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Attitude is the key ingredient of successful people

By Chef Nam Quoc Nguyen, Founder of NamNam, Vietnamese Noodle Bar

The secret of most successful people I know is that they are able to stay motivated, activated, inspired and moving, no matter what happens around them. Motivation is that inner drive to move toward or away from something.

To be and stay motivated, we must first find our purpose. There are many who go to work, and do something they do not believe in. You do not burn out from work. You burn out because you are not working on your purpose. It is OK to fail, make mistakes, and get frustrated, but it is never OK to stay discouraged.

The most valuable lesson I have learnt is that nothing in life is wasted if I view it as a lesson. I needed every experience to help me grow. And I mean every single experience: the good and the bad, the successes and the failures, the pain and the glory.

I think that no matter what your circumstances are, you can adjust your attitude and create a

brighter reality. I am in no way trying to trivialise life's tribulations. Let us face it: some of us have a great deal of pain to deal with. However, it is essential for our well-being that we understand that our circumstances, events and/or situations, no matter how severe, are not the final word on our quality of life.

It is how we respond to them that limits us. Fear and other negative emotions elicited make all the difference. More than anything, it's about making that mental shift in attitude that will allow us to power through whatever proverbial lemons life throws at us.

It's all about attitude. It has always been about attitude, and will always be about attitude.

What kind of attitude am I talking about? The kind that no matter situation's severity, you not only bounce back, you also thrive with a

steadfast determination and confidence that defy the odds stacked against you.

Try to observe a cat. Go ahead. Just watch them. They strut around, as if they are God's gift to the animal kingdom. Why is it said that cats have nine lives? It is because they have resilience, they bounce back. Nothing seems to affect these animals.

I once saw a cat run full force smack into a wall, bounce off, land on its feet and look at me as if to say "what?" The bottom line is this: cats live on their own terms. Nobody tells them what to do. They defy the odds. They bounce back and are resilient. All of us could use the same kind of attitude!

In closing, if I may suggest, "*If it doesn't suck, it's not worth doing.*"

