

THE
SUNNY
SERIES

SUNNY MOTIV

THOUGHTS & MUSINGS
FOR YOUR SOUL

VOL 1

For my parents, grandparents and all that have influenced my life up till now.

This is for all those people that have inspired me and that I have left inspired too.

A further dedication to my Angels and Guides who
work overtime to ensure I am pursuing my soul's purpose.

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About the Author



Sunil was born and raised in Cape Town, South Africa. A strong academic background and many years of experience has established Sunil as one of South Africa's premium entertainers. His vast experience in both the public and corporate sector as an MC, Actor, Presenter, Comedian, Voice Artist and Auctioneer has given Sunil insight and extensive knowledge into the entertainment industry. This knowledge he uses as Motivational Speaker to those wanting to get into the entertainment arena and to inspire individuals who are as passionate as he is.

Sunil has had roles in various award winning movies that have gone worldwide and continues to pursue his acting career while keeping busy doing many things within the Entertainment Industry for clients worldwide.

An all rounder who believes in Jack of all trades MASTER OF SOME!

Foreword

The first ever #sunnymotiv was made public via Twitter at 09h22 on the 23rd of October 2011. It was tweeted as follows, "Forget the silver lining, beyond the clouds are bright rays of sunshine..." This #sunnymotiv was stimulated by continuously hearing people speaking about a 'silver lining', so all that people would look for are silver linings on these proverbial clouds, when in actual fact the sun beyond the clouds actually shines brighter and stronger than one can imagine. So it is about not looking for a silver lining at all times, but seeking the sunshine.

So let's take a step back. What is a #sunnymotiv? Let's speak about the 'Sunny' part first.

The year was 1999 when I was attending a training course to be a youth counselor at my high school. On this particular day I was having a rough day and one of the other attendees, let's call him Steven, came up to me and said, "No matter what, you are always smiling. I am going to call you Sunny." From that day on, Sunny was my nickname and it spread quickly! My University days, Film School days, on TV game shows, the first years of radio, etc. Sunny was what I was known as. Till today lots of people know me as Sunny and not Sunil. I really don't mind.

The 'motiv' side is slightly more in-depth.

Social media has given people the opportunity to send out motivational quotes at leisure. The #sunnymotiv is more than just a quote and in many cases I find myself sending these #sunnymotivs and changing my face as I do it, sort of like an emoji. So taking the world of eMOjis and moTIVational quotes out there, the #sunny-mo-tiv was born. There is no 'e' in #sunnymotiv because words often come from a place of silence and the 'e' is silent in any case.

I have always firmly believed that everyone has a story to tell. We gather so much knowledge through life experience and don't share enough to help one another grow from life lessons through what inevitably are words of wisdom. We get caught up in our busy lives and very rarely take a moment to reflect on what we have learnt.

I often get approached to mentor or guide people in their careers and life in general worldwide. I guess I am just 'That guy' or the 'Go-to-guy'. When this happens I always state that everything is based on my own personal experience, this I believe is my way of protecting myself, because at the end of the day, we are all in control of our choices. I must at this point state that I feel that personal life experience in the modern world is a lot more valuable than theory based advice which is often out dated very quickly.

A #sunnymotiv is my way of trying to spread my words of wisdom and life lessons as motivational and inspirational words. So you may ask, "Why should I acknowledge a #sunnymotiv?" I respect this kind of question and my answer is quite simply, I'm a use-it-don't-use-it person and ***what a #sunnymotiv expresses is open to interpretation according to what you may be going through in life and your current state of mind.*** My aim is to motivate and inspire as many people as possible and in spread life lessons.

How is a #sunnymotiv created?

I must at this point state that I don't thumb suck any single #sunnymotiv and if a #sunnymotiv contains a background picture, it is taken by me. I have also never ever quoted another person and made it a #sunnymotiv. Sometimes they may stimulate the #sunnymotiv side of my brain, and that is about it.

Ask anyone who knows me personally and they will tell you that there is a very wild, crazy and all over the place Sunny. And then there is also the very deep, intense and self-defined spiritual side...Most times the #sunnymotiv comes from this part.

A #sunnymotiv happens when I am reflecting on life through meditation and sometimes it happens when I feel like being deep and have an urge to spread a message. For example, I will have a conversation or see something that triggers the #sunnymotiv and then want to share it because there may be someone out there who can benefit from it. There are also times when I will read something and then become inspired to write a #sunnymotiv. Many times the #sunnymotiv has come about while enjoying quiet time. These are what you may call inspirational moments or light bulb moments.

Many times I have sent out a #sunnymotiv not realizing the impact it has on a peoples' lives. This sometimes happens face-to-face.

Although the first #sunnymotiv was made public on social media during 2011, when I started writing this book I realized there was a note I wrote on Facebook during 2008 that could be seen as an extended #sunnymotiv or the actual first #sunnymotiv

Read this before proceeding to the "How to read this book" section, and you will understand what is meant by this.

The Sun Will Rise - 2008

This is a published note I wrote on Facebook on the 9th of November 2008 at 07h26. As mentioned above, it can be seen as an extended #sunnymotiv and perhaps I should have started posting #sunnymotivs a long time ago.

The Sun will rise

This morning at 05h03, I got woken up by a friend who needed to talk. Post conversation, I decided to do something I haven't done in a long time. I got dressed and took a drive to the beach to watch the sun rise. Six minutes is all it took...

I sat in my car and watched the waves crash on the smooth shore, over, and over and over again. There was no sign of the sun, just cloud on the horizon and a light orange glare on the ocean, so I knew it would rise, well eventually...

While taking in the beauty of the sea, the freedom of the birds, and the orchestral combination of sounds there was a sudden bright line of light creeping up from behind the clouds.

This was the sun rising.

All of the sudden, the birds got louder, and the waves crashed harder, and there was urgency from the fisherman arriving. I rushed to get my camera on, and that is when I realized that nothing has changed besides the sun rising.

I took a deep breath, calmed down and started to absorb the beauty of the combination of my surroundings. The birds, sea, waves, mountain, and now also the sunrise glistening waves of the sea, which seemed even more beautiful than before.

Everything became brighter, even the mountain, birds, waves and fisherman seemed accepting towards the sunrise of today.

No matter how sad, alone, depressed, in debt, loveless or busy you are...The sun will rise.

No matter whom you have fought with, who you have been hurt by, who you can't be with, who you longing for...the sun will rise.

And when the sun rises, try to absorb the beauty which it is providing you over the many other aspects of your life.

If just one thing gets done in life, take a deep breath, calm down, and enjoy the sunrise.

It only takes six minutes.

How to read 'The #sunnymotiv'

This is not the conventional book where you have to go from page to page in order to know what is going on. Like your life, you can choose how you want to go through this book. At this point I must also state that not every #sunnymotiv will appeal to everyone. But if not a single #sunnymotiv makes you think about anything, then I have failed and I ask that you let me know about this. (My contact details are on the last page of this book.)

There are #sunnymotivs aimed at business and there are #sunnymotivs aimed at asking yourself questions. Either way you will get something out of this book.

Initially the plan was to go in depth as to what each and every #sunnymotiv meant and how to apply it to your life, just like I do when I do a talk. This is not the reason the #sunnymotiv book has been put together. The idea is that you page through and read a #sunnymotiv and apply it to your life as it is right now, without my thoughts influencing you. The explanations given are not meant to decide how you must interpret each #sunnymotiv

My only suggestion is that when you read a #sunnymotiv that makes you pause for just a second, you take a minute to reflect on why it made you pause.

There is a reason each #sunnymotiv is on an individual page. You do not have to overload your brain with too many deep quotations.

Take what you want or need from the book and apply it to your life.

If you haven't watched the movie 'The Matrix' do so from a spiritual point of view and every #sunnymotiv will have a different impact on your mind. If you allow it to, there are certain #sunnymotivs that will really take you on a "...take the red pill..." kind of journey (You will only understand this if you have watched the movie).

**“Your dreams can take
you anywhere and
everywhere if you let
them. Let them.”**

How many times have you heard people tell you to pursue your dreams, or don't let anything stand in the way of your dreams? As much as we have a vision and dream about where we want to go in life the true action of achieving anything along the path of one's dreams is allowing the dream to happen. Too often there are stumbling blocks, which can be seen as tests as to how much you want to achieve the dream in question. What this #sunnymotiv is encouraging is for you allow your self to be open enough to accept the dream and all the achievements, challenges and growth along the way. Life is a journey after all. If you do not allow the dream to formulate, it will either evolve into something else or you will be seen as someone who chases dreams, but never achieves them.

“A lot of life comes down to belief and intent.”

We are often told how to pray, meditate, do yoga or practice and live out different faiths. If what you doing has good intent and your belief is that the way you are doing it is the highest most positive way to do it, then do it that way. This #sunnymotiv is a lot about doing what you may see as spiritual or religious practices in a way that you are most comfortable with. Society has started preaching the best way to do certain practices, but if you are not feeling the level of comfort and well being within you, then is it really the best practice? Example: If I bathe in coarse salt instead of epsom salt because I don't have epsom salt, but I bathe with the intention of cleansing my body on a cellular level. Is it still not going to work? Another example: If I light sage incense made by hand versus sage incense which is mass produced. And I am lighting this sage incense with the intention of cleansing my space, because it is mass produced, does it mean it isn't going to work?

Do whatever you want with positive belief and intent and watch your world change around you. Even if it is just a rose meditation.

“No matter what your surrounds may be, never forget your potential.”

For this #sunnymotiv I ask that you vividly visualise a rose bud and then a bloomed rose. Both these images should have very green yet tattered leaves that have been eaten and broken surrounding them.

There are people out there who allow there surroundings or the circumstances they have been brought up in to define who they are and where they go in life. Don't allow that to be you.

Visualise the two roses again...

They both have leaves around them that have been eaten away. These roses were both buds at the same time, but the one bloomed quicker than the other despite the surrounding insect eaten leaves. Are you going to be the rose bud that remains closed or you you going to be the rosebud that opens up in all it's glory despite the surrounds? Be both. It is also about being patient with yourself in achieving your potential. But don't let your surroundings affect you. Be the rose that blooms no matter what.

“Create your positivity.”

How many times have you just felt terribly down? Or everything you do or choose turns out SO negative? The fact is that we are only human. Positivity is a mindset and choice which needs to be made. A lot of what happens mentally is chemically controlled and as soon as we can acknowledge that as a human race, we will be able to be more aware of the choices we make and how it affects our mentality. It is hard at times, but always try and see the positive side of every negative situation. Create that positivity so you can change your brainwaves. Example: Massive heatwave hits the area you stay in, that is pretty negative. Massive heatwave allows you to enjoy an aircooler, or the heatwave changes the weather pattern and brings in much needed rain.

I have been questioned about this one around death. How can one see the positive side of someone dying. Was the person suffering? Did their passing bring people together? Did the passing make people realise how short life is or did the person who passed away live life to the fullest to the extent that family, friends, acquaintances, etc. are inspired to do the same?

“Decide. Commit. Follow Through. Acknowledge.”

When it comes to making decisions in life some people don't follow through. There are also some who just decide and let it stop there for whatever reason. This #sunnymotiv is to encourage a decision to be made, a commitment to following through on the decision, but also to acknowledge when it has been achieved.

Way too many people do everything besides acknowledging that they made a decision, committed to it and followed through. Whatever the result may have been, the mere fact that it started with just a decision should be acknowledged.

The acknowledgement can be a simple self talk and congratulations or a literal pat on the back. This is also a form of self love which is very important, because one cannot be expected to be loved if you cannot love yourself. Just like being acknowledged, if you don't acknowledge yourself, how do you expect others to do it?

“Your destiny is larger than you’d believe.”

There are people who believe in destinies, and people who don't. I believe each to their own. The problem with deciding on what your destiny is or being told what you are destined to do, is that it may limit you as to what you should be achieving.

So this #sunnymotiv is about how you shouldn't allow what you think your destiny is to limit you because the plan could be bigger than you may ever imagine. As you achieve the goals, create new goals and also change paths you will realise that the destiny you may have envisioned initially is completely different. This is all part of life's journey. Embrace it.

There are many that firmly believe that no matter the path you choose, your destiny will always fall into place. So what is your destiny and what path have you chosen?

“When you try and make someone happy and they just never are, you will start forgetting about making yourself happy. Don’t forget to do you.”

There are a few times when a #sunnymotiv is straight forward with no explanation required, this is an example where there is no real deep meaning or anything. It is quite simply this. Many times good people try and be good all the time and make people a happy all the time and they forget about making themselves happy. The truth is that you cannot choose happiness or even be happy if all your happiness is drained by someone who doesn’t appreciate your efforts in making them happy.

This can be applied to family, friends, relationships etc. The key is to be aware so that you do not forget to do you, ie. Make yourself happy too. The way you forget is by continuously putting the effort into someone elses happiness, thereby draining your energy and forgetting about you.

As selfish as this may sound, do you first and watch the happiness flow around you. Always be aware.

**“Like a relationship,
without respect,
you cannot have love.
Love and respect what
you do.”**

It is quite true that without respect you cannot have true love. I mean how can you love someone or something if you have no respect for it right? So this #sunnymotiv is more about business. It is about loving what you do, but also respecting it too. How do you respect something that you do for a living? If you are an Actor, you learn your lines. You don't just pitch up on a film set not knowing what is going on in the scene. Let's leave the Entertainment Industry as an example...If you are an Accountant and you are not up to date with the latest trends in the world of accounting, are you not disrespecting what you do?

At the end of the day, this #sunnymotiv is about putting the work in and respecting what you do. With the respect you will start to love what you do, because no relationship is easy. And this is about having a relationship with the work that you do.

You will find that when you have the love and respect for what you do, the work that you do will start to love and respect you too.

“Get over shizz and move on. Life is too short to dwell.”

This may sound bad, but sometimes I find people frustrating. They cannot just move on because a point needs to be made.

This is about acknowledging that something has happened, people got upset, let's move on. Now I understand with the tragedies we as a society have faced you may ask, but how can we ignore the wars, the deaths, etc. It is not about ignoring, but about progressing from it in such a way that we grow and not allow what happened to weigh heavy on our shoulders.

As much as war and death has been mentioned, this can come down to individuals who have issues with each other and even things like family feuds. And as the #sunnymotiv says, “...life is too short...”

It is sad that people die with issues that are unresolved and that the parties involved cannot just get over it and move on. Life would be so much easier if we were all just friends.

“Respect your hustle, no matter who says what.”

What are you doing in your life to ensure your success? Are you working for someone with a plan in mind? Are you marketing or branding your work or hobby in such a way that it creates a hype around you or what it is that you do? How many times have you had people judge you or say things like, “I would never do it that way...” Do these people pay your bills or ensure your happiness? These are some of the questions to ask yourself while you are hustling away at life.

The fact of the matter is that it is your life and your decisions that are being made. Always remember that at the end of the day, you have no-one to report to but yourself.

So ask yourself...Am I respecting my hustle enough or do I allow others define how I hustle? And the level of respect will become clear. Satisfying your ego is easier than satisfying your soul.

“Wake up. Be thankful. Smile. Be awesome!”

We often do not realise how blessed we are to be able to wake up. How often have you heard of people dying in their sleep. This is not meant to make you morbid, but being thankful for waking up each day should put a smile on your face.

Not many people have the realisation of the above and just carry on each day as if it is just another day. This #sunnymotiv is about embracing each and every waking day and taking those days as an opportunity to be great.

So what then is it to be awesome? Well this has to do with being the best you can be with the gift of life. It becomes normal to be waking up each day, but the moment we realise that it is not just another day, is the moment where one can smile and be awesome. Never underestimate the power of a smile either.

“Respect yourself enough to know that you are a business.”

Whether you work for a boss, work for yourself or are trying to find the business you should be part of, this #sunnymotiv is about how you approach what you do for a living.

Learning to respect yourself and what you do can be a life long process, but when you get to that point you will notice that people around you respect you for who you are and not just what you represent.

This form of respect cannot be taken away. In a way what this actually means is that everything you have done, everything you do, everything you learn cannot be taken away from you by anyone. The moment you learn to understand that is when you will start respecting yourself for who you are, where you have come from and where you are going.

“Be that person that says, “I’ll stay in touch” and actually does...”

How many times have you heard or even said the words, “Stay in touch.” And how many times has this phrase been followed through with? I for one make a point to go the extra mile and stay in touch with people. With modern technology it is really not that hard to do this. Think about the time you said you will stay in touch with someone, and then you hear of their passing.

Not staying in touch is a missed opportunity to connect with different souls. Sometimes this connection is meant to be brief and sometimes it will linger for longer. Saying you will stay in touch and following through is a task that can be marked as a completed promise. I for one believe in keeping promises. A promise is like an energy, if it is not completed then the energy remains stagnant. Stagnant energy is not something anyone should invite into their lives.

From a business point of view, saying you will stay in touch and actually doing it is just good business practice.

“Be the one that gets quoted.”

Have you ever sat back and thought about the lives you have impacted? Has anyone ever said, “I am going to quote you on that...”

Being the one that gets quoted comes with a lot of responsibility, because it often means you must practice what you preach. Yes, we are only human at the end of the day, and acknowledging this is important too.

Be the kind of person that gets looked up to, that influences, motivates and inspires. This seems easy enough for some, but being able to just do it isn't the aim. The aim is to be able to do it with impact. Give back to your communities and never forget where you have come from. Take what you say seriously and realise that even if it is something said in passing, some people may live by and hold onto your words. Words and actions are powerful.

“Learn something new every single day.”

This #sunnymotiv seems simple enough, but it isn't. To learn something new every day is about growing as an individual. That which is being learnt should be something significant enough to contribute to mental and spiritual growth.

So some may say that they learnt to make a new meal, but how did it feel inside when this was learnt? Learning something new every day is also about learning about yourself. Discovering who you are and what makes you tick is crucial for spiritual growth and may even allow you to impart knowledge to others to help them learn something new.

If you go a day without learning something new, that is a wasted day that you can never get back. Can you live with that?

“Start your day with positivity and the words I AM...”

Who are you? Starting your day with the words I am can help you set the platform for how your day works out. Now this is not just about saying something like, “I am positive.” You have to believe it. It is rather odd, but when you truly believe the words you self talk you may experience a mild shiver or you may start smiling. I firmly believe that this is a switch of the chemical levels in the brain.

Again through this #sunnymotiv I stress the importance of positivity. The reason this is mentioned so many times is because unfortunately we face so much negativity in this world today that the only way to overcome this is by continuously reminding ourselves to live with positivity on our side.

So when you wake up in the morning, don't just say the words “I am...” believe whatever you choose to follow. Something simple like, “I am going to have a good day” and believing it can change the mindset. Try it. Believe it. Do It.

“Don’t let YOU ARE ONLY HUMAN limit you.”

It has been mentioned before that one must not forget that they are only human. This is true, however this should not limit you to what you seek to achieve. This is about recognising your capabilities, but not limiting yourself at the same time.

This #sunnymotiv is also about not abusing the fact that you are only human. Yes as a human you have thoughts and feelings, but don’t allow what others see as humanly possible as the limitation to what you want to do.

This is about pushing the limits and living your human life to the maximum that your mind and body allows. Because; now this may be confusing, we are all only human at the end of the day.

“Be strong enough to block out negativity.”

Being positive all the time believe it or not can sometimes require a ton of work. This work is not always work on yourself, but work blocking out the negativity we face in society. Or when you have someone with so many anger and hate issues, that positivity seems almost impossible.

This blocking out of negativity is about being aware of when you are faced with a negative energy and protecting yourself.

You can be having the most amazing day ever and it can take one negative scenario to change all that. Now this is not about running away from the situation, but rather embracing it, acknowledging it and thereby allowing it to stagnate on it's own and not affect your positivity.

“Know your strengths and know your weaknesses too.”

Ever heard “Jack of all trades, Master of none?” This #sunnymotiv has a little to do with this. There are many people out there who think they can do absolutely everything, and don't get me wrong there are many people out there that can do a lot, but what are the real strengths?

An example would be shooting a film and having the Director asking what you thought of a particular shot or action. Just because you gave a great suggestion doesn't make you a Director.

Knowing your strengths and acknowledging your weaknesses is quite empowering. It will also allow you not to place yourself in a position where you think something is your strength, when actually it is more of a weakness. Sell yourself on your strengths. I suppose this is a #sunnymotiv more aimed at business than anything else, but it can be viewed from a spiritual perspective too.

“Believe in your brand, believe in you, just believe.”

Running myself as an Independent Contractor (Freelancer) for a very long time has allowed me to put together a talk/workshop about running yourself as a Business in the Entertainment Industry. A #sunnymotiv like this, definitely comes from this experience.

Creating your life and creating you as a brand seems easy enough in modern times, but is it really? Creating a brand, doing all the marketing, being all over the internet, etc. is great, but unless you believe in you as a brand and what you deliver then all the marketing and advertising is obsolete.

You need to believe you are good at what you do, but also really be good at it. You cannot advertise yourself or your services for something you cannot actually 100% do. When you find yourself believing in yourself and what you do with deliverables, just believing becomes a lot easier because you are not believing a lie.

“Choose positivity. Block Negativity.”

This #sunnymotiv is actually harder to do than most people would like to think. I know we can be as positive as possible and change every negative into a positive, but how easy is it actually to follow through and keep this positivity.

When choosing positivity you will find that people with negativity around, will criticise, judge and try and break you down to their level. Obviously the best would be to surround yourself with positive people, but this isn't always possible.

Being aware of the negativity is the best approach here, so you can mentally block it out. It is quite literally saying to yourself that you choose positivity. The results are amazing and you will see and feel the difference if done correctly.

“Even if it is just one thing...Wake up. Get up. Do stuff.”

Sometimes our daily lives are consumed with doing many things. This #sunnymotiv is about completing tasks. We are sometimes consumed so much by the activities of daily life that there is just far too much to do, or it seems like far too much.

Take on the daily tasks one at a time, even if it means creating a to do list of some sort. Completing tasks daily is like having daily goals. Getting these daily tasks done can be anything from feeding the dog, brushing your teeth and even making your bed. The idea here is to do things and do them well.

Too many times when we are consumed by responsibilities we forget about completing the simplest things. Do these and also don't forget to acknowledge that you have done them. Praise yourself, because there are people out there that don't do the most simple things in life.

“Never underestimate the positive energy and power when supporting one another.”

This may come across as a very personal #sunnymotiv, but there is no greater pleasure in seeing people become successful because of something you have advised on or guided. We often forget to support each other because we are so consumed with our own success. This is about giving back and also being a Mentor to others.

You may be an Accountant, a Lawyer or Actor, etc. and when you give the support and guidance required to help grow someone there is a positive trigger that happens. I have heard the saying that “your success is my success.” And as much as this may be true, it is also about fulfilling your soul purpose.

There are many out there that may not have the life experience you have, or that are looking up to you. Don't block them off and truly give without expecting back. This is the greatest thing you can do to get positivity. It will come when least expected. Some may argue that this #sunnymotiv is about Karma.

**“Life has hiccups, that
is all it is. It passes.
You take a breathe.
You move on.”**

Besides the Guinness Book of records for the longest lasting hiccups, which eventually passed, there are tests and lessons we face during our lives.

Some people see these tests as hurdles which is a much greater task to overcome if you look at it from a sport perspective. If you view these tests and lessons as mere hiccups, then just as quick as hiccups are treated with holding your breath or drinking water, this is how quick you can get over this.

Taking that breath and moving on is possibly the most powerful thing you can do for yourself when faced with tests and lessons. If you allow hiccups to take too much control of your life, it eventually hurts...Right?

“Waking up should be your motivation.”

This is a #sunnymotiv about appreciating life. Too many times people forget that waking up in the morning is actually a gift.

There are so many people out there who have big dreams and ambitions, but never get to achieve them because they go to bed expecting to wake up.

Waking up each day is more than just a routine, it is a gift that should be embraced and cherished.

If you embrace this enough it will be seen as a gift and should be motivation enough to do great things, if not then you need to evaluate why you are not feeling the full blessing of a new day.

**“If you say, IT WAS A
MISTAKE, then you
haven’t learnt
about growth.”**

We go through life trying different things. Sometimes our paths are defined for us and sometimes we decide on the path we want to follow.

Whether it be a relationship, a job or burning a pot of food. The obstacles or mistakes along the way are always an opportunity to learn something new and grow from it.

If you continue to make the same mistakes, then you are not growing. Take for example the pot of food that you burnt. Perhaps you left it in the stove for 45min instead of 30min. If you keep leaving the heat on for 45min, you will continue to burn the food. However, if you choose to learn from burning the pot, you will either decrease the heat or you will only leave it on the stove for 30min. Something as simple as that is growth and a lesson learnt. Adapt this to your life and always be growing from life experiences.

**“Don’t be that person
who misinterprets
what it means to give
or receive credit when
credit’s due.”**

Paying compliments is really powerful for the soul, paying genuine compliments is even more powerful.

When someone you like or even dislike does something that deserves credit, give it. And when someone pays a compliment receive it positively. Not everyone in this world has an ulterior motive when they pay a compliment or give credit when due.

It is unfortunate that many think there is always an ulterior motive. Let’s take receiving compliments about good pictures on social media. Just because someone says it is a really hot picture, doesn’t mean they want to sleep with you. All you have to do is say thank you and leave it at that. Take the compliment and don’t feel the need to reciprocate. Sometimes these compliments are actually what is required because we do not pat ourselves on our back enough. Be good to yourself.

**“Surround yourself
with success, and don’t
forget the ones that
want to surround you.
Never underestimate
the power of this
energy.”**

It has often been said that in order to be successful, you should surround yourself with successful people or people with the similar mindsets.

But what happens in the case when people admire your success and want to surround you, but are not on the same level or stage of life you are in?

This #sunnymotiv is about not cutting the above people out of your life, but also being aware of who admires you and wants to learn from you and your success. Too often we don’t recognise our own success and it may take those people surrounding you to be able to acknowledge the success and progress you have made in life.

This is not about ego stroking, but more acknowledgment that you have done good and that perhaps we are the teachers of others. Acknowledgment of this may encourage growth of your soul...Never forget your soul purpose, even if it isn’t clear to you.

**“Never underestimate
the power of:
1. Meditation
2. Contemplation.
3. Reflection”**

When people see the word “meditation” some assume that you have to be completely quiet and spiritual with candles and quiet pipe music, etc. The truth is that meditation could be merely deep thought about something happening in your life. Everyone has their own methods which works for them...

If you are in a situation where you need to made a decision, life changing or not, the idea is to weigh up the pros and cons, pause and acknowledge these. Then contemplate the options before reflecting on the result.

This is not an overnight process and takes practice. It seems simple, but to be able to divide the many things in your mind into simple meditative compartments is a process of mental clarity. Be patient with yourself. You will find, like a well organised wardrobe, you life will be more managable and you may surprise yourself.

**“The lessons you learn
today, could teach
someone tomorrow.
Always give back.”**

A lot of life is about learning lessons, but what good are the lessons if you keep them to yourself? There are some lessons learnt which are purely for yourself and then there are lessons you learn that are meant to be shared with others. And sometimes these lessons being learnt are not even for you, but for you to share. Weird, I know... We are sometimes mere vessels.

Yes, there are selfish people out there who would like to keep everything they learn to themselves. Each to their own. But imagine the feeling of someone learning something from you and they save time on their soul journey. You will not only be giving back, but could even be satisfying your own soul journey and helping them progress. You will know it is part of your soul journey if you don't make it a 'thing' that you are wanting to share your life lessons. It should come naturally and from a good place.

Forcing a lesson onto someone is not your duty. They have to be open enough to accept and want to learn.

“Set goals. Reach goals. Life happens. Set new goals. Live. Repeat.”

Throughout life we get asked what our goals are. Now as much as I am a believer in setting goals, I also believe that something can happen along the way which requires you to adjust and sometimes even change your goals.

Now the idea here is to live your life with goals in mind and when the goals are achieved, to set new goals.

If along the way you cannot reach your desired goal, it doesn't mean giving up. This is an opportunity to set new goals. Never beat yourself up for not achieving something. Always see it as an opportunity to start anew and evaluate. Keep doing this and it may give some people something more to strive and live for than just one goal. Set goals, little and big ones all along your life path towards soul satisfaction.

“Those people that told you that you can’t have more, LIED!”

We are taught to be humble, but what if being too humble costs you your potential?

This #sunnymotiv is about how in modern day society anything and everything is possible and how you shouldn’t let anyone tell you anything different.

The question that should be asked here is why the people that think there are limits, don’t only think it but honestly believe it. Is it their upbringing? Is it the sense of living a plain and simple life?

It is not your purpose to tell people they lied about this, but to show them. When you show someone the results of wanting and also achieving more you will be surprised how this can motivate them.

“Your mind can change your day.”

Your state of mind can literally change your day.

Whether you are having a bad day at work or a great day all together, take note about how you deal with things and approach different situations and people. I believe that a lot of how we approach our days and lives comes down to the chemicals in our brains.

For some people it is easy to adjust the chemical balance, while for others it takes a bit of work. Take depression for example, it is a mix of things that cause it and a chemical imbalance. People who take control of their lives and depression whether medically or not are changing their mindset.

Never underestimate the power of the mind or the power people have over your thoughts and mind. Always be aware.

“Pause. Absorb. Reflect. Proceed.”

We are often caught up in the daily activities of life and forget to reflect on our days or even achievements.

Reflecting is SO important!

Reflecting on the aspects of our lives that have been achieved or where we are in our lives is an opportunity to pat ourselves on our back.

What reflecting also does is gives us an opportunity to evaluate what needs to be done to proceed. Proceeding is only possible if acknowledgement is done. Acknowledgement can only be done if you truly absorb where you are and whether there is room for improvement. This may take some pride swallowing...Take a pause and reflect once in a while. Don't forget to pat yourself on your back.

“Believe in you first.”

This #sunnymotiv can be seen as one of the harder ones..

Believing in yourself is the first step to having others believe in you too. I have heard the saying how you cannot expect someone to love you if you do not love yourself first. How true is this!

Now there is a difference in believing in yourself and being over arrogant. There is also a difference between being correctly arrogant. What then is correctly arrogant? Correctly arrogant is when you believe in yourself but for the right reasons, i.e. You believe you can do something, but you also have the evidence that you can.

When you believe in yourself enough and have the evidence of this, only then can you state what you are able to achieve. This allows you to check yourself in a manner that you do not 'over believe' in yourself.

“Put action into your dreams. Simply dreaming is not enough.”

Many of us have dreams, but what is the difference between dreams and a Dreamer?

Being a Dreamer is not enough. Yes it is great to have all these wonderful dreams inside your head, but what use is a dream if you are not pursuing it.

What have you done to work towards the dream? What efforts have you made to ensure that your dream is not just a fantasy and something that you can actually make a reality.

This #sunnymotiv is about not simply dreaming, but also following your dreams with action. If you do not take action towards achieving your dreams, then you are just a Dreamer. And it is very sad, but in a way you are just lying to yourself.

Be a dream chaser and not just a Dreamer.

“Acknowledge small victories.”

You may have noticed by now that a lot in this book is about self acknowledgement or patting yourself on the back. This #sunnymotiv is about just that, but also acknowledging the smallest victories.

Imagine you are playing at the beach and your aim is to build a sand castle. That is your end goal. First you need to find the collect sand. Then you need to find a place on the beach. As small as these few steps may seem, if not done correctly it could cost you your entire sand castle. So you need to be proud and acknowledge your small achievements along the way.

Apply this to your life and view it as steps towards self-love. We underestimate the power of self-love. Giving yourself love and acknowledging smaller victories along life's path which others may not even see is very powerful, even for your mind. Do it!

“Be your inspiration and support, then be that to others too.”

Being inspirational and motivational all the time is no easy task, ask me. But to be able to acknowledge that you are the inspirational person people want to speak to can be motivating in itself.

What is the use of having fabulous ways of life or even life experience if you are not using it or sharing it? This book for example, it is a way to get out the #sunnymotiv yes, but it is also to spread the words of wisdom to live by and in some cases, even get by.

In order to ‘spread the love’ you need to first acknowledge the purpose and once you have done this, then you can start sharing with others. You will be surprised how much impact your words have on people. Don’t abuse this power...

“Dreams evolve and so should you.”

You may be thinking, “Another #sunnymotiv about dreams?!”

This particular one is as important as every other one, but perhaps in fewer words. A previous #sunnymotiv spoke about how goals can evolve or change. This #sunnymotiv is about accepting these changes and realising it is all part of the journey.

Dreams, like goals, also change along the way. Not fighting these changes and adapting or evolving to these is progress and growth itself.

So in a way, this #sunnymotiv is actually about allowing yourself to grow beyond a comfort zone you may have created by following a particular dream.

Change. Adapt. Live

“Be a Jack/Jane of all trades and a master of some.”

I was once told that I need to choose to be great at one thing, this never sat well with me as I liked to do many things and do them well too.

This #sunnymotiv is firstly gender neutral...Secondly, it is about being the master of more than one thing. This could be in business or in life. It is about allowing yourself to get the most out of life by doing as many things as possible.

Now, with this comes responsibility. You can't just go along and say or do every single thing you think you can do. Establish what you are good at, divide your time in such a way that you can satisfy all that you are good at 100%. Don't fool yourself.

When it comes to business, this is very good for providing more than one stream of income. When it comes to life, this is very good because you are satisfying more than just your soul.

“Live your dreams, because no-one is going to do it for you.”

Taking ownership of your intellectual property is something people forget about doing, but this #sunnymotiv is about taking ownership of your dreams.

What is your dream? Now, this is a question many of us get at some point in our lives, and some of us are clear about what our dreams are. But what use is a clear dream if you don't take ownership of it.

Living your own dream is crucial to being true to your self. There are far too many people out there living other peoples' dreams and not being real about who they are through their dreams.

It may seem like you have the support of many around you, and yes this may be true. But without truly investing your mind and emotions into owning your dream, your dream will always be just that...A DREAM.

**“Remember who was
there when you started
and remember
those who are still
here now.”**

The truth is that not everyone is born into greatness, and even if they are, it is not always their own greatness.

No matter where you are in your life at the point of reading this #sunnymotiv there are always circles of influence around you. Sometimes you will not know who the circle of influence is until you dig deep to find them. The fact here is to never forget those that were there when you started. Yes, some will have served their purpose already and have slowly made their way out of your life, and then there are those who are still influencing, supporting and even believing in you today.

Everyone in your life, no matter how brief has an influence on your life and even the lessons you learn, but those that are with you through thick and thin are the ones who should be acknowledged. This acknowledgment can be merely by paying gratitude for them in your life.

“Never underestimate the power of quiet time and self reflection.”

This is another #sunnymotiv about chilling out once in a while and also self reflection.

There are many out there who may be reading this quote and thinking to themselves, what is quiet time and there are also those that may think there is no space in the busy lifestyle for quiet time. But what if I told you that quiet time is not just about refreshing, but it is also an opportunity to love yourself and even problem solve what you may be going through.

When people hear “quiet time” there is a misconception that this had to take the form of meditation. Quiet time could be just taking a drive, taking a walk, spending time away from family or a spouse for the night or even just a few hours.

Quiet time is really an opportunity to love yourself and also reflect on where you are in your life, what your next steps are and just acknowledging that loving yourself is a great starting point to letting others love you while satisfying your soul and in fact looking after it.

“Love what you do so you can love and respect your soul.”

Day in and day out you will hear people saying they hate their job. But just look at the faces, listen to the tones, watch the body language and hear the energy of someone who enjoys and even loves what they do. This positivity you hear and energy you feel is often passion being released.

If you are stuck in a dead end job or are really unhappy doing what you do for a living then you are actually disrespecting your soul and the gift of life. This #sunnymotiv is not meant to make those of you who are unhappy to go hand in resignation letters immediately with the aim of being happier, instead it is about making you aware of what you are doing to your soul from a respect level and also help you put steps in place to be good to your soul.

If there is nothing you can do but work in a horrible working environment, find little things elsewhere to love and respect your soul.

“You are your business.”

This #sunnymotiv can be read differently depending on the voices inside your head. Is this a business #sunnymotiv you may ask? I'll leave that for you to decide.

Originally this was written for people in the Entertainment Industry to realise that they are a walking, talking business. After some deep thought it was realised that yes it is about that, but also about how you do with your life is your own business. Your success, failures, challenges, etc are all your own thing. When you are sharing all your successes, ask yourself if you are satisfying your ego or your soul. A simple question would be starting with “Why?”

Back to you being a business, a good business believes in their product, has moral codes, ethics, constitution and lots more. The truth is that you can form all these for yourself and decide how you want to run your life. How you are going to operate like a well oiled business?

“You are writing the lyrics to the song of your life. Don’t forget the chorus.”

When listening to a song the part that sticks out the most is the chorus. This can be applied to your life if you view your life as song.

What you want to resonate and be remembered for is the chorus, so make sure it is a good one. The beat of your life depends a lot on the choices you make or don’t make.

If you had to view your life’s lyrics, make sure the lyrics are something that you can be proud of so that when people ‘sing’ these lyrics it truly defines who you are.

Too many people carry on their daily lives with forgetting about making an impact, which is what a chorus does in a song. So don’t just do your life, rather live your life so that your chorus can be repeated for years to come. Something you can be proud of.

**“Some people may slow
you down. You can
choose to allow it,
or not...”**

We meet many people during the course of our lives, some people are on the same level as you may be while others may be on a slower pitched level.

This #sunnymotiv is about being aware of who is on the same level as you and who may be slowing you down from achieving greatness. This is not about cutting those people out of your life, but rather about being aware of where you stand with the energy level of others.

The truth is that the energy of people around us affect our growth. Once you are aware of where the different energy and even goal levels are this will give you control of your own life by not allowing yourself to be affected.

This #sunnymotiv is also about putting yourself in the position where you can surround yourself with people at a higher level so you can learn from them and grow too.

“Your experience cannot be taken away from you. Remember that while gaining it.”

One thing that is for certain is that the experience you gain in life cannot be taken away from you. Some well educated people do not have the experience which life throws at you. This can be seen both in business and life in general.

When you take someone for example that has had a life filled with many different environments and even travel, and you take someone who has been doing the same thing over and over again, just through mere conversation you can hear life experience just by talking to them. It comes across as maybe even more well rounded.

When it comes to the work or office environment you can be in the lowest level of a company and still have more experience than the MD or CEO.

Never forget that learning something new can never be taken away from you, no matter who you are.

“Open yourself up to opportunities and free your soul!”

Often in life we fall into a pattern which can be seen as a comfort zone. This can be dangerous, because you then just follow daily routine instead of living your life to the fullest.

Something my parents taught me is to grab as many opportunities as possible. With different opportunities, comes different challenges and with these challenges comes growth, and with growth comes soul satisfaction and progress.

Wouldn't it be a lovely idea to do your soul purpose by taking on and opening yourself up to opportunities instead of living a life of just a comfort zone or pattern?

Your soul and your energy thrives on new things. The mere sense of achievement of learning something new releases an energy beyond compare. Be ready, be open and embrace opportunities to be awesome.

**“Making the decision
to be positive can be as
simple as saying,
TODAY IS GOING TO
BE A GOOD DAY.”**

With the kind of society we live in today, we are bombarded with negativity a lot between all the positive things that are happening.

A lot about a #sunnymotiv is about just smiling and being happy. This one is about when we encounter the harder days to be positive, literally and out loud saying, “Today is going to be a good day!” We may have to repeat this a few times before we start believing it and this is to convince our brain. As much as we may not like to believe it, we often need convincing because of the bombardment mentioned above.

Saying that the day is going to be good is a good way to start the day, but there is nothing stopping you from repeating this during the day. And yes, it is to continuously convince ourselves. A lot of this is pure psychology and being convincing enough to yourself is important for your energy and positivity levels.

“Life: 1. Caterpillar?

2. Cocoon?

3. Butterfly?

You can choose...”

The choices we make in life really define us as individuals. This #sunnymotiv is about what choices we make about how far we want to evolve. There are some people who are quite happy just doing daily routines because that is all they know. But there are others out there who seek greatness and evolution to the maximum. So just like becoming a butterfly or beautiful moth you can make the decision about how far you want to go.

You can choose to always be a caterpillar, or you can choose to live in a cocoon all your life. But the true beauty of life is when you go through the full process of growth and break out and become a butterfly.

The wonderful thing about being a butterfly is that there are many that will try and catch you and there are others that will just admire you. Some say that you should be as free as a bird, I say you should be as free as a butterfly.

**“Share the lessons life
has taught you.
This shows growth.”**

Giving back through life is SO important. But when you giving back, there should be no expectation of receiving anything in return. Just do it out of the goodness of your heart.

Not everyone has the same life experiences or acquired knowledge. The idea behind this #sunnymotiv is to share what you learn throughout your life. This is not to show off in any way, but rather to share with those that cannot get the same experience or knowledge for whatever reason.

You will be surprised how much appreciation you can get just for sharing your experiences and knowledge. It is not however up to you to force those learning from you to use what you have gained. You must always remember that everyone is on their own journey, just like you. All you can do is guide and share. Prepare to be criticized.

“When positivity knocks, don’t let negativity in. Open your own door.”

There are always fantastic opportunities in our lives that we miss because we walk around like horses with our eyes closed.

But when we open our eyes, just looking is not good enough. This #sunnymotiv is about embracing opportunities with positivity. With opportunities presenting themselves there are often critics and sometimes we are our own worst critics. This criticism can be good sometimes when you analyse the pros and cons that have been presented.

The idea is to be aware of the cons, but don’t let them in. Ever heard someone say, “Things are going so well, something must go wrong...” This is an example of how negativity is knocking at the door. Don’t let negativity in. In fact don’t even answer the door of negativity. Giving energy to negativity is a waste of time and can be so damaging to your mindset, and if you have read a #sunnymotiv or two, you will know now that a lot comes down to what one implants in their brain.

“Treat every day with the energy of a Friday.”

This #sunnymotiv is very hard for some people out there. It tries to explain that every day is just another day, it all just depends on what you have on.

There is something truly amazing about the energy people have on a Friday. It is like the energy people have when it is payday or they win a prize or surrounded by happy people all the time.

The power of channelling that energy should never be underestimated. And you will be surprised how your entire day changes just with the positivity flowing.

So this #sunnymotiv is about not looking at each day individually, but tackling each day with the energy of positivity and fun. Allow the energy to flow freely and don't allow a second of negativity to creep in.

Attract positivity and it will attract more positivity. The chemicals in your brain will appreciate it. The people around you will appreciate it. Your soul will appreciate it.

“Interacting and surrounding yourself with people with similar mindsets can do wonders for your energy and motivation levels. So do that every now and then.”

There are many people who sometimes feel they are on their own in their lives.

It is so important for your energy and motivational levels to surround yourself with people with similar mindsets, that its relevance cannot be explained enough.

I cannot mention the amount of times when things are going just a little bit too slow, then I meet with someone in the industry I am in or someone who needs the energy boost as much as I do. Now this #sunnymotiv is not industry specific or just business related. When you meet someone who is on the same level as you, it can be seen as a reminder that you are on the right path.

One can learn so much about yourself through others that a simple meeting should not be taken for granted.

Also, never underestimate the power of someone wanting to meet with you because of your energy and what you bring without even knowing it...

“Plant those seeds and don’t forget to water them.”

There are many ideas people out there. And some of those ideas are great! This #sunnymotiv is about ideas and plans and following through.

There is no point in just having ideas, or planting seeds. One needs to nurture and follow through with ideas. So just like seeds, you can plant them, in the right soil or climate for growth, but if you do not water them and look after them, that is all they will be...Just ideas.

Like a plant that flowers, if you do not look after the idea you will not see flowers bloom and have the pleasure of the beauty.

So when you have an idea or a plan, follow through and take ownership.

The thing about planting seeds is that you have a great vision on where it would go, but if you do not water they will not grow. The greater danger is when there is a little seedling and someone sees that it needs water and they take over.

“Gratitude give you a great attitude.”

We often just live our lives day to day without acknowledging the gifts we have received, in fact simply waking up every day is a gift.

This #sunnymotiv is about acknowledging the gifts we receive and appreciating the little things in life. When we are appreciative of the little gifts of life is when we start to live better.

A little practice you can try is simply laying in bed at night, and before you go sleep just go through a list of things you have been blessed with.

Some may think that these have to be big things, but the reality is that just giving thanks for being able to have the hands to brush your teeth is gratitude.

Acknowledge the small things first and watch how your attitude changes towards your life. You will become more aware of what you should be grateful for instead of just accepting these gifts as norms.

**“Don’t be that person
that gets old and sits in
a rocking chair
asking...WHAT IF I
HAD...Live.”**

There are somany people out there that ask the question “Why?” Chosing to live a life of “Why not?” gives one the opportunity to grow and also explore different possibilities that life may offer.

This #sunnymotiv is about not having regrets or missed opportunities. The last thing you want is to be literally sitting on a rocking chair when you are really old and you sit there asking yourself, “What would have happened if I took that job...” or “What would have happened if I decided to give up everything to travel...” etc.

When a great opportunity presents itself to you it is like champagne...It will bubble and bubble until it is drunken and enjoyed. If it is not enjoyed, it will get warm and go stale and the opportunity to have the cold glass will dissappear. You will however think, “Damn, I should have.”

Life is shorter than we would like to believe, live it as much as you can. Be good to your self.

“Some satisfied people are in comfort zones. Pursue things.

We have a life to live, right? There are so many people that just live life day by day instead of pushing to grow and become greater.

So why become greater, or why strive for more when you are very happy and satisfied with the life you have?

What we don't realise is that often when you are just living life day by day, you are actually in a comfort zone. Truly living life is when you break beyond the comfort zone and give yourself the opportunity to experience new things.

Sometimes it is scary, but then you have the glory of the challenge,

Pursuing things in life that are foreign to you gives you the opportunity to break the comfort zone, and may even give you the chance to learn more about yourself. Learn. Grow. Explore.

Last words

I hope that this book has brought you inspiration and motivation for daily, weekly or even monthly use. Be sure to share the life lessons and #sunnymotiv quotes with your family and friends, so they too can benefit from it. The book has been designed in such a way that you can just flip through it and stop wherever your mind takes you.

I am pleased that you have acquired this book and I hope it gives you joy and peace for many years to come.

Keep smiling and just be happy!

Being aware, exercise self love and satisfying your soul.

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