

Pornsaran Rungcharoenkitkul. (2024, June), Being yourself creatively : Gourmet & Cuisine : 118

We often find psychological advice to be independent. Because it is an important basis for success and happiness in life, but most people don't know what it means to be yourself creatively. The famous writer Napoleon Hill has given many guidelines for behavior or habits to express one's self. Therefore, we would like to take the important points as an example as follows.

- Have the main goal of life, set goals that are meaningful and attainable.
- Always have a positive attitude. Live your life according to your principles and values honestly and sincerely.
- Be firm. able to control emotions Oneself can be in both satisfactory and unsatisfactory conditions.
- Have confidence in yourself and continually find ways to develop yourself.
- Do not be careless and be careful in making decisions and actions.
- Not afraid or alarmed about all problems. Be open to receiving new opinions.
- Take responsibility for your own actions or failures. Try to convert defeat into capital.
- Follow etiquette and expression in every situation, be punctual and reliable.
- Use polite language and be respectful to everyone. Don't boast. Avoid using coarse or impolite language.
- Show gratitude. Speak good things about others, never speak ill of or disrespect anyone. Help others without expecting anything.

Reward It can be seen that being yourself creatively. Give importance to guidelines with ethics such as being honest with oneself positive thinking Taking responsibility for yourself and being kind to others. that which we have already done Which items should be improved? and any items that have not yet been done Developing these attitudes and habits It will promote us towards a better life in every aspect.



Pasin Inthawong M. (2024, June), How to clear your mind. Towards lightness: Cheewajit: 118-120

If every day we have to carry heavy feelings, I want everyone to try and find an angle that will relieve this heaviness, even if at some point the mind is still good.

1. Two feet soaked in water Two eyes can see a long view in the sky.
2. Sit quietly and comfortably under a large tree during pleasant weather.
3. Sip warm tea with an empty mind, capturing the warmth of the happiness within.
4. Look at the sky as far as the eye can see and watch your breath. Know the wind coming in and knowing the wind going out.
5. Look at a wide angle and see many people. create space Open your heart. Then spread kindness without measure.
6. Speak words of encouragement to someone at the right time. Absorb the good feeling when you make someone feel good.
7. Whatever you think, know what you think. Know if you are satisfied, know if you are not satisfied. Know if You like, know that you like. If you don't like, know that you don't like. happiness and suffering to know in time
8. Life passes a long time. Examine yourself, what stories do you keep in your heart? What hurts? Once it's passed, you shouldn't keep it for long.
9. If you think about the past Please think of good things. There is a feeling of only good things. As for what makes you sad? I just thought about taking the lesson to learn is enough
10. Forgive some people who have harmed you. Some people disappointed us yesterday Let it pass.
11. Drawing, playing music, exercising, these three things can help.
12. Meditation: Focus your mind on breathing comfortably, without putting pressure on yourself. It will be difficult at first, so keep doing it can be done gradually.
13. Find out what you like to do. Then do that thing as a job or hobby, doing it with pleasure and satisfaction.
- 14 .Send flowers to family members or loved ones. A flower is not a flower But it is something that expresses good wishes The kindness and compassion that we have for each other.
15. Share food and money with the poor, thinking of them as relatives. If he can be full We feel good.
16. Know clearly in your heart that Life will always lead to a beautiful path. We just prepare well to accommodate that Beauty Be confident that in the end Our lives will inevitably encounter Undoubtedly joyful

