we are the unlimited abundance we crave.

Dr. Wayne Dyer

POSITIVE MATRIX

Have good friends

Don't isolate yourself

Sustain a lifelong companionship with
a spouse or partner

Follow a purpose in life

Have time for playing and relaxation

Engage in worthwhile projects

Be close to people who have a good life

SPIRITUAL FITNESS

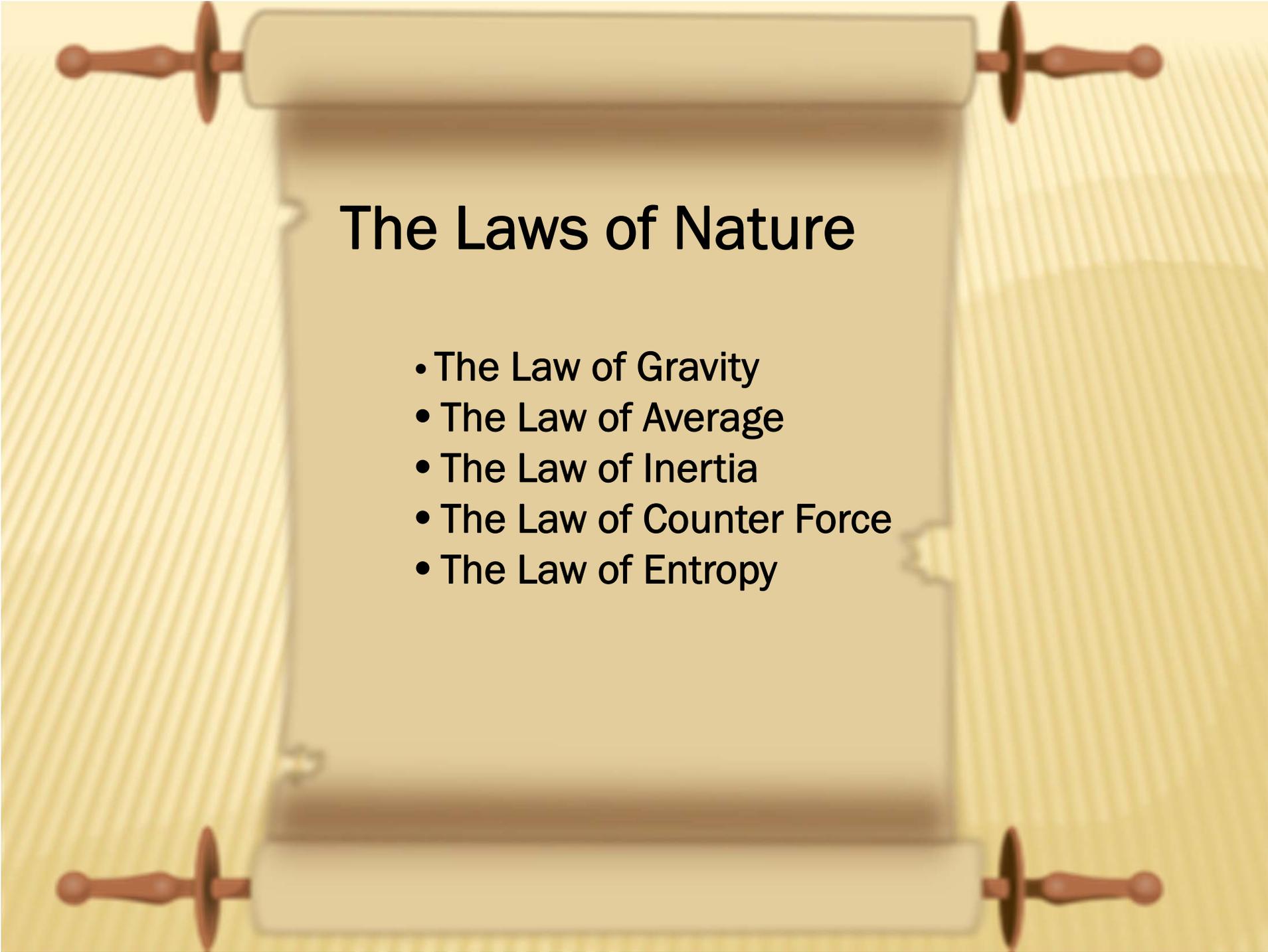
What is spiritual life?

Creator of our human being

Who controls your heart beating?

The invisible force

Your sub-conscious mind!



The Laws of Nature

- The Law of Gravity
- The Law of Average
- The Law of Inertia
- The Law of Counter Force
- The Law of Entropy

SPIRITUAL FITNESS

Study ↔ **Practice** ↔ **Teach**

Spiritual Energy & Life's Purpose

The Laws of Nature

Acknowledgement

Adapted from Dr. Truong Nong's presentation (ICEVN)

Tony Schwartz, *Manage your energy, not your time*, Harvard Business Review, 2007

Rudolph Tanzi & Deepak Chopra, *Super Brain*, 2012.

Jim Rohn, The Jim Rohn's Library.

Tai Chi Principles

Dr. Wayne Dyer series of the Power of Intention

Questions?