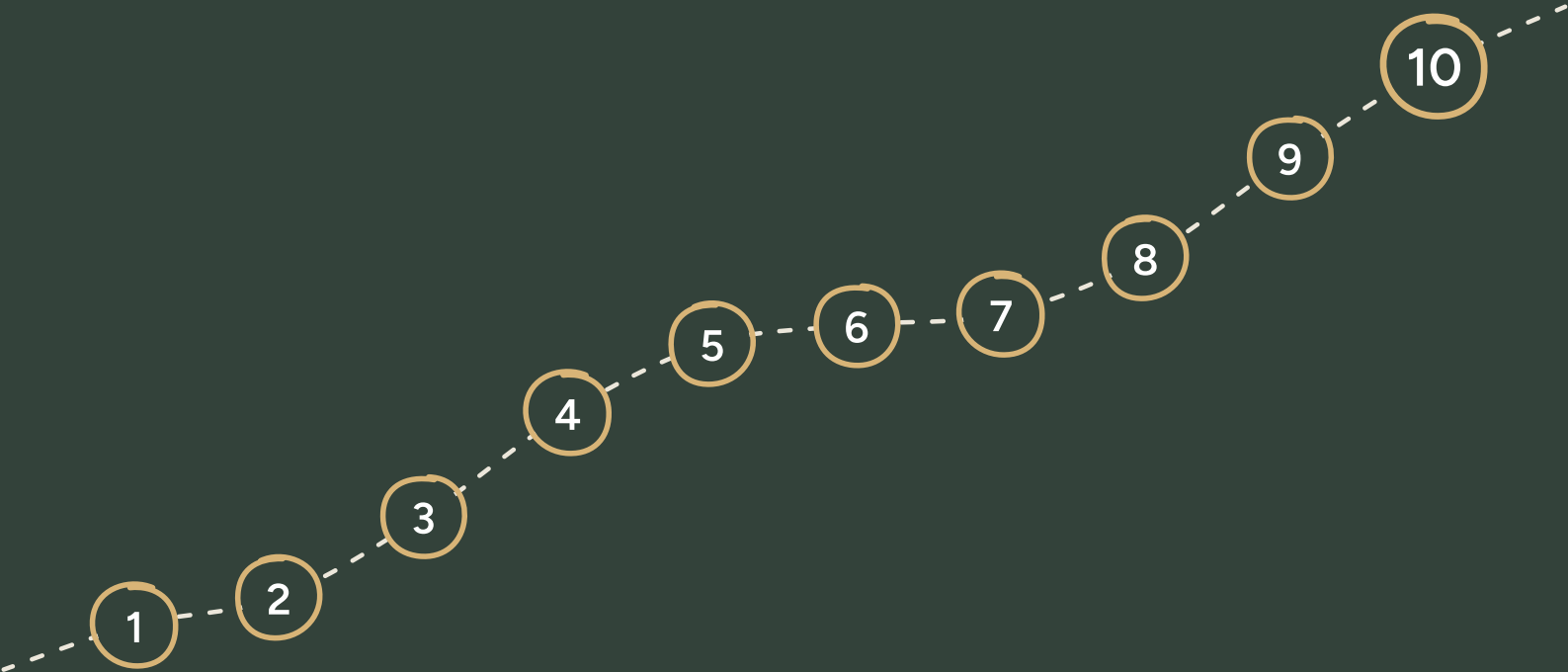


10 Major

Life Lessons

Ten lessons from ten years of failing, each with a question to help you use it in your own life.



Ten lessons from ten years of failing

These are the ten biggest lessons I've learnt from ten years of failing. Each one comes with a question to help you use it in your own life.

This worksheet goes with my YouTube video, *I Failed for 10 Years*, where I share the story behind each lesson. Work through them together. Or, if you'd rather, let's get right into it.



WHAT THIS WORKSHEET AIMS TO DO

- ✓ **Help you lead your best life, with as little friction as possible**
- ✓ **Help you understand yourself through reflection questions**
- ✓ **Help you avoid major mistakes that slow you down in life**
- ✓ **Give you a clear direction to head towards**

WHAT IT WON'T DO

- Guarantee a 100% change in your life
- Give quick, instant results once you've answered the questions
- Force you to make changes in your life
- Solve every problem you're facing

HOW TO USE THIS WORKSHEET

- 1 Watch each lesson in the video.** Every lesson page has a code to scan that starts the video at that lesson.
- 2 Answer as you go.** Type straight into the boxes on a computer, or print the pages and write by hand.
- 3 Come back often.** Review your answers and add to them as you grow.



WATCH THE VIDEO

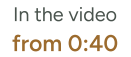
***I Failed for 10 Years*: the story behind each lesson. Free, about 21 minutes.**

youtu.be/IQLk-eNXD84

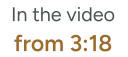
Contents

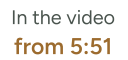
One lesson on each page, with its question and space for your answer.

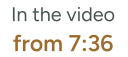
1	A major setback is a blessing in disguise	4
	In the video from 0:40	
2	Sheer determination and willpower lead to success	5
	In the video from 3:18	
3	Avoid toxic people	6
	In the video from 5:51	
4	Showing emotion is not a sign of weakness	7
	In the video from 7:36	
5	Loneliness helps you discover who you are as a person	8
	In the video from 9:52	
6	The obstacle is the way to grow	9
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	In the video from 14:07	
8	There's only one life to live	11
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	In the video from 18:49	



For example: I came from a poor family, and I grew up without some of the privileges other families enjoy. But because of this, I learnt the importance of finances at an early age, and I started managing my own money when I received my first salary.







Loneliness helps you discover who you are as a person



In the video
from 9:52

When you're at rock bottom and alone, it isn't a bad place to be. In fact, it's the best place. You're alone with yourself and your thoughts, and you get to understand who you are in the process.

ASK YOURSELF

What went wrong? Why am I in this situation? What areas can I improve on, so I don't make the same mistake again?

Keep in mind: As you think deeply about this, you'll begin to discover parts of your own character you never knew about.

The obstacle is the way to grow



In the video
from 12:05

There's no learning or growth in your comfort zone, and staying there is dangerous, because you won't know how to act or cope the moment a disaster strikes. You'd just break down and fall so far into a depressed state that you find it hard to get back up. Obstacles are there to teach us valuable lessons we don't yet know, and to strengthen our weakest spots.

ASK YOURSELF

What are these challenges or obstacles preparing me for in the long term? What valuable lessons can I take from them?

Keep in mind: Asking yourself these questions stops you focusing on the negatives, and helps you see them through a different lens.

Feeling lost is facing the unfamiliar in your life

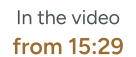


In the video
from 14:07

The earlier you feel lost in life, the better. Why? Because the unfamiliar parts of your life are showing up, and they say a lot about you that you didn't know. This is when you feel exposed, which is good, because you start opening yourself up to life's many possibilities. Slowly but surely, as you explore more, you'll find out where your strengths lie, and you can use them to align with your Life's Purpose.

ASK YOURSELF

What are some of my core values? What will I do over and over again without getting bored?



"We have two lives, and the second begins when we realise we only have one."

Worry less about the things you can't control



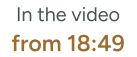
In the video
from 17:05

In a situation you can't control, the only thing you can choose is how you respond, and there's no point dwelling on the "what ifs". The more you understand this, the freer you become. Worrying makes things worse, and it doesn't solve the problems you're facing. It does nothing to ease the situation.

ASK YOURSELF

What parts of this situation can I do something about, to stop it from getting worse? What can I do to stop myself worrying too much, and take action instead?

Keep in mind: This shift in mindset helps you take action, instead of letting those worries live in your head rent-free. Time is of the essence, and the outcome depends on your actions.



TO CONCLUDE

Change only happens through action

Answering these reflection questions won't change your life on its own. These pages point to actions worth taking and mistakes worth avoiding, and change only happens through action.

You've already taken the first step. You chose to download this worksheet and think honestly about your life. Many people never reach this point.

Don't waste the effort. Start changing your life. I believe in you.

Chuan Long



START TODAY

Which lesson will you act on first? What's one thing you'll do about it this week?

A large rectangular area with a light beige background and a faint grid of small dots, intended for writing answers.

KEEP IN TOUCH



ALL MY FREE RESOURCES

Worksheets, a workbook, phone wallpapers and a journal planner, on my website.

ongchuanlong.pages.dev/resources

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Empowering young people to discover who they are and
create their best future.

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