

What you do (feel) in current downturn of economy?

Prices of new and existing homes were dropping substantially and will continue to drop further, you have negative equity, your assets are shrinking or downsize, employment rising, foods prices rising and your job is unstable. You feel lousy and discontent about current state. Your confidence is dampened and you feel lethargic, constant argument among family members and your health is deteriorating. Stop and reorganize your thoughts and actions for a moment.

The study of a person's state of happiness (contentment or discontentment) by famous Reinhold Niebuhr resulted the following: The level of happiness of a person are determined by three factors:

1. DNA determined 50%. (Fate determined your level of happiness)
2. 10% was determined by external factors (i.e. fame and fortune)
3. 40% was determined by your thinking (perception, paradigm or mindsets)

Change Your Perception

In other words, to change the way you think, perceive and your mindsets will be a lot easier since **to Change the external factors and DNA is next to impossible**. If you want to feel happy, you are left with one possibility that is to change the way you perceive things. You and your thoughts determine the level of happiness. When you feel happy you will radiate the energy to people surrounding and the returns will be overwhelming. It is up to you.

To view current state of economy, it is pretty much predictable since things are always in cycle. What goes up must come down and the good thing is, what goes down will rise again and it is matter of time. There is always light at the end of the tunnel. This has been going on for the past and will continue to do the same looking forward.

Think of 1 and 2.

One calligraphy master of my recently wrote 4 words in Chinese calligraphy (常想一二), which literally translate into English "Think of 1 and 2." To understand such statement we must first examine another common phrase in Chinese (人生不如意事十常八九), which translate into English, *Out of ten events in the journey of life, on normal course will bump into 8 or 9 obstacles*. Think of 1 and 2 is focus on the positive factors, smooth event or outcomes when come to handling predicaments. In easy term think of 'half full' and avoid 'half empty' motto. It is easily said than done you might say, well I was being negative about this one, sorry, yes, you will never feel the differences if you do not even try.

And it is true that things will always turn out right when hit rock bottom. Keep on keeping on. Learn to be a happy person. Love your family and care for friends. Reorganize your thinking and act positively whenever possible. Try strengthening the relationship and you will come out stronger and better. In good times prepare for the worse to come and in bad times welcome them as the worse might be over soon.

Do not ask me when things will turn around just 'Think of 1 and 2' in bad times!!!

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Your letters and comments are always welcomed!

-Kerby Kuek