Revive your life: How to realize you've got what it takes to achieve your dreams

By Alden Tan
Welcome to your Life Revival!

Hey you,

So by downloading this copy of the Life Revival Kit, I'm certain it's because you feel there's something lacking in your life, like there's a void within you that needs to be filled.

And I'm here to tell you, this is the kit that can change your life.

I certainly hope it will.

I created this kit with the sole aim of tapping into your inner being so you can both think and feel what is it you want in life exactly.

Let's read that again, "your inner being".

The whole idea of this report is to help you realize you have what it takes to lead a happy, positive and confident life and with that, gaining the courage to follow your dreams.

We're going to look within to see where you are in life today.

We're going to walk through the phases and stages in life for you to actually realize you have everything you need in life to follow your dreams, do what you love and even make a living out of it all.

And anyone can do it.
Who should read this report

In short, this report is for those who constantly wonder, "Is there all there is to my life?".

Too many people walk through life following the music, so much so that they're in a trance. They follow the expectations of others and neglect what they truly desire in life.

Too often people do this, and they don't even realize it.

They die inside, as they feel they've no passion and nothing to look forward to in life.

They die up there in their minds, as they constantly wonder whether this is all there is in life.

Because of all that, they suffer symptoms like a lack of confidence, low self-esteem, irrational fear, caring about what others think.

And dreams are just that, dreams.

Sounds like your life?

Then you should read this report.

It's time to wake up and start feeling alive.

Time to revive your life!
Also, just a side note...

This kit isn't some new-agey tripe where I guide you to a zen-like state. I'm just an ordinary guy who has been through a lot in life and decided to do something for myself.

And with the expertise I've gained, this is what I made for you.

In fact, this report is a very real and personal take on self-help and following your dreams.

Maybe some of the ideas will shock you or you'd be surprised at how real and simple following your dreams can actually be.

That being said, if an ordinary guy like me I can actually make something out of myself, so can you.

But who am I to say all this and even try to inspire you?

Read on to find out about my story.
Here's my story...

I'm Alden Tan.
I'm currently 27 years old and I'm doing the whole "Quit my job to follow a dream" thing.

I'm a very passionate person, my two main passions being Bboying (breakdancing in layman terms) and writing.

I've been blogging for over a year now and I've made a ton of progress, all on my own.

Now, it definitely hasn't been easy. A lot of things happened in my life to lead me to here.

**Mainly, my dad died when I was 20.** He died of ALS, an extremely horrific disease that has no known cure.

That day changed my life forever. The devastation, anger, sadness and confusion I felt just made me think a lot.

If anything my biggest takeaway was that life was too short, for real.

The phrase, "Life is short" was always a cliché to me.

Now, besides that I think life is too short to work a job you don't like every day for the rest of your life, it was more so to me that life was too short to keep feeling anything but happiness.

You see, I was probably the angriest person alive before my dad died. Ironic eh?

Before that, I was always doing the right things in life. I walked away from fights. I never retorted back. I let friends walk all over me just so I could avoid trouble. (Ever found yourself laughing along at an insult hurled towards you? That was me).

But all the right things in life guaranteed me going home pissed with myself.

So when my dad died, I felt a very particular pain in me that made wonder constantly, "**After everything, after trying to be a good person, this happens to me?**"

This realization came on June 11th 2006, when I got home from work early in the morning. All the lights in the house were switched on for some reason. Suddenly, my brother came to my room in tears, and told me, "Pa just passed away".
I ran to the master bedroom and saw the most insane sight in my life, which was my own dad's corpse on his bed.

The realization that life was too short, that you really got to do what you love in life and that there's nothing else to do in life but be happy, came in that very morning.

Forward to today...

Yep, that's all I do now: Aiming to be happy, which consists of me blogging and writing, and still dancing after 10 years.

And my message to you: **You absolutely do not have to go through what I did to realize that life is short and that you should only and always do things that make you happy.**

You just need some insights and a little nudge.

I'm going to give you all of that.

Ready?
Do you have a friend who you think could benefit from this free report?

Share on Facebook!

Tweet this free report!

Spread the word! www.alden-tan.com/freereport

Questions? Shoot me one at alden@alden-tan.com and I'll definitely get back to you.
Part 1

Revival of the mind: Are you in the Matrix life?
Now if you have been looking around blogs which talk about personal development in general, you may have come across the term, "the matrix".

**What is the Matrix exactly?**

Here’s what the movie, starring Keanu Reeves has to say about it:

"**The Matrix hides the truth from humanity, allowing them to live a convincing, simulated life while machines grow and harvest people to use as an ongoing energy source**."

Makes sense to you? Read it again. This is the part I want you to concentrate on:

"**hides the truth from humanity, allowing them to live a convincing, simulated life**"
The biggest question I pose to you now, "Are you in the Matrix?"

Are you living a life where you're doing things without actually knowing exactly why you're doing them in the first place? Adding to that, do you feel that way since young, flowing into wherever you are now?

Do you feel like you're constantly following instructions made by others?

Are you living your own truth?

Are you leading a life on your own terms?

You may not be hooked up to machines and have your brains being sucked out for energy, but you may be well, simulated as everything around you has led you to live a lie, an ironically comfortable one at that.

The modern day Matrix

I first came across the term, Matrix and how it relates to our lives today during the infancy of my own blog.

I was having a discussion with my friend about following your dreams and doing what you love in life, two things we value heavily.

I brought up how there were plenty of naysayers and a complete lack of supporters.
I also candidly said how different I felt as I was a 26 year-old who dressed like a kid. I constantly wore Bermudas, sneakers and T-shirts. (I have actual friends who are surprised by this, that I dressed like a breakdancer while they donned their corporate attire).

My friends replied immediately, "That's because they're caught in the Matrix".

That reply alone, inspired me and pushed me forward all the way to why I work so hard on my blog.

I am talking about the Matrix because the Matrix is very existent in our lives and many people are caught in it. Like the movie, people are not aware of it, or rather, they're more or less aware of it, but they actually think it's okay to be caught in the Matrix in its whole and not do a single thing about it.

My personal definition of the modern day Matrix:

*The Matrix today is the reality that society has set upon us. Expectations based on mostly superficial importance, like money and career are highly prized.*

*This is the lie of life as more important things like passion, following your heart, believing in yourself or just being happy even are not deemed important.*

*The bigger lie is that people think this is very normal, for everybody.*

Now, you may not realize it (actually you don't at all), but because you're in the Matrix; because you pass on passion and following your heart, a lot of symptoms arise.

They include a lack of confidence, low self-esteem, irrational fear, feeling lost in life, caring too much about what others think and missing the courage to follow your dreams.

All because of this lie.
The good news is, this lie can be demolished.

You can start learning new things, new truths and eventually create your own personal truth, something no one or anything else in this world can take away from you.

It can be with you forever.

It's time to lift that curtain that's been hanging above your eyes.

The Matrix way of life

It goes something like this:

**Phase 1**: Study in school and graduate

**Phase 2**: Grow up

**Phase 3**: Get a job
Phase 4: Get money

Phase 5: Repeat for the rest of your life and hope you can survive and be happy

Sounds familiar?

Let's go a little deeper now.

You grow up and what do what you're expected to do because you are told to do it and then you start to believe that you're supposed to do it.

Then you tell yourself that it's "Okay" because "everyone else is doing it anyway".

This is when your incompetent boss is giving you hell and putting you down, and you start to believe everything he or she says, or at least you think you're powerless to do anything about it.

It's normal right? You "must" accept that in the workplace.

This is when you wake up in the morning every day and go to work, without caring about the unhealthy side effects.

Again, normal right? It's part of working.

This is when you work overtime and call that time productive.

This is why, when you feel constantly unhappy with your life, you think you don't have to do anything about it.
Do you see that in the Matrix, people listen to others more than themselves? Do you see that people work hard to live up to the expectations of others, and not their own?

The symptoms start to arise.

You think you can't amount to anything great, like "those rich guys" because you aren't as lucky as them or that you aren't special at all.

It doesn't make you feel good at all, but then you tell yourself it's okay as you seek comfort in your surroundings since it's very normal.

The Matrix keeps giving a bunch of norms for people to seek comfort in, and then use these norms to deride those who actually dare to be different.

"Something is missing"

But the Matrix has a glitch in the system now and then.

The lie, the blind that has been pulled over you, gets lifted now and then.

That's when you start thinking, "Something is missing...".

This is where you have to remember:

You ALWAYS have the power of choice. And you can change your life anytime you want.
The Blue pill and the Red pill moment

In the movie, the character of Keanu Reeves is presented with two particular pills.
The blue pill gives blissful ignorance of illusion.

The red pill gives the (sometimes) painful truth of reality.

This is your moment now, wherein the power of choice comes in.

Reviving your mind with the power of choice

Although there’re no magic pills in this world that can automatically set you free, you absolutely still have it in you to revive your mind.

How do you revive your mind?

The trick to it all is recognizing what makes you and only you happy.

What do you believe in? What is it you want in life? What do you love? Is there more to life than this?

What makes you happy?

You do NOT have to conform to what others believe or say.

It’s absolutely okay to go against the majority’s beliefs and way of life.

From there, you lift the lie even further by staying true to your heart with the experience and memories you create in life.

This is where you need to look deep down into your very being and recognize the emotions you have. Then you connect it with your mind and register what they are.
You put them together, and realize it's completely from you and only you.

Get this part right, and you're ready to leave the Matrix and start a life of your own.

You start this recognition by opening up your mind and realizing that there are always new possibilities in life waiting for you.

Maybe it sounds complicated and difficult, but it isn't really.

Let's head on to the next step and I'll show you how you can add feeling and emotions into the mix.

That way, you will know for certain what is true to you.

I personally got out of the Matrix when I decided that I didn't want to work a single job, every day for the rest of my life.

That isn't for me.

It's still hard work at home of course. Nothing comes easy. Just because you quit your job to follow a dream doesn't mean everything is made easy for you.

Whoever said that is a liar.
Get a friend or family member out of the Matrix now!

Share on Facebook!

Tweet this free report!

Spread the word! www.alden-tan.com/freereport

Questions? Shoot me one at alden@alden-tan.com and I'll definitely get back to you.
Part 2

Revival of the heart: Finding Passion
Passion is all the rage these days!

Because of passion, people get to do what they love AND make living out of it.

These are the same people who love their jobs and wake up every day feeling great. Work doesn't feel like work to them and they seem to possess a positive and vibrant outlook on life.

They're happy, and life seems so good to them.

They're totally out of the Matrix!

Do you ever wonder how they ever got to be like that?

It's simply because they've passion.

Now, the thing is, there seems to be a wide misunderstanding of what passion really is and what it can do for you.

The myth and lies of Passion

1) Passion is just some hobby or mere interest you dabble in during your free time.

2) Passion guarantees that you can make money from it.

3) Passion is hard to find.

4) Passion is pointless if you're not good at it.

Lies! All lies!

Passion is beyond anything of the above.
It saddens me to know that there are people out there who don't even try to find their own passion because they think it's too hard to do so.

Number (2) in particular seems to be a very popular misunderstanding, that passion is something that must make you money.

I have passion. I've two of them in fact. Bboying and writing.

I'm not the best at either of them, but they've given me the positivity I've in my life right now that has propelled me to great confidence and breaking through all my fears.

Intrigued? Let's go deeper.

The truth about Passion

"Passion is energy. Feel the power that comes from focusing on what excites you."

-Oprah Winfrey

Oprah's definition hits the nail on the head.


This is my own definition of passion:

**Passion is that fire that burns deep within you. It's that special feeling that makes you know for certain that everything is right in this world. When you get that feeling, nothing around you matters.**

A far cry from just being a mere hobby.
That special feeling

It burns deeps.

That’s not to say passion makes you excited and jump for joy every second, even though that would be nice.

But look at it this way:

**Passion is like a joy that sticks with you forever. It isn’t just happiness, it’s joy.**
It's like having a special someone in your life, where when you think of him or her, you feel instantly relaxed and happy despite everything that's going on around you.

It's like a relationship, where you help each other grow.

Which leads to...

**Passion is Love!**

That's how I feel about Bboying. Whenever I think about it, I feel like I've many things to look forward to in life.

I've allowed this love for Bboying flow into other aspects of my daily life too, like

So you see, passion is so strong that'd stick with you forever once you find it.

Now, how can this special feeling play a role in your life, especially in one that is filled with distractions? (The Matrix).

**Passion makes sense out of this complicated world**

Life is a mystery. That is a fact.

And the world is very noisy.

We get so much information out of everything and from different people that it's hard to discern what is real or not.

As in the Matrix, society has set its rules for us to adhere to, so much so a lot of us forget to be ourselves.

The Matrix only allows you to hear or read about something from various sources all the time only.
But remember, there is a way out of the Matrix and to break out of the lie.

I said before that the trick to recognizing what makes you happy by opening up your mind and listening to the experience and memories it creates.

Now, is there a way to piece together these experiences and memories while being happy at the same time?

**The answer is passion, that special feeling.**

The heart now comes into play.

When you get that special feeling, everything in this world would make sense, because you wouldn't have a care for what's happening around you.

With passion, you'd have something look forward to in life, constantly. You'd never feel like a drone, going with the flow of life without even knowing why you do what you do.

And you'd be feeling good about it.

**Passion is your truth!**

Passion gives identity

I've been a Bboy for over 10 years, and you know something? I'm not as great as I want to be.

But you know what? It doesn't matter.

I'm not the best, but I feel alive as a Bboy.
My friends know me as that.

I'm Alden, that guy who has a college degree, but doesn't want to get a real job.

He's that guy who follows his heart all the time and believes in doing what he loves.

And much to his friends' surprise, he still has the time to practice his dance regularly.

**Passion identifies you!**

When you've passion, you aren't someone who "likes to do [something] during his free time".

Passion becomes you and allows you to automatically stand out among everyone else and in this world, simply by being yourself.

And with identity, **passion gives you a sense of belonging.**

Whenever I feel stressed out with something, or I feel a bunch of negativity from the wrong people in life, I just think of Bboying.

I always think, "At least I'm a Bboy. With this, I belong to a special group of people".

A group of people, all of whom have the same special feeling and growing together as unique individuals.

This form of identity and sense of belonging can do you wonders...

It gives you confidence.

It gives you a sense of self-worthiness.

It makes you feel alive with positivity, always looking forward to something.

It gives you courage to break out of your fears.
With that, your heart will be revived. You can start to feel happiness easily with passion.

Combining your heart and mind, your happiness and recognition of what you truly want in life, you'd be well on your way to complete revival and following your dreams.

**How to find your passion: the quick start revival method**

Now the thing is, how do you exactly find your passion?

I've said a lot on the subject of passion, and yes, it is a mouthful, but it isn't that complicated to the point that it's actually hard to find your passion.

It doesn't have to be that way.

You deserve passion. Everybody does. There's no reason why you shouldn't have that special feeling ignited in you.

And again, passion isn't THAT hard to find.

There're a ton of other experts out there who have their own methods of finding passion and even making a living out of it.

Here's my quick and easy way to find yours.

1) **First, ask yourself, "What interests me?"**
That's all you got to do.

The flame of passion starts from the tiny spark of interest.

List down all the interests you have. Remember, they're mere interests. They do not have to get you all excited and eager for it. As long as it catches your attention for that one little moment, it's an interest already.

Also, remember that

2) Second, ask yourself, "What am I good at?"

That's the second question.

What are you good at? What do you feel natural at? What are the things you do or have done that are easy to you, but hard for others?

List them all down.

3) Then try out all sorts of different sh*t

Yep. Just try. Go through your list and...

Take part in a new activity. Start a new collection of whatever. Read up on whatever that interests you.

Give it a little bit of time to see what gets your heart and mind to click together.

Now the thing is...

Passion is a special feeling. That's up to you to feel it and I can't be there to tell you what is your passion.

You need to give it some time and allow yourself the chance of getting that feeling inside of you.

There's no textbook answer or blog post which can tell you how to feel passion so...
Yes, you will know it when you feel it yourself.

I made this guide simple, because it's meant to be simple. I don't want to overwhelm you with different information about passion when it can be that easy.

You truly have what it takes to revive your heart and with the new found passion, special feeling and all the awesomeness it comes with, you'd effectively forge your path towards your dream while feeling great about it at the same time.

You can enjoy life with passion. So find it.
Pass on the gift of passion to someone!

Share on Facebook!

Tweet this free report!

Spread the word! www.alden-tan.com/freereport

Questions? Shoot me one at alden@alden-tan.com and I'll definitely get back to you.
How to stay alive by not caring about what others think
Staying alive after revival

With the heart and mind revived, it's important to continue staying alive.

What's the point of getting out of a coma only to fall back into it?

You'll want to be revived, and continue living a life on your own terms. There, you can start to follow your dreams, do what you love and basically whatever it is you want.

How do you do that?

**You stop caring about what others think.**

It's actually hard to concentrate on what you're doing as you may caught caring too much about what others think of you.

What more, there're people out there who are bent on making your life miserable. These are the critics, the noisemakers and basically people who just do not want you to succeed.

They want you to stick to norms and follow their way of life!

Why do such people exist? The Matrix is just filled with such people.

There really isn't any point in thinking about them.

It's more important to be in control and not be overwhelmed by the noise and distractions.

This includes:
What others may be thinking of you.

- The kinds of things others may be saying about you.

- The judgement people have on you.

Supposedly of course.

As a result, people get so anxious about others that they lose confidence in themselves. They get so worried that they can't even function properly in whatever task they set out to do.

They in turn dare not follow their dreams.

They fall back into sleep again. And this is very dangerous because it's easy to fall back into it.

Caring about what others think is a real fear.

Do you suffer from it?

It's time to stop caring and to start caring for yourself.

To stop caring about what others think, you need to know of the three most common aspects of caring about what others think and why we go through them.
"Oh my god, what does he think of me?"

"Did I just say the wrong thing?"

"Oh crap, I bet she thinks I am a loser now!"
This is your mind going wild with thoughts when you care about what others think. And it's hard to switch off this mode.

As a result, you become shy.

And shyness can be a huge anchor in your life as it prevents you from communicating your true self with other people. You'll not be able to interact with others as yourself.

Matrix or not, you're going to have to deal with other people, and wondering what's going through in their head is not the way to go.

I know for certain as I used to work in a club as a bouncer. I had to meet tons of people and I was constantly worried about making a bad impression.

#2: Fear of judgement

This is where you think others are constantly judging you.

With that, your self-worth and value as a person lie entirely in the hands of others, or in their minds.

Caring about being judged is akin to being in competition with yourself according to others' standards, as you want to live up to them only because you think you need to.

Do you see the irony in that sentence?

Do you want to simply win just so you can look good and be approved by others? Or are you afraid to "lose" and be considered not good enough by others?

See the vicious cycle?
To get out of this, you got to stop caring about winning or losing. Realize that people around you are not judges. Everybody has their own special journey, and only you should hold the reins.

#3: Concern for perfection

You know how it feels like after you make a mistake.

You feel totally awkward.

You're embarrassed.

You just want to hide away from everyone else!

I know, this is where your mind goes nuts and you can't help but think everyone is laughing at you, or worse, even hate you.

Trust me, I know how it feels.

I used to be a very socially inadequate person. I had a tough time in school as I did not have many friends.

As I learnt to meet more people and go out more, I made all sorts of mistakes like cracking inappropriate jokes, asking the wrong questions and unknowingly offend people.

Much like the fear of judgement, caring about what others think is a self-fulfilling prophecy. Nobody wants to make mistakes, but the misunderstanding that one must try to be flawless wouldn't do you any good.
People who think for themselves rise to greatness

How often do you hear inspiring stories of successful people?

Do you what's the most common element in all these stories?

They all hit a low point in their journey. They felt like they failed before. And they were close to giving up.

**But they didn’t.**

They were revived.

Their minds knew there were more to life and they knew they could go for it.

Their hearts were their ongoing source of courage and passion.

And within the Matrix, where all the noise and distraction are at, they focused deeply on themselves to get what they want.

That's how simple it can actually be.

Do you want to achieve your dreams and do what you love? Then stop listening to others.

Listen to yourself only.

Wait... Isn't this selfish?
The bigger question is... what is selfish to you?

Is your definition of selfish made by others? A norm you follow just so you wouldn't make others upset but at the expense of your happiness?

Again, the Matrix.

You can watch out for yourself and follow your dreams and care for others too. It's all about balance.

But the important point is, remember to look within and recognize what truly makes you happy, rather than trying to put on a facade and conform just so you'd appear "normal".

How to stop caring about what others think: The revival essentials

So how do you block out all the noise and stop caring about what others think of you?

There're plenty of ways. There's a huge number of people into personal development and teaching this for you to become a more confident person in life.

I knocked it down to the few essentials which has helped me to stop caring. With this, I've become a better Bboy, a more sociable person and also a more confident person in life.

1) Realize they're nothing but mere words and thoughts
At the end of the day, what you're caring about are the words from people's mouths and the thoughts in their heads. That's all they are.

These words and thoughts do not judge you for your degree of competence.

These words and thoughts know NOTHING about who you are, where you are from and what you've been through in life.

So why let them bother you?

Again, I gotta stress it, they're only words and thoughts. They don't hold any power over you and your dreams.

2) **Realize that everyone is flawed**

Everybody makes mistakes.

A lot of us care about what others think for fear of making mistakes, which ironically only serves to make us perform worse in life and hence make more mistakes.

Well guess what? When you're so worried about what others think of you, you may have forgotten that everyone is flawed too!

The same people who're judging you or talking about you make mistakes. Heck, they may also be worried about what others think of them.

So chill out, and take a load off. Don't let others and their shortcomings deter you from doing what you want.

Stop worrying, and just apply yourself.

3) **People don't really care about you**

Yep, they don't.
It's all in your head.

When we care about what others think, we tend to slip into paranoia and blow up the matter.

Everybody has their own life to lead and it'd be ridiculous to think that they spend all their time judging and talking about you.

We definitely interact with one and other, but we don't base our lives on others. People who do that have their own insecurities to deal with, a problem that isn't yours.

So don't get too crazy into thinking that others really care that much about you. They don't.

Even if they have something to say about you, it's a passing comment that'd most definitely disappear sooner than you think.

4) **It's not going to matter next time**

Because, they were mere words and thoughts from flawed people who don't really care about you.

Look into the future. Do you want to feel unfulfilled from not being able to do the thing you want because of what others think about you?

Protect your passion and dreams. Do not let them be hindered by others. Don't care about what others think. Care instead about taking action towards your dreams.

5) **Just have fun**

Just relax, and have fun in life.

Make that your aim instead of taking everything in life so seriously.

Caring excessively about what others think isn't going to help you. It's a minor thing in life that can have a big effect on you only if you allow it to.
Have fun, and start taking things lightly.

I'd personally encourage you to even have fun with your dreams.

Work hard for it, but enjoy the process!
Care for someone who needs to stop caring about what others think!

Share on Facebook!

Tweet this free report!

Spread the word! www.alden-tan.com/freereport

Questions? Shoot me one at alden@alden-tan.com and I'll definitely get back to you.
It's up to you now...

That's what most people would say.

It's up to you.

We all know that. We all know we've to take action to get what we want in life. **But how exactly?**

Remember, the power of choice is always in you, and no one or anything else on this planet can take that away.

I wrote this report with the sole aim of helping you realize you've got what it takes to make yourself happy.

Your mind, your thoughts, your choice.

Your heart, your feelings, your choice.

Recognize what makes you happy, and what is considered real to you. Get out of the Matrix.

Feel deep down within what makes you happy and actually gives you something to look forward to in life. Find Passion.

Then keep at it by not caring about what others think.

Your dreams need not stay lifeless in your head anymore. It's a real possibility.

I've no doubt in mind that if you follow this system, you can gain the courage to follow your dreams AND achieve your dreams.
You truly have what it takes within to achieve your dreams.
After that, all it takes is for you to sprinkle in a little action and see where life takes you.
It will be an awesome adventure.
See you on the other side.
Peace,

Alden

Any questions just hit me up alden@alden-tan.com.
The Triple Book Combo

Click on image

Thanks for reading Revive Your Life! Ready to step it up?!
Guess what? You're in luck. I'm selling away all my books at low price of $10! That's like more than 85% off!

I don't usually make this offer, but since you downloaded Revive Your Life and bothered to read the whole thing, this is my way of showing thanks!

So all you got to do is go to here and get the combo!

It has all the information you need.

Check it out before I take it down!