

# 36 TRANSFORMATIVE TIPS TO OVERCOME *SETBACKS*

the only book you need for your  
comeback

AIDEN LOW

**36 Transformative Tips to Overcome Setbacks  
To Help You Lead the Life You Want!**

Aiden Low

<http://AidenLow.com>

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## **This Page is Dedicated for YOUR TESTIMONIALS**

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**You might be looking at your testimonials being featured on this very special page in the subsequent edition of this eBook!**

**I would like to take this opportunity to thank you for helping other readers understand the importance of these tips and how the content contained within this e-book are impacting their lives.**

**How they must go through all the pages and apply the tips suited for them to start making a change and transform their lives, not only physically, but mentally as well in the areas they are seeking to change or improve.**

**A sincere thank you to all**

**- Aiden Low**

## **FOR YOUR TESTIMONIALS**

If we want to attain happiness or the results we get at the end, we first need to adjust our thoughts and beliefs.

Remember this - watch your thoughts, for they become words. Watch your words, as they become deeds. Watch your deeds, as they become habits. Watch your habits, for they become character. Character is everything. If we want to be successful, we need to change our character. This is really true and I found this is very useful and it works for me.

- James Bong

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## **Introduction**

Hi, my name is Aiden Low, creator and author of *36 Transformative Tips to Overcome Setbacks*.

Firstly, I would like to congratulate you on taking the first step to download this eBook. You now have the amazing resource to overcome your setbacks and lead a Healthier Lifestyle.

You might be having this thought that crosses your mind: “Will these tips really work and lead me to change or even improve my life?”

To answer these questions and show you the effects of the tips, let me share with you my personal journey.

## **How These Tips Transformed My Life**

I used to be a chubby and well-fed kid, not because I was rich, but simply because I would eat any food that was placed in front of me.

To everyone else, I was a cheerful, happy and easygoing kid, but life wasn't as smooth sailing as I thought it would be.

I began to fall sick week after week, and at one point of time, I was on medical leave for an entire month, not due to an illness that worsened, but it was similar to a buffet of illnesses, where I fell sick, recovered, fell sick again, and the vicious cycle repeated.

I was thinking to myself, what could be worse at this point of life? Indeed, something worse entered my life. And it was bullying!

Being a chubby looking and a weak kid, bullying became a norm for me in year 2002 when I was a primary three student (aged 9). Despite the fact that my elder brother was in the same school to protect me, he couldn't possibly be there for me all the time. I was left alone to fend for myself.

*Fatty fatty bom bom, tonight cannot go home!*

*Have you seen that ball over there? I wish I can kick him in the ass and he would roll a few miles. HAHHAHA!*

*Aiden, you should name yourself FISHBALL instead!*

Those words might seem insignificant to an adult, but it took a toll on my self-esteem and confidence.

As time passed by, all the suffering, anger and hatred started to build up and accumulated within me! All I could feel was hatred, anger and how to get back at the bullies.

At this point of time, what didn't help in my situation was the constant craving for fried food, especially fast food, watching cartoons on television till late at night, drinking little water so I didn't have to use the washroom and I was definitely a hater of greens. All these attributed to my already weak constitution and falling sick endlessly.

Can you imagine other kids of my age heading to school eagerly, to learn new knowledge and make new friendships? But I had never felt that way before. For me, it was a total nightmare. I felt embarrassed, isolated and ashamed of myself.

*Those negative emotions slowly made their way and consumed me bit by bit.*

During one of the days where I return home from school feeling defeated, I thought to myself, "What's the point of being angry...? Will it change my current situation by being angry? How can I protect myself better?" At that moment, I knew I had to pick myself up and I set my heart and mind to take charge of my life.

There I was, sitting on the cold hard floor, thinking of ways I could improve my current condition. Do not underestimate the determination of a 9-year-old boy. I had the fire burning within me and the grit to get me out of the lousy situation.

I reflected on why I was the target for the bullies and obviously I knew the reason - I was FAT. The only way I could save myself from the bullies is to be STRONGER!

My brother is an avid basketball fan and player. He's tall, dark and strong. I wanted to be like him. Hence I decided to join him in his basketball sessions. I only have my brother to thank for as he was extremely patient with me in the early days where I struggled to dribble the ball across the court.

As I got better, I also created my daily exercise regime, as an effort to play better on the court. On top of that, I made a change in my diet. The little Aiden who used to avoid all greens started to include them into my meals.

For the first few months, I recalled feeling frustrated that I wasn't seeing any major results. Though I did not see any obvious physical changes, I remember feeling stronger - both physically and mentally. I no longer feel breathless while taking the stairs, I had something to look forward to during my leisure time, and I made new friends through basketball! I knew that physical changes would take time, however, I recognised that I was happier.

Unfortunately, bullying did not stop. During one of the friendly matches we played in school, the bullies decided to participate as spectators. When they saw me running on the court, they jeered me, "Fatty Aiden is the ball in the court! Hey Aiden! Have you seen a ball running for a ball? HAHAAHAHAHAHA!"

At that very moment, my teammates paused our game. I threw the ball to the direction of the bullies and retaliated. That was when I realised I had grown stronger physically.

To prove that I am capable of protecting myself, I started calling the bullies nasty names and amplified their flaws.

Bully 1 had an ugly mole on his chin.

Bully 2 was as skinny as a stick.

Bully 3's mother had left the family.

While it felt a victory to me, I was not at peace with my actions. I noticed that I became the devil that I used to loathe. Again, I reflected on my own actions - where was the cheerful Aiden? Why am I mirroring the bullies' actions?

It was at this point of time, a simple act of kindness that I witnessed on the train back home struck me - a student, perhaps a few years older than me, offered her seat to an elderly who had difficulty walking. I started to ponder and comprehend the meaning of the saying, "helping others is the source of happiness" a little better.

Basically, the simplest way to put it is that there is pleasure or happiness from the act of helping others. I would like to take this time to state this quote from Michael P. Watson, "Strong people don't put others down... They lift them up."

In other words, what drives the happiness that we derive are our actions and what drives our actions are our thoughts and beliefs.

If we want to attain happiness or the results we get at the end, we first need to [adjust our thoughts and beliefs](#). Remember this - watch your thoughts, for they become words. Watch your words, as they become deeds. Watch your deeds, as they become habits. Watch your habits, for they become character. Character is everything.

Right now, you must be wondering, "so how do I change or adjust my beliefs?" I started researching and think back about the wonderful and happy memories. And that led me to the creation of 36 Transformative Tips to Overcome Setbacks.

Do you know what you tell yourself that you can do, is the limit you are setting for yourself?

Let me give you an example, imagine someone whom you aspire to be. Maybe he or she is a speaker. Who you aspire to become, often boils down to what you are lacking.

To me, it was health, confidence and happiness.

A fact: 1 negative comment require 3 positive comments to negate it. Imagine how many negative comments have you made to YOURSELF and to OTHERS.

I started to look at myself in the mirror and say I have to do 1 good act today or it can be as simple as an affirmation to yourself, "I am attractive". What others think of you do not dictate who you are, what you think of yourself determines the kind of person you are. The scale, magnitude or type of act/affirmation doesn't matter as long as you reiterate it and it comes from within.

If I reiterate that I am bad at soccer, I will never be able to become good at it. This cycle will only continue on and the root of this negative affirmation will sink further and deeper. Sooner or later, this will become the reality.

As we encounter similar situations, this will only lead to countless negative affirmations that put us down, which we clearly are not deserving of and this narrows our view or restrict us from seeing the light that was always there at the end of the tunnel.

This is where beliefs and positive affirmations kick in.

Affirmations serve to change your life and how you view things/people/actions, etc. They are powerful and can open your eyes to a whole new life of opportunities, happiness and possibilities.

That is what 36 Transformative Tips to Overcome Setbacks did for me.

When I first started to make a change, it wasn't easy and I was struggling to overcome these obstacles.

I was physically weak, have a weak immune system and a lack of self-confidence. I was so desperate to get myself out of that situation.

When I initially started out saying the positive affirmations to myself in the mirror, I felt super embarrassed and at one time, my mother came in to check on me after realizing that I talked to myself in the mirror too often. To be honest, what I said at that point of time seems to be the opposite of what I was, it was world's apart and it didn't make sense at all!

At the same time, I desired to become fit, to be able to excel in sports I participated in. The regime started off with 10 push-ups and sit-ups per day. Even 10 push-ups were sucking the life out of me.

But let me tell you this, it is totally normal. Let me give you a practical example.

If you have been living in your current house for over 10 years, you will be able to manoeuvre and reach the restroom in the middle of the night. That is because of familiarity and body memory. If we apply this principle to the constant positive affirmation and exercises that we say to ourselves or perform every single day. Will we believe it and improve? The answer is a DEFINITE YES!

These affirmations and actions were not an overnight effort. I looked at the mirror and said those reassuring and positive affirmations to myself confidently; allocated time for my daily exercises diligently. Eventually my level of self-confidence grew, my beliefs in those affirmations strengthened and my immune system grew stronger .

Soon enough, I felt a sense of achievement.

Within a span of two months, the number of medical leave I took did not drop to zero, but it was greatly reduced by a quarter. The bullying gradually stopped as my confidence level grew.

I lost 5kg within a year; expanded my social circle as I stepped out of my comfort zone to initiate conversations and socialise.

When I went onto High School, I joined the High School's basketball team. The best thing is I was no longer bullied and I had teammates with a common goal in mind. As I continued my education phase towards tertiary education, I participated in numerous social activities and that was the time my social circle expanded exponentially.



*My chubby self before i fell sick*



*Friends made after participating in Orientation camps in 2011*



Result of determination

I sincerely hope that you have a glimpse of how these tips and affirmations can benefit you, the possibilities and happiness that this gift of mine can provide you with.

If you're ready, let's start with changing your own thoughts and beliefs, and take action on the next page!

## **Tips/Affirmations to Overcome Bullying**

### **1) *I love my body 100% and let no one do harm to my body***

Letting others do harm to your body simply means you do not love your own body a hundred per cent. Loving your own body 100% means you will only aim to do good or perform actions benefiting of your body. Allowing the bullies to continue your tyrant ways will only empower them to be bolder, and inflict greater harm onto you. A good example performing actions that benefit your body will be exercise. Both harm and exercise causes you to suffer. However, is the end result the same? No, absolutely not. Harm simply leads to nothing but pain. On the other hand, exercises let you have the painful phase, followed by the rewards, which are health and strength. Starting from today, love your body more.

### **2) *I am stronger than those who do harm to me when I had learnt to forgive them***

The emotion of hatred sowing its seed within you is human nature, but do not leave it there and let it grow. Learn to forgive. Yes it can be difficult or easier said than done, but once you try to understand them (the bullies), know the cause of their actions and what drove them to their current plight, you will pity them and not hate them.

Forgiveness is a powerful tool to break the chain of hatred and set yourself free. Do not be bound by hatred that will lead to unintended actions and consequences. Forgive them.

**3) *I am thankful to those people who made my life difficult as they had showed me who I do not want to be.***

Bullies are like the king in their own world. But think about it this way, what do they achieve out of it? Temporary fame? Yes. Accomplishments? Nothing is the end result for them.

Bullies act like bullies because they want to prove themselves. In actual fact, who do they have to prove to? The answer is no one! They are simply bullies as they are driven by peer pressure, trying to look almighty and superior than others. Do not downgrade yourself, but instead, be the better you as compared to yesterday.

**4) *I know my own worth and will stand against those who seek to diminish that***

Knowing your own worth is a crucial factor as many victims of bullies including myself gave in to the devil called anger/ hatred at least once or twice. We need to stand up against those who diminished our worth through the use of words or actions as they are obstacles in our path towards a better self. Filter and take those words constructively to know which areas we can improve on.

**5) *Words that bullies say are a reflection of what they perceive and not who I really am***

Bullies tend to add verbal abuse in addition to their physical abuse as it intimidates and make victims believe that those words are who they are. They are negative words of association used by them on me and you. BUT are they really true? NO! DEFINITELY NOT! Who are they? Do they know you? Only you know yourself best!

Even if what the bullies said are partially true, are those aspects of you necessarily bad? I will say no to that. Think about the times where those aspects of yours helped you or made a better impact to yours or others' lives.

**6) *I am loved by many and disregard those who don't***

We are not perfect. I am not perfect. You are not perfect. We are merely humans. Imperfection exists in order for us to improve. I love my family and friends. So do you.

However, there are bound to be others who don't love who I am. That doesn't matter. Why do I need to make everyone else love me. There's nothing in it that benefits me or put it another way, do you really need love from everyone? FOCUS on those who really love you and simply turn a blind eye to those who do not.

**7) *Who are the bullies! They are no one, they are not my master. I am the sole master of myself. Stand up against them and start saying no.***

Who are the bullies to determine what we say or do. Do we have to be bullied for as long as we study in the same school. Do we have to be the errand boy or girl even though we do not want to. To get out of this vicious cycle, muster your courage and retaliate! Stand up and reject their request.

Understand that this is a choice, not a must, neither is it an obligation for you to do what they say as you are the master of yourself.

**8) *It is totally fine to have flaws, no one is perfect, focus on my beauty***

Every human on this earth have shortcomings. It is what you choose to focus on, determines the life you will lead. If you keep focusing on the flaws that you have, what you are lacking, these negative thinkings or thoughts will start to take root and sink deep. Eventually you will believe it is reality and there's nothing you can do to alter it.

Focus on the beauty, focus on what you have. Count that as a blessing. Think about how you can use your beauty to help others. Before you know it, life will be beautiful for you.

## Tips to Overcome Unhealthy Addictions

### 9) *Start to eat the vegetables you dislike*

Solely relying on one type of vegetables does not help to maintain an overall healthy diet as different nutrients sit within different vegetables. Consuming vegetables aid in reducing blood cholesterol levels, risk of heart disease as well as proper bowel functions. These are terms that you have come across. That's what vegetables does.

One simple tip to consume the vegetable you dislike: For myself, I consume the vegetables together with the food that I love the most, which is meat. You might think that this sounds familiar, yes it is the same method that your parents use to trick you into consuming the food you dislike.

### 10) *Consume a variety of vegetables, and not just one kind*

By consuming vegetables to your preferences, you are missing out on important nutrients.

Take me for example, I wasn't a fan of lady's finger, but guess what, I am missing on the following benefits:

- It lowers cholesterol;
- Keeps glucose level stable; and
- Antioxidant and vitamin C boost my immune system, etc.

You need not eat it daily, however, make a mental note to have a variety of vegetables. You can mix them with the vegetables that you prefer to make them more appealing.

### **11) Have a balanced meal of meat and vegetables**

Being a meat lover myself, I make it mandatory to have vegetables daily. One crucial aspect would be fiber. Fiber does everything, from digestion to our immune system. We are unable to have fiber within our body systems without consuming vegetables.

For meat lovers:

Think of it this way, have more vegetables and you are able to have more meat. However, a word of caution is not to have an overdose of meat consumption.

### **12) Fruits are a definite must in our daily meals**

You might have heard that a balanced meal require meat, vegetables and fruits. Fret not about having fruits, fruits are low in fat and calories, hence it provides a feeling of fullness with low calorie intake.

Fiber can be derived from fruits, which is important for proper bowel function. Vitamin C from kiwi, oranges, etc is important for growth and repair of body tissues and helps to heal wound.

### **13) Refrain from fried or spicy food (you may still consume them, but eat in moderation - a good estimate will be 1 fast food meal every few months)**

Well known connection for consuming fried food are obesity and heart disease. Several facts about fried food include high in fat, calories and often sodium (i.e. salt). These will lead to greater risk of high blood pressure and high cholesterol.

However, that doesn't mean you are to refrain from fried food forever. My personal take is to have it occasionally. My definition of occasional refers to once or twice every few months. The takeaway from this is to consume it less often.

#### **14) *Refrain from sweet drinks every meal***

Sweet drinks is strongly related to weight gain. Diets high in sugar tend to be high in calories, leading to weight gain and impacting our heart.

Let us do the math here. Assuming that you consume 1 sweet drink everyday, but only on weekdays. It will add up to 5 drinks a week, 20 in a month, and 60 in a quarter.

Is that too much? In my opinion it is, if we are craving for sweet-related consumption, we can get it from fruits. Lower in calories with health benefits. Abstaining from such drinks serve to improve our health in the long run. This is one that I incorporated into my regime.

#### **15) *Exercise 3 to 5 times a week (a mixture of cardio and muscle training exercises, at least 30 minutes per session)***

Cardio sessions serve to train your stamina and overall agility, whereas muscle or weight training serve to build up stronger muscles and increases your strength. Personally, I incorporate both in my weekly regime.

Running sessions are to breathe in fresh air to improve heart health and it feels good to be jogging round the park every now and then. Exercise releases chemicals called endorphins that spark a positive feeling.

Exercise also increases our energy levels, improves our mood, boosts our self-confidence and it is an antidepressant.

Every single exercise session need not be too long, just dedicate at least 30 minutes to an hour for each session.

**16) *Ensure the major muscles group are activated every week (upper and lower back, legs, chest and shoulders)***

Our daily activities of carrying our work bags, lifting items all require the activation of the major muscle groups. If you solely focused on one muscle group over a balanced body, the following may occur: injuries, aesthetically odd and odd postures. Building a balanced body is key to greater health in the future.

**17) *Find your own type of exercise that fits you (there's no 1 exercise fit all - if you prefer swimming instead of running as the cardio session, please go ahead)***

Finding the type of exercise that correlates to you effectively is vital. Many whom I know dislike running, hence they chose swimming or sports as their type of cardio sessions. Similarly for muscle building, if one specific exercise doesn't activate your muscle group, go for another exercise. What matters is you are targeting and training.

**18) *Do not overlift (i.e. refrain from adding on too much weight)***

For gym enthusiasts beginners: A general rule of thumb is not to overlift. Others born with bigger build naturally lifts heavier weights. However, that does not equate to the fact that you must lift the same or heavier as personal progression matters the most.

You must observe your personal progression and not others. Everyone runs in their own timeline, don't rush. Be consistent and progress forward.

## Tips/Affirmations for Aesthetics and Self-Love

### **19) *I am attractive and handsome/beautiful***

Telling yourself you are attractive, handsome or beautiful isn't a shameless thing to say. In fact, you are putting your own beauty into words, and bringing it to surface by looking into the mirror and saying this affirmation.

You may think that it is a lie, however, if i turn the situation into the following: assuming that you will say babies are cute or beautiful, however, weren't you a baby before? Now, wouldn't you agree that YOU, yourself are beautiful

### **20) *My body deserves to be loved and respected***

From the moment you were born till today, your body has always been loved by your family, especially your parents. Even you, the master of your own body must love and respect it. Treating the body with love and respect is a two-way communication.

Love your own body, treat it with care and respect it, in turn it will allow you to be your best self.

### **21) *I love my body today more than I love it yesterday***

There is no hurry to be better as compared to yesterday. All we require is to love our own body or ourselves today more than yesterday. Love is the strongest drive of positive emotions. Once you love yourself, you will be able to love everyone more.

**22) *Any imperfections in my own body only translate to motivations to improve it***

Imperfections exist in everyone. The question you should be asking yourself is: 'does that imperfection affect you in anyway?'

If not, why not leave it as it is. If yes, do not be disheartened about having it. Instead, channel it into energy to work on it. Enrich yourself with the knowledge and know-how in that aspect. It will be a form of upgrading of your skills and knowledge.

These imperfections are there to inform you of the areas we could work on to improve and upgrade ourselves.

**23) *The well-being of my body is an embodiment of how much I love my body***

The well-being of my body is the outcome of the love I have invested in my own body. Love your own body as much as you love your parents and your body will not fail you, it will be strong with its foundation being built on love.

The state your body is in, tells you how you have been treating it. Be it feeding it with junk food, excessive alcohol or insufficient sleep. These will surface and give rise to issues, affecting the well-being of your body.

**24) *Look at the perfection of my body***

Focus on the great aspects of your body and aim to change the flawed aspects into the same state. You will feel a sense of accomplishment, more confident and happier if you have eyes for those perfections and more perfections to come.

## **25) *My body can perform great things***

Your body can definitely achieve great things if you put your mind to it. Attaining success depends on your unwavering determination and mindset. Despite the efforts placed in working towards the goal, if YOU, yourself, have doubts about your ability, you are still stuck in the phase when you first began. Hence, tell yourself this: “I CAN DO THIS”, “I am a different person now” and not “I think I should be able to...”

These are the words that are holding you back. Discard it. Leave them behind if they don't help you. Move forward.

## **26) *My body is a gift from my parents***

Understand the fact that your current healthy body is a gift from your parents. You are responsible and accountable for your body from the moment you started remembering. Don't give your body excessive junk food and definitely don't allow anyone else to inflict harm or pain onto you. Otherwise, you are not respecting your own body.

The only pain you should feel, is the muscle ache after you exercised. Take CONTROL of your body!

## **27) *Accepting my current self is the first step to be better***

To accept what we are, how we are now, is a difficult feat to overcome. As the moment we accept ourselves, we are also accepting the fact that we are not perfect. Let me tell you this: it is perfectly fine.

It will only get better. Acceptance of ourselves lead to acceptance of our negative aspects as well as that of others. Change or rather improvements, will be the next step of those negative aspects. Once we accept that we are not perfect, we are able to see that others aren't perfect as well.

We will be more open, accepting and understanding of others.

***28) I thank my body for being healthy and allowing me to perform my daily routines***

Health doesn't come for granted, it is earned through effort and discipline. Activities we do, food we consume and sleep are factors leading to good health.

However, there are mental drivers at work as well such as appreciation and faith in our bodies. It allows us to perform our daily routine without any issues.

Not everyone is born with a healthy body, appreciate and be thankful for the bodies we have.

## **Tips/Affirmations for Self-Confidence/Self-Esteem**

**29) *Succumb to fear, not as its slave, but as its owner, as it serves to be the greatest driving force***

We might hear people say “don’t let fear control you”. It is absolutely true. However, the way to do it is: We must succumb to fear, dive into it, be used to the fear and take control of it.

Do not avoid fear as we will still remain a slave of fear, instead fight it head-on and emerge as the owner of that emotion. That emotion, fear, will be the greatest driving force.

**30) *I am the master of anything if I put my mind to it***

Do not be afraid to attempt any new activity. Do not be disappointed if we ever hear negative comments or criticism that we cannot do well in it.

Those words are useless comments.

The saying of “practice makes perfect” is true! If we put our mind into it, we will be able to excel and achieve!

**31) *Failures only serve to make the subsequent attempts better.***

Step up and be brave to attempt. Persevere to keep attempting despite any failures as we learn from these lessons and experiences only to perform better in the following attempts till success.

The moment we pull the brakes on our steps, look back at the objective that we have set for ourselves. Push forward!

**32) *It does not matter whether each step of mine is smaller than that of others as the goal is what I should be focusing on***

Our own progression is the most important. It is normal for humans to compare if we are engaging in the same activity, hobby or sports. However, ego often comes into play here. Such thinking of “we are about the same size, if he/she can do it, so can I”. Be conscious of such thoughts as it will only hurt you. Speed isn’t everything. Being fast in attaining the goal may be important, however, everyone runs in their own timeline as we are different.

Instead, compare against ourselves from yesterday as that is the comparison we need. Focus on progression and our goals.

**33) *Be proud and dare to try* as giving up attempting it, is an immediate failure**

Giving up our attempt is akin to an immediate failure. We might be held back by fear or have the thought of not trying it as we are afraid of failing. However, not even attempting is the equivalent to giving up our success.

Step out of the comfort zone, attempt it to the best of your abilities. Only by attempting it, will it lead you to success.

**34) *Have faith in the plan we set out for ourselves and follow it, only aim to improve my plan and not forsake it***

Once we have created a plan, we often follow the plan with the “try it and if it is too difficult, let’s try another one” mentality. This is the downfall why the plan will never succeed, a lack of faith. Faith is what we are missing.

Having faith in the plan leads to following the plan through till the end. We often pause and give up at the difficult phase. That difficult phase is the upslope we need to conquer to arrive at the end.

If the plan cannot progress forward, be flexible and improve the plan as the plan is fixed for as long as you do not amend and improve it. Trust and follow through the plan!

***35) Giving in to hesitation will only hold me back, muster up my courage and take my first step***

Do not hesitate. Take that leap of faith without hesitation and do not look back as we cannot change the past. Our actions now will determine our future. Hesitation only serve to deter us from changing our paths. Remove hesitation and take action first!

***36) I trust in what I have accomplished and who I am till now***

Look back at the milestones that you had set and achieved for yourself. Let no one's words waver your determination. Make those milestones that you had achieved, the backbone and foundation of who you are and what you have accomplished to-date.

Trust yourself and be confident!

## Additional Resources

### Health and Fitness:

[Unlock your Hip Flexors](http://aidenlow.com/UnlockYourHipFlexors) - to feel the difference and overcome pain, frustration with belly fat and feel energised! If you are having the bulging belly syndrome, try out this:

<http://aidenlow.com/UnlockYourHipFlexors>



For Men And Women Who Are Looking To **Get A Rounder, Firmer, Stronger BUTT**

# UNLOCK

THE "SLEEPING GIANT" WITHIN

**Why Everything You Know About Training Your Body's LARGEST Muscle For Greater Shape, Power, Strength, And Long-Term Health Is WRONG...**

*(HINT: if you're still doing squats and lunges it's time to STOP!)*

[Unlock your Glutes](http://aidenlow.com/UnlockYourGlutes) - how to develop and build up strong glutes without getting stuck on squats and lunges:

<http://aidenlow.com/UnlockYourGlutes>



DISCOVER HOW I HELPED MY "CRIPPLED" WIFE

## SHED 23 POUNDS

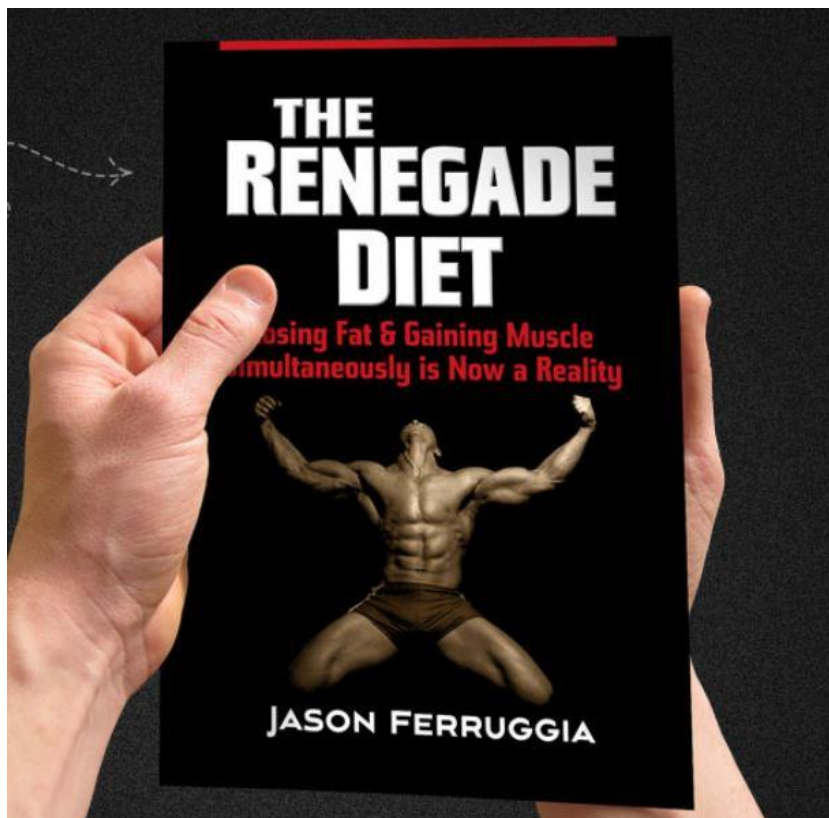
OF UNWANTED FAT AND COMPLETELY FLATTEN HER BELLY

(WITHOUT Starving Herself And WITHOUT Doing Any Exercise More Strenuous Than Walking To The Fridge!)

[Flat Belly Fix](http://aidenlow.com/FlatBellyFix) - How to demolish your stubborn fat and get back in shape:  
<http://aidenlow.com/FlatBellyFix>

[Organic Health Protocol](http://aidenlow.com/OrganicHealthProtocol) - the 7-day organic detox that can cleanse your body, reduce inflammation, enhance nutrient absorption and leave you Feeling Better!

<http://aidenlow.com/OrganicHealthProtocol>



[Renegade Diet](http://aidenlow.com/RenegadeDiet) - save the confusion and discover the simple nutrition plan that works:

<http://aidenlow.com/RenegadeDiet>

## Self Love:

**How To Manifest Anything You Want In The Next 24 Hours!!!**  
(Attract real life wealth, health and happiness on demand....)



[Law of Attraction](http://aidenlow.com/LawofAttractionAbundance) - attract real life wealth, health and happiness on demand...

<http://aidenlow.com/LawofAttractionAbundance>

**Finally Revealed: The #1 Secret For Manifesting  
Wealth, Happiness, Love & Success...**

Make sure your sound is turned on.



[Manifestation Miracle](http://aidenlow.com/ManifestationMiracle) - the #1 Secret for manifesting happiness, love and success:

<http://aidenlow.com/ManifestationMiracle>

## **Self-Confidence:**

[Shyness and Social Anxiety System](http://aidenlow.com/shynessandsocialanxietysystem) - know the mistakes to avoid if you want to eliminate Social Anxiety:

<http://aidenlow.com/shynessandsocialanxietysystem>

[Ultimate Self Esteem Formula](http://aidenlow.com/UltimateSelfEsteemFormula) - find out the proven formula to achieve Wealth, Health and True Happiness:

<http://aidenlow.com/UltimateSelfEsteemFormula>