

FPP BizNewz

January – May 2022

MANAGEMENT • INVESTMENT • ECONOMICS • ENTREPRENEURSHIP • TECHNOLOGY

**Mengapa Pelaburan
Emas Menjadi Pilihan?**

Telur Mana Telur?

*you
are
what
matters*

**An Affair of Online
Learning and Covid-19**

**Pembasmian Kemiskinan Dalam RMK
Ke-12**

Bukit Harimau Menangis
Tarikan Pendakian di Kemaman



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January

SELF NOTES

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In January, there're a lot of expectations attached to the new year. People want their new year to begin with a fresh start in January. However, January may be a difficult month because of all the expectations that we put on ourselves. Some individuals argue that January is the very first Monday of the year. It's something that some people are afraid of, while others look forward to it. That's why it's so important to have a positive outlook and see January as a new beginning. I've put together some nice and energising January notes just for you. I hope that some of these thoughts inspire you to pause, smile, and adopt them as your inspiration. Enjoy!

JANUARY 1

The Moon

The moon shines at night and illuminates our planet. Aside from lighting our nights, the moon can be a great motivator with numerous life lessons. The moon has flaws, yet it's still wonderful to observe. It's simply beautiful and elegant. Despite our flaws, we should remain peaceful and beautiful like the moon. We should shine in the darkness of life and lead others to the light. Just like us, the moon has phases. Life changes should be welcomed without the fear of the resulting differences. Strive for success, but don't boast too long. If you want to climb a new peak, you need to let go of the past. The more you cling to your past, the more you lose the present. Let go of your attachments and enjoy life. The past is gone. Believe in the greatness that awaits

you. Letting go of the past takes courage, but it's the only way to find serenity.

JANUARY 2

The New Door

When one door shuts and another opens, there's a great deal of promise. For sure, you're worried about what's ahead, but now is the moment to take a step back and then look ahead. Begin with a strong sense of belief. Take the first step rather than the entire staircase. Change is scary, but you know what's worse? Don't let fear hold you back from progressing. Your life improves through chance, and it brings betterment. Every day is a new chance. Don't dwell on yesterday's shortcomings; start today with good aspirations. Never underestimate your ability to change your life. The key to change is not to battle the old but to build the new. Avoid being fearful of new beginnings. Avoid being afraid of new people, new energy, and new surroundings. Embrace new opportunities for pleasure. Start right away. Please don't waste it. Try your best.

JANUARY 3

The Sunflower

I want to be a sunflower standing up in the darkest days to find the light. Be cheerful, upbeat, and optimistic. Recognise your ancestors and spread seeds of happiness throughout the world. Bring your best self to the fore and hold your head high. Continue to develop. Keep your head high and look

for the sun, even on the darkest of days. Like the stately sunflower, we sometimes need to stand up and push our faces against the sun on challenging days. Being unique in a world dominated by conformity is difficult. You don't have to be like the majority' just be anyone you want. Decide, visualise, and act by your best self. Remember! It's impossible for a rose to be a sunflower and for a sunflower to be a rose. Flowers are beautiful in their way, just like we. Just be yourself, gorgeous, and confident.

JANUARY 4

The Star

Stars don't glow to be seen; they shine to be stars. When it comes to life, there are darknesses, and there are lights, and you are one of the lights; the light that shines above all the lights. It's all about knowing who you're. It also involves knowing your limits. Being whoever you want to be is never too late or early. There's no deadline. Begin whenever you wish. You have the option to alter or remain the same. When you alter anything, it demonstrates strength rather than weakness. It's not because we want others to recognise our worth, but because we've finally realised it ourselves. They say that losing someone you care about is the hardest thing. But the most painful thing is losing yourself in the process of overvaluing someone and forgetting that you're exceptional. You're valuable! You're important!

JANUARY 5

The Diamond

We should remember that oak trees grow strong in opposing winds, and diamonds are formed under extreme strain when we wish for a life free of obstacles. When you give in to adversity, it becomes a barrier. Remember not today's failures but tomorrow's success. If you endure, you'll accomplish your goals and find satisfaction conquering hurdles. Do the necessary first, then the possible, and ultimately the impossible. No one can truly be a champion without overcoming hurdles. Life throws us a curveball to test our courage and determination to adapt; we can't pretend that nothing has happened or that we aren't ready. The challenge won't wait. Life doesn't look back. Be calm when faced with it. Take a breath, stay strong, and keep going. Obstacles are the path, not the path block.

JANUARY 6

Sparkle

Starting your day with gratitude allows you to appreciate what you already have and how privileged you're. One of the best gifts you can give others is your courage to shine, lend a hand, rise above, be true to who you want to be, and love, even in adversity. As we attempt to bring light to others, we unintentionally bring light to ourselves. Everything around us improves when we attempt to improve ourselves. Allow your light to shine brightly today. It's not necessary to be a people-pleaser; simply being a people-lover is sufficient. Looking at others' success shouldn't make you feel envious; rather, it should inspire you to do better. Achieving glory inspires considerably more people than you realise. Sparkle every day brightly, with love in your heart and thankfulness at the forefront of your thoughts.

JANUARY 7

The Mirror

Your only rival is the image of yourself in the mirror. You can look in the mirror and discover a million flaws. In the mirror, you can think that "I feel fantastic, I'm healthy, and I'm very blessed". That's how I see it. I'm me. I see myself in the mirror. Now and then, it's necessary to remind yourself that you're amazing. It's not always easy, but altering your mindset to become more positive about yourself is the path to success and happiness. Please don't undervalue your abilities anymore! Always put yourself at the top of your to-do list, and the rest of the tasks will take care of themselves! It's not necessary to be flawless to inspire others. Allow others to be inspired by your way of dealing with your flaws and imperfections. It's not who you're but who you think you aren't.

JANUARY 8

A Ladder

Make a value and priority ladder in your life to remind yourself of what matters most. Climbing the life ladder takes time, rung by rung, step by step. Set your sights high, but take it one step at a time. Sometimes you don't realise how far you've come until you look back. Like everyone else, you must work your way up the ladder. Nothing in

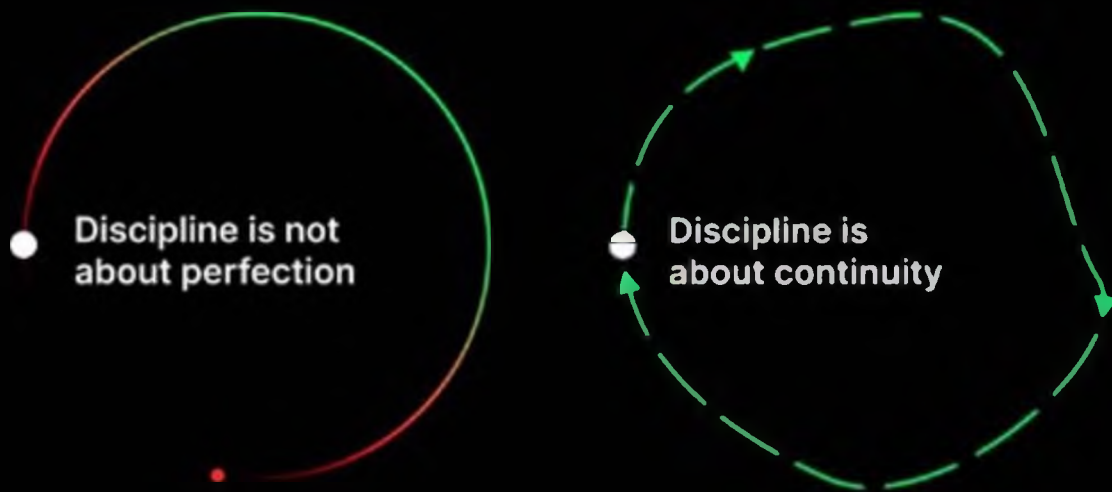
this life is free, so you must work hard. The most important factor in achieving success is dedication and hard work. Keep your eyes on the target and focus on taking the next step every day. If you're not sure which method to go about something, try it both ways and see which one works best for your situation. If you want to achieve something, it's not enough to climb halfway up the ladder. It'd help if you climbed up to the top of the ladder to reach your goal. Hard work has never failed me.

JANUARY 9

The Leaves

The early leaves drifting from the trees give a chance to peel, refresh, and restart like a new season and a new chapter. It shows us how beautiful letting go is. It's hard to let go of things that matter to us, but we must learn to let go to heal. It would be best to learn to let things happen naturally, especially when practising mindfulness. Mindfulness is about letting go, not pushing. Mindfulness implies waking up and knowing what you're doing. Whatever you've gone through in the last year, being in this month allows you to be thankful for your strength. That's life! As for 'us', we're ready to face the year's challenges with the same zeal we've greeted it. Hello January! It is the perfect opportunity to begin anew with a new outlook and a new outlook on life.





**Discipline is not about perfection.
Discipline is about continuity - Reini Lackner**

Source: Twitter



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