Get a life that doesn't suck
Taking the first step to building a life of excitement
By Benny Hsu
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Introduction

Growing up I thought my life would be exactly the way I wanted it. I imagined after college my life would be wonderful. Why? Because I was taught to follow the checklist and happiness will follow.

Ten years later, most would think I had it all. A nice car, house, stable job, no debt and opportunities to take long vacations.

Instead, I had never felt worse. I was at my lowest point in my life. I felt lost, confused, and unhappy. Work became unbearable. The thought of my work sickened me. The problem was working in the restaurant business did nothing for me. The gap between what I wanted to be doing and what I was doing was huge.

I started to look at my life and pointing the blame on others. I would think, “You did this to me” or “It’s your fault my life sucks”. I’d hope my life would miraculously turn around.

I turned to self development books to find the answers. The problem with books is if you don’t take what they teach and put it into action, no good comes out of it.
It took years before I learned my lesson and started actually being more proactive about the change I wanted.

In 2010, I finally realized instead of hoping and praying for my dream life to come to me, I had to make my own choices and take action. As much as I didn't want to admit, I had created my not-so-happy life up to that point.

School never taught me this. Watching hours of television didn't show me this. I had to learn it myself.

This guide will tell you the most important lesson I have learned.

Benny Hsu
The Beginning

If there has been one change in my life that turned me from an unhappy, out of shape, no direction, guy into one with entrepreneurial spirit, a purpose, goals and a sense that I'm in control of my life is due to this one sentence.

Take 100% responsibility for everything you experience in your life.

Reread that line a few times before you continue. Really understand it. If you remember anything from here, make it that one sentence.

You see before I pointed a lot of fingers when something went wrong. I would blame my unhappiness and lack of success on my parents, my girlfriend, the economy, my mortgage, my lack of money, bad luck. Anything but blame myself!

I followed the typical checklist for my whole life and in return I got to my lowest point in my life. See why I thought it wasn't my fault?
While I laid the blame on others, I stupidly kept thinking good things will happen to me. I felt entitled to a great life. I hoped to wake up the next morning and have my life change for the better. I was impatient. Now clearly I know it’s stupid to think like that.

This attitude showed nothing in return. If you looked up insanity in the dictionary, you would have seen a picture of me. I tried to think the same negative and self limiting thoughts, do nothing over and over while expecting a different result.

It has been like that for the better part of the last five years as I've tried to figure out what should I be doing with my life.

In October 2010, I had my breaking point. I had another stressful night of work at the restaurant and was driving home. Frustrated, in tears, and sad with how I felt for so long, I decided I needed to stop hoping and start taking action. I couldn't live another day feeling like this.

I came home and typed a note telling myself. This is the exact note I wrote. I never thought anyone would see it but I want to be open with you. I'm surprised how calmed I remained
when writing and didn't fill it with expletives. However, my point was very clear.

>This is it. This is when I start to make changes to the life I want. It starts now. Stop wasting time. It's been more than five years since you've wanted to find a new career. You need to start doing it today. Today. Tomorrow and everyday until you reach your desired lifestyle. Life is too short to be unhappy when working. Start working hard everyday to find your passion and reach your goals. Focus, focus, focus. Open your mind and allow it to attract great ideas and answers to your questions.\n
I made two copies and taped it to one to my bathroom mirror and one on the wall behind my laptop. I knew I could not miss seeing it everyday.

That night was the turning point. I worked on changing my thoughts. I began to take action. It wasn't easy to begin but it's better than where I was before.

Every morning I would see that note. It reminded me of how I felt that night when I wrote it and how I don't want that feeling again.
I began to train for a half marathon because I had let myself get out of shape. I started reading blogs and how others were making their living solely from online income. It became my inspiration that it was possible. I started planning my own life.

Three months later from that note, in December 2010, I ran my first half marathon while shedding 15 pounds. In February 2011 I ran my second even faster. In that same month I started my blog Get Busy Living.

The same time I started work on my dream, an iPhone app called Photo 365. In August, it was released. I had my goals set high, but it went beyond my imagination. 30 days later I had earned a little over $30,000 after being featured as App of the Week, in just my third week! As of January 1, 2013, it has earned over $70,000. (You can read more about my story here and here).

I haven't achieved everything I want. Not even close but I'm working on it everyday. I wouldn't be here right now writing to you if I didn't begin to take 100% responsibility for everything that happens to me. I'm proud of that.
99.5% Responsible isn't Enough

If you want to be successful you have to take 100% responsibility for everything that you experience in your life. Not 90, 95 or 99.5 percent. It's 100 percent. This includes your success, failures, relationships, health, income, debts, feelings - everything!

I thought I was in control of my life. I thought I had made the best decisions possible but other people and circumstances stood in my way to happiness.

Looking back, I in fact let others make decisions for me, determined how I felt, in turn I created limiting beliefs and easily gave up when things got tough.

The best years of your life are the ones in which you decide your problems are your own. You do not blame them on your mother, the ecology, or the president. You realize that you control your own destiny.

- Albert Ellis
I turned to mindless activities that took my mind off my problems. I watched lots of television and lost myself in the endless information on the internet. It was my way to unwind and relax.

I built up my own imaginary prison. From the outside my life may have seemed perfect, but inside I felt anger and sadness. I thought I would never find my happiness.

This is why I felt lost. This is why I couldn’t find my passion. This is why I felt stuck. This is why I felt unfulfilled.

After introspection, I realized my thoughts and lack of decision put myself in that prison. Only I would be able to break out.

It’s not as easy as it sounds.

You may think you already take full responsibility for your life like me. However, if you’ve ever complained or blamed anyone else, you’re not taking 100% of the responsibility.
Taking it all means you understand you’ve created everything that has happened to you. You take total responsibility for your life, including the successes and the failures.

If you realize that you’ve created your current situation then you are able to create a new direction for you.

Taking 100% responsibility means giving up all your excuses, victim stories, all the reasons why you can’t and why you haven’t up till now, and blaming everything under the sun. Only then can you begin to create the life of your dreams.

Your life didn’t just happen by chance. You didn’t hit some lucky or unlucky streak. The results you achieved came from the choices you did or didn’t make.

**Why Do We Avoid Choosing?**

Is it because the thought of every choice being so monumental paralyzes us? Is it because we don’t know we have a choice? Is it because we are afraid we may make the wrong choice? Is it
because we are too lazy to choose?

I believe it’s one of those or a little bit of all for us.

The ramifications of a decision scares some people enough they don’t want to choose. They don’t want to be wrong. They don’t want to lose money. They don’t want to get singled out for a poor decision. They don't want that power in their hands.

*When you have to make a choice and don't make it, that is in itself a choice.*

Then there are people who think that life “happens” to them. Day by day they react to situations instead of act. They don’t understand that the choices they made created the results in their life.

I was guilty of that. Day by day I kept waiting for my lucky break. I read books trying to figure out the best job for me or how to have meaning in my life. I waited for my life to “happen”. I kept thinking it's just a matter of time.
Bottom line is that your life is defined by the decisions you make. Choosing one thing shapes what happens next. Sometimes it's as small as what to eat to deciding on a job offer.

If there were choices you could make that would make life better, wouldn’t you make them?

You would say of course, but that’s not what most people do. Most would rather not have to make that choice and pass it off to someone else. That's giving your power away. Those who live exciting and remarkable lives take that power into their own hands.

Give Up Blaming

You will never become successful as long as you continue to blame someone or something for you not achieving your goals and dreams.

When you blame others it means you gave away your power to control your life. Instead of making a decision, you let them and now you’re blaming them for your failure.

If you have time to whine and complain about something then you have the time to do something about it.

- Anthony J. D'Angelo
If you want to achieve all your goals and dreams, you have to understand it is you who took the actions, thought the thoughts, created the feelings, and made choices that got you where you are now.

- You are the one who ate junk food.
- You are the one that stayed in the crappy job.
- You are the one that stayed in the bad relationship.
- You are the one who didn’t ask for help.
- You are the one who bought it.
- You are the one that listened to that person.
- You are the one who said yes.
- You are the one who didn’t say no.
- You are the one that invested the money.
All results came from your thoughts and actions.

**Control Your Thoughts**

So far I’ve talked about making conscious choices when making a decision. There’s another way you can take full control of your life. It has to do with your reaction to certain events.

Here is an equation shared by author Jack Canfield when approaching situations.

\[ E + R = O \]

The E is the event.

The R is our response to the event.

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The O is the outcome which depends on the R.

Before if I didn’t like the outcome (O), I would blame the events (E). That was my reaction. (R). My reaction was based on my attitudes and how I reacted to previous situations.

The event can be your spouse, the weather, the economy, your lack of money, your boss, your long working hours, your lack of experience, and so on. Of course these factors do exist, but if these were the deciding factors then nobody would ever succeed!

These are limiting factors in your mind. So many people have thrived despite all those factors mentioned. So these factors aren't the problems, it is you! You stop yourself!

The key to the equation is the R (response). If you’re not happy with the outcome, change your response until you get the outcome you want.
Your response comes from your thinking, the way you communicate, the pictures you hold in your head, and your behaviors. *All these can be controlled by you.*

However we've been conditioned to react to certain situations in a certain way. That's what happened to me. When something bad would happen, I would have a typical reaction. I didn't think about how I wanted the outcome. I reacted with what came naturally.

Now I realize that how I think about the situation goes a long way in determining my outcome.

If you don't like the outcome, change your response.

Let me give you an example. If you know me, you know I’ve had years of experience working in the restaurant business. Some nights it gets so busy and customers have no choice but to wait. Sometimes the wait is an hour or more. Still people will wait.
As it passes an hour the people waiting seem to split into three groups. One group is enjoying themselves, talking to each other, having a drink, and waiting patiently. The next group started like that, but is now getting a bit impatient. The last group is furious. They demand to know why it’s taking so long. There’s still a crowd of people in the waiting area and we’re doing the best we can. It’s not enough for them. They lose their patience. Some have had enough and leave. Others decide to keep waiting, but now they’re clearly in a bad mood.

Now if having a long wait was the main variable, everyone should have been upset. But everyone wasn’t. It was their individual response to the long wait that gave them their particular outcome. It’s understanding if you go out to eat on the weekend it’ll be busy and you have to wait.

It’s deciding whether or not to wait at the beginning. It’s a matter of attitude and behavior that created completely different experiences.
Complaining

Who hasn’t complained in their life to anyone? Nobody. However, to be 100% responsible for your life you have to give up complaining.

Do you understand why you complain? It’s because you believe something or someone better exists. You have an image of something you prefer but are unwilling to take risk and make choices to make it happen.

If you didn’t think there was a better job, house, boss, spouse, partner, or more money, you couldn’t complain. There would be nothing to complain about! You know there’s no better option for you!

Instead you know there’s something better for you so you complain, but don’t do anything about it. That’s the key. Not doing anything about the situation.
Do you ever complain about gravity? Do you say “Why is gravity keeping me on the ground today?” Of course, never. We don’t complain about things we have no power over.

The situations you do complain about are ones that you do have control over. Do you complain about your job? You can change. Do you complain about your weight? You can lose weight. Do you complain about not having more money? You can make more money.

Take a second and think of the things that you have complained about lately. Most likely they are situations that can be resolved by making new choices.

Why don’t we quickly act on these choices? Why don’t we do anything about it? It’s because it scares us. There is a level of risk involved. You could be unemployed, left alone, broke, ridiculed and judged by others. You might fail, face confrontations, or just be wrong.

Making a change might take time, money and effort. It might be difficult or uncomfortable. It takes work. So what do we normally do? Stay put to avoid all of the above and continue to complain.
Either you accept your situation or take the risk of creating the life you want. You must take full responsibility for your choices. Make changes or stop complaining. It's your choice.

What would you choose?

Stop Spending Time with Complainers

The people you spend the most time with says a lot about you. Personal development guru Jim Rohn says that we are the average of the five people we spend the most time with. He could look at those five friends and know all about you. It’s scary, but it’s true.

We are influenced by our friends whether we know it or not. Friends who complain all the time are ones that don’t take risks to make changes in their lives. They just bitch and moan all day long. Do you want to be around people like that?
Not only that but when they’re complaining you’ll be more inclined to complain to them too.

Why is it when people complain they always complain to the wrong person? They go to work and complain about their spouse. They go home and complain about their boss. Why? Because it’s easier. It takes guts to tell your boss how you really feel. The same goes with your spouse.

Of course you want to take a more diplomatic approach when facing them. Instead, look at it as making requests and taking action to what you want. If you find yourself in a relationship you don’t like, either work on it to make it better or leave. Do something. Work with your bosses or find another job. Either way you’ll get a change.

Remember it’s up to you to make the change and to do something different. You have to create your reality. Only you can do it. Don’t expect others to do it for you.
Life Becomes Much Easier

Successful people do the uncomfortable and take steps to create their desired outcomes. They aren’t passive. They take action. They don’t lay blame on their failures.

If you begin to make conscious decisions quickly and decisively, life becomes much easier. Instead of feeling like a victim or feeling nothing ever works out, you start to feel in control.

You are the CEO of your own life. No one controls your thoughts or your actions but you.

No matter the outcome of a decision, you can say to yourself “I made this choice.” You have this wonderful power to shape your future.

Are You Willing to Start Controlling Your Future?

Becoming someone who takes 100% responsibility isn’t easy. If it were that easy everyone would be living their dream lives.
It requires awareness, discipline and a willingness to take risks. You have to be willing to pay attention to what you are doing and to the results you are producing.

Life will always give you feedback about the effects of your behavior if you just pay attention. Notice what is going wrong. Maybe you’re fighting more with your spouse, your kids aren’t listening to you, you’re always tired and weak, your pants are getting tighter despite exercising. This is all feedback. It is telling you something is wrong. This is the time to start paying attention to what’s happening.

Some questions to ask yourself...

- How am I creating or allowing this to happen?
- What am I doing that’s working that I need to do more of?
- What am I doing that’s not working?
- What do I need to do less of?
• What am I not doing that I need to try on to see if it works?

In Conclusion

You are the one who is creating your life the way it is. Your life, up to this point, is the result of all your past thoughts and actions. *If this hasn't been your ideal life, consider today a wake up call to wake up the power of choosing.*

You control your current thoughts and feelings. You control what you do and what you say.

You control what you feed your mind. You control who you hang out with. You control the food you put into your mouth. Every action is under your control.

To be more successful, you just have to act in ways that produce more of what you want.

You only have this one life to live. No matter your age, you still have the power to take your life in any direction you want.
Do you want to create your own life? Do you want to have your own rules for your life?

If you've struggled to find success, happiness, and excitement in your life, I hope you will start to make choices and decisions instead of leaving it up to others.

Nobody said it would be easy, but those who take 100% responsibility for everything that happens in their life, will live one very remarkable life.
Who am I?

I'm Benny and I write at Get Busy Living where I inspire people to start living and not just existing.

I also have an iPhone app company called Get Busy Living LLC.

I've developed a second iPhone app, Gratitude Journal 365.

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Please email me and let me know what you thought of the book.
Did This Inspire You?

If you got something out of this free ebook, I would really appreciate it if you could share it with a friend. Just email them this PDF.

I’d like to see as many people as possible be able to build a foundation for a wonderful life.

Being 100% responsible for everything you experience is the first step.

How you can help spread the word:

- **Email a friend.** Send this to someone you think would benefit from it.

- **Leave a review on Amazon.com.** The absolute coolest thing you could do would be write a review there. I do offer the book for a small price there, but you got it for free cause you became a subscriber. Just go to my Amazon page and leave a review.
Thank you very much for taking the time to read this. If you have any questions, comments, or need some help getting started on taking 100% responsibility for your life, please don’t hesitate to email me bennyhsu@gmail.com.