



**SUCCESS FRONTIERS**

TRAINING AND CONSULTANCY

How To Achieve

# TRUE HAPPINESS

Living In Singapore

WRITTEN BY: **ADRIAN TOH**  
LEAD TRAINER, SUCCESS FRONTIERS

# TESTIMONIALS

Thank You very much, Adrian. I have attended many courses throughout my life and I must say this must be one of the few life-changing courses that I have attended so far. It will certainly help me in my work and in my personal life as well. Cheers.

***Low KM***  
***Banker***

Adrian is great and knowledgeable, fun and willing to share. The conduct of the session were professionally done, intersperse with fun activities. Great fun.

***Hung Ching Pien***  
***Director Joint Logistic Department, MHA***

Adrian was patient and the session with him was beneficial as he is able to help me to draw out a different perspective on how I perceived an event. The session is highly recommended for people who want to change their life.

***Lim Beng Hua,***  
***Head, Core Banking, Personal Financial Services, UOB***

As a training consultant, Adrian value-adds with his years of experience in a leadership role. In designing training curriculum, he is meticulous in understanding the client's needs & customizes his training to suit the audience. He is accommodating & gives his 110% when he conducts training.

***Sharon Woo***  
***Head, Partnerships Distribution Academy***  
***Prudential Assurance Company Singapore P.L.***

# The 7 Easy Steps to Total Happiness

## Why I Wrote This Short Report

*A message from Adrian:*

Hi,

It's Adrian, from Success Frontiers.

I wrote this Happiness report to share with you the Secrets of achieving lasting happiness.

As you may have read, Singaporeans were voted by a Gallup poll to be one of the least happiest in the world.

How is it that a country as prosperous, as peaceful as ours can result in such unhappiness amongst the people?

Did you also know that the Gallup Poll stated that people in Afghanistan and Haiti and even Iraq were happier than us?

Yes, we are talking about war-torn, ravaged countries. The people there experience more happiness than us here in Singapore!

Having coached countless clients to shed their pessimistic outlook and embrace happiness, I've gotten a clear understanding of why most people aren't happy and how you can now make the choice to be happy.

Let's get started!

Best,



**Adrian**  
Lead Trainer,  
Success Frontiers

## The Main Reason Why Most People Are Unhappy

The biggest myth about happiness in Singapore is "I will only be happy once I get X"

We have bought the idea that achievements or things make us happy.

When I have a big car, I will be happy.

When I have a million dollars, I will be happy.

When I top the class, I will be happy.

When I get that promotion, I will be happy.

And after we get it, we are happy for a total of 1 FULL minute ... then we are back to the original empty feeling.

Now, it's time to hunt for the next thing.

And in the meantime, we are back to feeling inadequate, "not good enough" ... incomplete.

We have been ingrained with this belief all around us ... and it is this BIG MYTH of happiness that we have to debunk before we can move forward.

Here's the truth: Things don't make you happy!

You CHOOSE to be happy.

Qian Hongyan lost both her legs in a car accident in 2000 when she was just four years old. Growing up in rural Luliang county, southwestern China's Yunnan province, her family had to improvise. She chose to be happy despite her current situation.





In Sep 2013, when she was 18 yrs old, she received adult prosthetics. As you can see, she is still happy!

**Happiness is not something you CHASE and ACHIEVE ... Happiness is a state of mind.**

Happiness is something you choose.

And you can make that choice right now.

## 7 Easy Ways To Increase Your Happiness RIGHT NOW!

Right now, you can make the choice to be happy.

### 1. Everything begins with personal RESPONSIBILITY.

You have to understand that you are responsible for everything you feel, have right now.

You made the choices that led you to where you are, how you are feeling etc.

This is profound because once you realize that you are truly responsible for your life, you stop living from the "effect" stage (I am helpless, things happen to me, it's his/her fault, it's the government fault) ... and you start living from the more empowered "cause" stage (I create my life and destiny)

With your new-found power, you can CHOOSE to do, think, act, behave in a way that increases your happiness.

Don't sit and wait for someone or something to happen to make you happy ... what if they don't show up or that something does not happen?

No, take back control of your life - and you MAKE yourself happy with the power of choice.

### 2. Happiness is a **STATE OF MIND**, not a goal.

This is why people in Afghanistan and Iraq can still be happy given their current predicaments.

They have chosen a worldview and outlook that makes them happy. Hence they see the positive things in life.

Life is really interesting, because it will confirm whatever worldview you have.

If you choose to dig in the depths of evil and despair, life will confirm that.

If you choose to see a brighter, better future, life will also confirm that.

Life is essentially neutral, it is our perspective that determines whether we choose to feel happy or miserable.

*Whether you think you can, or you think you can't - you're right.*

**Henry Ford**

### 3. One of the easiest way to start being happy is to **BE GRATEFUL**.

Right now, think of all the things in your life that are going right.

Well, you are in one piece. You can breathe, you can walk, you can get food, you have health etc ...

Do this because somewhere in some part of the world, someone doesn't have what you have.

And if you have ever been sick before, you know how valuable all the simple things we take for granted are.

Being able to walk, eat, drink becomes so sought after when we are ill.

In 2014, I was in East Timor and the people there were celebrating because they just had their first Burger King outlet.

Think about that!

It is time we stop taking things for granted and complaining ... and start appreciating the things around us that we have.

And if we start counting, we realize there are a ton of things we can be grateful for.

When we do this, we **GROW IN HAPPINESS**.  
Everyday, we become more grateful and more happy.

We shed the happiness myth of "When I have this item, I will be happy"

This has links to love too - believe it or not. Some people feel so excited and thrilled when they are falling in love courting their partner but once the partner is with them, they become complacent and are off looking for the next emotional high.

When will they be satisfied? NEVER!

Wiser couples know its far more satisfying to **GROW IN LOVE** ... and let the relationship blossom to even greater heights.

The same is true for happiness.

#### 4. Another way to increase your happiness right now is to become **SELF AWARE** of your thoughts and language.

What does your mind naturally drift to? Good news or bad news?

What comes out of your mouth mostly? Words of positivity or words of negativity?

The quickest way to make change is to notice where we are right now.

Here's a quick tip - complete the following:

"Life is \_\_\_\_\_"

For me, I answer that life is an amazing place of possibility. Yet I have clients who answer life is a dog-eat-dog world ... life is a dangerous place ... life is like climbing mount everest everyday!

No wonder they aren't happy.

Your thoughts and language shape your model of the world.

Yet you also have the CHOICE to change this if it isn't serving you.

The easiest way to change is to

notice that the world works in DUALITY.

There is an up, and there's a down.

There's good, there's evil.

There's what goes RIGHT, and what goes WRONG.

It's which one we choose to focus on, and make our dominant reality.

Within you, if you look closely, there are POSITIVE TRAITS you have that you can focus on.

It's all a CHOICE, and you can make it now.

#### 5. Choose your **ROLE MODELS** and **MEDIA CONSUMPTION** wisely.

I don't advise people to watch the nightly news because its just a bunch of negative programming for the subconscious mind before they go to bed.

The nightly news specializes in telling you what goes on wrong in the world - from famines to crime to murder to corruption.

And when you go to bed with that swimming around in your brain, no wonder you wake up in a foul mood and upset!

It's better to read something encouraging or positive before sleeping. I encourage that.

Also, make sure you check what songs you are listening to ... and who your role models are.

- Are they positive?

- Do they use profanity or espouse ill ethics and behaviour?

- What are their worldviews like?

Remember that our subconscious takes in everything we feed it, so we need to stand guard at the door of our mind with vigilance.

#### 6. Remember to **TAKE TIME FOR YOURSELF** to do the things you like.

The first rule of money management is to pay yourself first.

It's the same in life management.

Most people spend all their time working for other people ... doing things for other people ... and all the time they take for themselves is what remains at the end of the day.

Usually, its a pitiful amount like 20 minutes before bed.

No wonder they feel a poverty of happiness inside. Life is not fulfilling if you don't LOVE yourself and take time for yourself.

Your work is NOT your life!

You wish to look at how you can systemize your work and other commitments so you have to do the things you truly want.

Don't spend all your time living for others, only to have no time for yourself!

## 7. The quickest way to start becoming happy is to simply **SMILE and GET ACTIVE!**

In NLP, we learn that when we change our BODY PHYSIOLOGY ... we can change our emotions rapidly.

Smiling is the easiest way to improve your mood.

Also, look up - stand tall and NOTICE the world. Be present, right here in the moment, and really see what's around you.

When you do these body language shifts, you tell your body to shift to a more positive and happy emotional state.

Also, laugh more!

I've coached people who are chronically depressed and some of them couldn't even smile when I told them to.

They all had roughly the same hunched over, slouchy, closed body posture.

Because of this, their emotions remained locked inside.

Make sure you aren't making the same mistake, else you will wonder why you start to have sad thoughts!

Make the shift now!

# In Summary

I wrote this report to share the most powerful learnings I have made while teaching and coaching local clients to be happy.

It's really important that you, my dear reader, break out of the "I will be happy only if I have X" mindset.

That will NEVER lead to lasting happiness, only a short term spike of emotions.

Instead, if you recognize that happiness is your responsibility ... and you can NOW make that choice to notice the good around you, be grateful for what you have, surround yourself with positive people and media, shift your thoughts, language and physiology ...

You too can experience happiness.

This time though, the difference is this happiness is lasting and only gets better.

I wish you the very best.

And smile, life is amazing, isn't it?

Best,



*P.S. Stay connected with me at my new Facebook Page*  
<http://www.facebook.com/adriantoh01>

## If You Like This Report, Pass It Forward!

If you have a friend who could benefit from this report, be sure to pass it forward.

I would love more people to understand the true gift of happiness and how to get into that state of mind.

Sharing is amazing!

# ABOUT THE TRAINER

## – LTC(NS) ADRIAN TOH TUCK WENG



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**HP: 98333640**

For the last eight years, Adrian has dedicated himself to training, facilitation, coaching and counselling people of every walk of life to do more and achieve greater things in life. Adrian's passion comes from his desire to be a positive force in the world, and use his skills to accelerate change in people, so they too can enter the world and make a positive difference.

Driven by this greater purpose, Adrian has developed himself in almost every area of training, facilitation, coaching and counselling. Adrian is certified as an NLP trainer, Time Line Therapy trainer, NLP coach trainer, ACTA certified, 6 Second EQ Practitioner and Resilience Practitioner. Adrian wanted to tap into every body of knowledge out there that could make him the very best trainer, facilitator, coach and counsellor he could be. The sole purpose was to possess the skills to help clients facing deep-seated challenges overcome these quickly and readily, so they could finally be free to move forward in their lives.

Adrian's prior work experience was in the military where he juggled his professional duties as Commanding Officer of 6th Army Maintenance Base, and helping servicemen overcome personal challenges as an active para-counsellor as well as Deputy

Chairperson of the Army's Para-counsellor Advisory Committee. Adrian handled both these responsibilities perfectly.

Professionally, he led his organization with poise. He was instrumental in the development and fruition of the Military Experts Scheme (MDES) into the SAF. This scheme was mooted in 2008 and took more one year of planning and discussion before it was officially launched in Apr 2010. Together with senior leadership, Adrian and his team successfully converted more than 98% of Army eligible personnel into the MDES Scheme. To garner support for the MDES scheme, Adrian engaged servicemen 500 personnel at a time to explain the scheme to them and demonstrate the benefits of being a part.

In addition, as the concurrent appointment holder of NS CSS Battalion, Adrian led his NS unit on a 10 day exercise which was to serve as the battalion's year of assessment. The end result was a sterling performance and a REDCON1 assessment end result. The battalion had performed outstanding due to Adrian's leadership.

Adrian's passion in helping servicemen overcome their personal issues shined in his willingness to sit down with ordinary servicemen, regardless of rank, and help them work through the issues holding them back. Servicemen till today write to Adrian mentioning how touched they were by his humility, patience and sheer open-ness. They mentioned how rare it was for someone of Adrian's rank to sit down with them without airs, listen to them and help them through tough periods.

Today, Adrian takes his leadership skills and big heart to training rooms all over Singapore. He coaches people of all walks of life - from people wanting to find new jobs, young people seeking purpose in their lives, servicemen who want to perform better at work and executives who want to achieve massive breakthroughs. Attendees routinely thank Adrian at the end of the trainings for revealing the greatness within them, helping them "get" themselves at last and showing them how to get the best out of their abilities.

This is the only the start for Adrian, as he continues to take his skills and his message to audiences all over the world. Adrian has a goal of helping as many people as he can in every part of the world and transforms the quality of life for them. Adrian says that life can be truly amazing if people just released their "mental chains" and recognized how gifted they already are.

Adrian is an associate trainer with Adam Khoo Learning Technology group where he teaches and shares on Leadership and MBTI with Singapore Technology Engineering as well as at E21 on Executive Workshop for PMET. He is also an associate trainer with MM grower where he conducts workshops for organizations like Boeing, Elections Department and even Ministry of Trade of Industry.

Adrian's purpose of being "A positive force in the world" has been his pillar in guiding him to continually seek new skills and technologies to quicken the change process. These are some of the certifications he has been accredited with:

- 1) **NLP Trainer by American Board of NLP**
- 2) **NLP Coach Trainer with American Board of NLP**
- 3) **Time Line Therapy® Trainer by Time Line Therapy Association**
- 4) **ACTA Certified**
- 5) **Certified Resilience Facilitator**
- 6) **6 Seconds EQ facilitator**
- 7) **Certified Extended DISC facilitator**
- 8) **Certified MBTI facilitator**
- 9) **Certificate of Coaching Skills by Results Coaching System**
- 10) **Coach in Self-Esteem Elevation for Children with Centre for Personal Reinvention**

He has a Bachelor in Mechanical Engineering (NTU).