20 Motivational Messages for You

DARA LY

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- 2. Book And Crush
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- 4. Because I Was Lazy to Learn
- 5. Who Is She
- 6. Because I Was Selfish, Volume 3
- 7. 3 Minute Motivation
- 8. Why You Should Give Up
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Category: Inspiration/Self-Help

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This book is not intended for use as a source of professional advice. The readers are advised to seek services of competent professionals in the fields.

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About the Author

DARA LY is the graduate from the University of Puthisastra (UP), bachelor degree of English Literature. He's the Chairman of DARA LY Books, a small book publishing group serving the readers on the topics, such as education, inspiration, and entertainment.

As a lifelong reader, he has founded **DARA LY Reading Space** to open the study clubs for the young generation of Cambodia. He is determined to keep his clubs free of charge, as always.

Since September 5, 2016, Dara Ly has published 16 books, all are for teenagers in Cambodia. His goal is simple (and he's silly enough to pursue it). He wants to encourage young Cambodian people to read 50 books a year.

Introduction

1 Minute Drama is the upgrade version of a similar book 3 Minute Motivation (published in 2018).

In each lesson, there are two crucial elements. The first one is the *1 Minute Drama* note that appears in the beginning. The second element is the *Motivation from Machine* message responding to the drama note, directly and/or indirectly.

You will find four different topics, divided into four parts:

Part 1: The Family Issues

Part 2: The Friendship Issues

Part 3: The Relationship Issues

Part 4: The Daily Issues

There are five lessons in each part, so you can choose to read the lessons in any parts that interest you and ignore those that do not. Still, it would be beneficial to read all of them if possible.

Good luck, My Reader!

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PART 1
The Family Issues

Lesson 1 A Good Child

1 Minute Drama

I get it. You have no **confidence** in me or my ability. You never believe in me or what I do. You never allow me to do what I love to do in this life because you think that I'm still a kid.

For example, you keep urging me to find another job even when you know that I am passionate about my job more than anything else in this world.

Well, maybe you don't know, or you just don't care about my choice.

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From now on, I won't make you disappointed, so I will **follow** the path that you have chosen for me even when I have **no love** for it. I will **pretend!**

1 know that I will fail because I hate that job.

When I fail, I will **take the blame**. I'm **used to it**, by the way.

To you, I'm a bad child. You're right; I'm not good in your eyes. 1

never was!

Never once have I heard a word of encouragement.

Never once have you **noticed** my commitment to make you happy and proud of me.

From now on, I won't be a bad kid, so I will **obey** your command.

Regardless of what I love, I have to do what I am told to do so that you can tell others that your child has a respectable career.

At least, I won't embarrass you in front of your friends, right?

Maybe this is what you really want!

But please **don't** ask me why my life is full of misery and dissatisfaction!

I'm lazy to answer **the same question** unless you are entertained in the idea of hearing **the same explanation**, which, obviously, you are not.

Mom, I want to be a good child, but I have my life to live although, at some point, I may make a few mistakes. Who hasn't?

Motivation from Machine

Hi. I am Machine. I am invented by Dara Ly, and my mission in this book is to motivate you, my friend. I hope I can show you a few things about your life and why you should fight against drama and sadness. Shall we begin?

If you think your life is hard, please remember that there are many people whose lives are in the worse shapes than yours. Not to compare, but it looks like you're lucky to be healthy. You can do many things that some people couldn't. You have the time to fulfill your life purpose.

It won't be helpful to complain about the fact that your parents are overprotective and concerning too much about your life. Needless to say, drama is not the right solution for the issues that involve your family. Especially your parents! There has to be another way to deal with such a problem. You only take it personally because family drama invites emotional reactions.

Nonetheless, your time is limited, so you can't afford to get distracted by drama any longer. You have a life to live, and your future is yours to create. The road ahead may not seem appealing nor promising, but you should continue walking in the same direction because your life will get better if you refuse to quit. The difficult road may lead to the best place. You'll never know! If you don't get challenged by the outside factors, you won't know how much you love your goal. It's okay.

In good times and bad, you must aim to be the best. You can't lose this mentality. To be the best, it demands absolute determination that you can afford.

I know that it feels lonely when your parents are not on your side. It can be restless at times too. You want them to know that you are doing everything

for them. You want them to be proud of you, but you fail to show them your commitment to make great things happen. Perhaps, they do not see it that way, so they dismiss your ideas and your dreams.

You know that you are doing the right thing. You are certain, in your heart, that you can do it, but sometimes the words of your parents are still influential in your head. They are distracting, at best, and destructive, at worst. As a result, drama is what you have to deal with, even if you hate it. You should do something about this situation.

Suggestion from Machine: Sometimes you can avoid the advice from your parents if you believe that it is groundless advice.

This might sound like a selfish idea to avoid the advice from your own parents, right? However, it's more selfish to remain stuck in the same place for a long time, helplessly. The point is, when you're helpless, you tend to be more dependent on your parents than you should be, and, in turn, you seek help from them more than you have to.

Greatness knows no boundary of age, gender, or background, but it requires a focused mind. You are here for a purpose, and that will be the direction of your life, whether you have realized it or not. It

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is your destiny, whether your parents could see it or not.

It is time to prepare yourself. When you feel tired, remember that you are here for a purpose. You're supposed to try harder. You're supposed to go forward. You're supposed to search for greatness.

You're supposed to be tested repeatedly. The road ahead might be long and lonesome, but it shall be rewarding if you continue walking until you've reached the goal. You are on the right path; keep pushing!

You are protected; be courageous!

Lesson 2

Assumption

1 Minute Drama

From the girl who only saw the world in a **beautiful** way to become the girl whose beautiful world is **destroyed**!

How much can she endure the **pain**?

From the girl who need not **worry** about anything to become the girl who **suffers** from almost everything caused by depression!

How can she **bear** this unbearable misery?

From the girl whose life used to be full of **joy** to become the girl whose happiness is **absent** while sadness is dominant!

Will she ever have a day off from the same drama?

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From the girl who believed that **family** was everything to become the girl who wishes to **escape** from everyone in the family!

Will her parents ever **believe** in her? Will they?

This is her life. A life that she doesn't want but **must** endure!

This is the girl who is a genius.

She has a **dream** of her own, yet it is so **different** that she must be forced to choose.

She must choose: To **keep** this dream or to **follow** the blueprint designed by her parents!

Her parents **assume** that she is immature.

They do not believe that she can accomplish such a big dream.

She does not **care** if other people look down on her or ridicule her dream, but she cares about what her **parents** think or say about

it.

She **never** talks about it, but she does care.

Unfortunately, her parents never care about that simple fact.

Very sad!

Motivation from Machine

Friendly Reminder from Machine: Greatness is just around the corner. Richness is awaiting. Happiness is within reach. Power is one choice away from here. There's no need for self-pity because you have nothing to feel sorry about. You're doing just fine if you only choose to take control over your life again. Restore the balance of mind, body, and soul. Reprogram your mind to be tougher. Reshape your body image and retrain your muscle strength once again. Reconnect your soul with the original source that created you in the first place.

Your mom may tell you not to take risk in life, but, in your heart, you know what's right. You need to visualize how your life would be in the next ten years, and challenge to get there. Being honest with yourself is more important than faking yourself just to keep your parents happy. Being your own boss is your own choice.

At times, the challenge you face can be deemed bigger than you expected, but it can be overcome by sheer will. However, to choose victimhood is not a good way to deal with it. It is unwise to choose the victim mentality when you have power over your life and happiness. You might have forgotten that, but the power is within you. First, you must get rid of victimhood that has been stuck with you.

Blaming others for what you have faced might seem like a reasonable idea to do, except for the fact that it only causes more pain and provides no solutions.

Sometimes the drama that you have created in response to the events, however unfortunate they may be, can bring you more annoyances than the realities that you are facing. Well, this can happen to you and everyone else too. Your life can be drawn, repeatedly, into the drama circle that you have created or someone else has.

You can't go through life without any problems, and you know that too. Why do you think you are exceptional from the rest of the world?

I get it, you're heartbroken. So what?

Your parents do not give you enough freedom. Is that so?

You are helpless, and you cannot do anything. Really?

You're thinking about running away from your life? Why? Is it even possible?

What now?

Stop feeling sorry for yourself for the things that have happened to you. You can change your life. You can make it better than ever before.

Believe in yourself even if nobody else believes in you. It's okay. That's life. You have to be strong, and you have to be tough. You have a dream to accomplish, so forget the drama for the time being. Okay? Lesson 3

Support

1 Minute Drama

I really crave that kind of attention.

My mom always finds something bad to say about my work.

I don't need to hear the same thing over and over from her.

It's the same drama, but it's still annoying.

I wish my mother could **see** what I see in my work.

Just let me do my job. Please!

I want to be **independent** in my life, and the last thing I want to hear is discouragement from my own parent.

I'm not denying the fact that I have **failed** many things along the way.

However, I'm not quitting my goal just because of a few failures.

Anyway, I could be wrong, but that's my **freedom**, and I am **fully** responsible for it.

Motivation from Machine

You have a long way from here to where you want to be. Be optimistic because your future is going to be amazing. Nevertheless, your journey is not always smooth, and, at times, people do not support your ideas.

You're the eagle, and you fly solo. You don't need help from anyone else if you want to fly freely and independently. If you want to be successful, you ought to be doing it all by yourself, at least, for a long while. Stop expecting help from others if you can do it by yourself. There's no point in asking or

even begging for help from anyone else. If you want something done, do it by yourself. Do not complain about it.

You have one life to live, and yet you should live it well. Most importantly, you are in charge, so do your job. You don't owe anything to anyone, so stop acting like you do. You either choose to follow what your life is leading or you follow someone else's blueprint, which is unpleasant.

Whenever you feel lonely and unsupported, remember that the Big Boss up there is testing your will and your strength. Stay strong and be willing to go on even when many things may appear to be discouraging.

Many people couldn't care less about you and what you can do when you are only a young person trying to make something happen. Does it mean you should stop doing what you are doing? No! It means that you should stop asking people if they think you are good enough. They probably tell you just what you expect to hear from them: "You're not good enough."

Maybe they wouldn't say that to you, but they might be thinking that way. Does it matter what they think? If you believe that it does, well, you can

continue being disappointed. If you don't believe that, welcome to the club. It feels messy at times, but it's the work that can challenge you to grow up. Regardless of your beginning, you can upgrade and be good at whatever that you aim for.

Everything that you do is the product of your mind, whether the mind creates it or reacts to it. If the former outweighs the latter, your life will be better. Chaos will be inevitable if the mind reacts to most of the external factors rather than driving the internal ones.

Each stage of life is not easy, but one can persist the temptation of giving in to the situation that is unfavorable. Whatever you do, do not compare your life with anyone else's. Especially the people whom you have no relation with. You don't know them, and they don't know you.

Boring life is good. You know what you do and will do. You are in full control of your life. You don't have to worry about anything else other than to be happy, healthy, and wealthy.

You're strong enough to go through the journey of life, but you have to be fully responsible for it, regardless of the outcome. Sometimes, it gets tough, but you must persist. You cannot quit. You should not! You have to prove yourself! You can do it!

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With or without emotional support from your family, you still need to go forward and challenge yourself to be the best. With or without approval from your parents, you still can dream big, but you have to work hard, and prove them wrong.

The time is on your side if you keep going forward and stick to your dream. Your parents will accept your idea if they can see the fruitfulness of your stubbornness. In other words, be stubborn if you have to as long as you produce great results to show them

Lesson 4

Fairness

1 Minute Drama

I'm not your **favorite** daughter. I know that!

I'm not **important** to you. I know that!

I'm not **special**. That I know too!

I'm tired of **seeking** love from you or anyone else, for that matter.

If nobody loves me, that's fine.

I can take care of **myself** from now on.

I don't need **help** from anyone else.

I shall try not to **bother** you.

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Let me live my life, my way!

This is the **road** that I have chosen, and I will walk toward my future, with or without anyone else's **approval**.

1 didn't walk away from this family; this family left me.

Don't ask me why I am who I am!

Motivation from Machine

Suggestion from Machine: Let's not talk about family drama for a while. Let's focus on your self-development. Shall we?

There are many things that we should care about, but self-pity isn't one of them. What you choose is what you get. What you do will determine what your future will be. Conflicts happen everywhere, whether you want them or not. They keep coming to you because you invite them into your life, endlessly. You may not like the way life is treating you, but you have no choice. You have to take it and keep your mouth shut because you have no choice.

You can't blame anyone for your own weakness. You can remain weak if you want to remain a loser for the rest of your life. Or you can reverse your fate by working harder every day. I'm not saying that it's going to be easy, but it'll sharpen your skills and strengthen your will in the end. You will be the winner if you work hard. Simple enough?

Bring courage everywhere you go. Don't be afraid. You are being protected. You don't have to care much about other people's feelings if you want to be successful. It's the price to pay for anyone who wants to make a mark in this world. It's harder to please someone else than to be yourself and do your things. It's better to be who you are and be unapologetic about that. Be sharp. Be fast. And be focused. Forget about the relationships with people for a while because you have more important things to do. Ignore the noises and everything else. You come here to do great things, so you must pursue your destiny. Nothing shall matter more than your work. Just keep working. You don't have to worry about other things for now. They don't matter. Not much!

Check your result every few months to see if you have changed or improved at all. Design a system of measuring to be able to get a clearer picture of your work. Everything is provable through measuring

system. It's exciting to measure the progress, just like when you're doing it too. Still, it has to be visibly measurable in the process. Otherwise, you'll be blind, not knowing if you're going forward or staying still. Or even worse, going backward, which is a waste of time.

Time is important, and more often than not, you do not have it on your side. You lose it so fast that you don't get to complete your tasks before the deadline. It's a scary prospect, but one good thing about this time imbalance is that it keeps you in check. It reminds you that you have to be faster and better if you ever want to make it in the end.

You can keep running around, but you can never outrun your destiny. The moment you start accepting it, you'll be made to choose whether to face it with mightiness or fragility.

When you are willing to learn from your work, you will certainly learn abundance of knowledge that you have never learned before. Don't focus on problems. Focus on the goals. You can't succeed when you go easy on yourself, making up excuses all the way. It won't work.

Lesson 5 Self-Doubt

1 Minute Drama

I'm just a failure.

Maybe my mom is **right** about me?

I don't know what to do now.

Will I ever amount to anything at all?

The path to success seems blurry.

If not impossible!

Maybe I should listen to my parents and follow them?

The future seems **less** promising.

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Can I change the **fate** of my family or will I suffer the same **problems**?

The barriers seem big and unbreakable.

Who can **help** me?

I am **unsure** of what to do next.

Why is it very **hard**?

All my attempts seem to go in vain.

Am I forever a loser?

Everyone else is having a good time while I am **struggling** in my career and life.

Is my life designed to **fail** forever?

God, if You can hear me, please give me the answers!

Hello?

Motivation from Machine

We cannot always find the right path for ourselves while walking into a new territory, but we can learn while on the road. It is perfectly okay to change our opinions about many things which used to be considered the right ones. A new type of knowledge shall free your mind from an old but wrong idea. It is okay to give up on the wrong idea and pick up the right one.

Please stop being upset about the things that have happened to you. Life is up and down, but you can have many options. You can choose to stay positive about your life and never give up.

Your life may seem like a misery, but it's only for the time being. Your mind, when not properly trained, can deceive you of the truth, and it can be so persuasive that you no longer question its root.

The truth is, your life is not that bad, at least, not always. You want to end it because you perceive it otherwise, but maybe you should give yourself another chance to improve your life before doing anything that could hurt yourself. How to improve your life? How about you change almost all that you think, do, and speak?

To reverse your thoughts, words, and actions, you have to free yourself from the old ideas and free your mind from the old and confusing place where you mentally live. It's a dark and lonely world where everything is scary! You should leave that place, and come back to a better one. Think about what you want for your life, and focus on it. You have no need for all the bad things that happened to you in the past.

You must be in charge of your life from now on, and do not let drama ruin your future plan. From now on, you are a new person, and you know what is right and what is not. You know what makes you happy, but you must remember it. Usually, you become unhappy, not because of the things that happen to you, but because you have forgotten what makes you happy. Change that, and focus on your happiness, not the misery that drama is throwing at you.

Never lose hope in yourself, no matter how life may seem. The best is yet to come, and you will have a good time with your life if you don't give up on yourself. Stay optimistic!

Self-doubt is hard to get rid of, and easy to get infected. It can cause a lot of drama in your life

because it makes you question your own choices when things do not go according to your plan or when they are slow. Self-doubt can twist your mind many times.

It's an evil force that needs to be removed from your life. You can't keep both confidence and self-doubt in your life because these are archenemies, and they exist only to destroy each other.

You can't be neutral in this fight, but more often than not, confidence is no match for this evil force (self-doubt) because this force has been in your thought system long enough. However, there is a way to overcome the self-doubt influence. It is through faith! Faith is the gift by birth. When you restore your faith, everything is possible.