

THE

LIME BREAK Lifestyle

JOURNEY THROUGH THE 5 STAGES OF LIFE

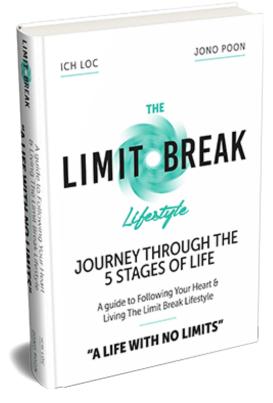
A guide to Following Your Heart & Living The Limit Break Lifestyle

"A LIFE WITH NO LIMITS"

Journey through the 5 stages of life

A guide to following your heart and living the Limit Break Lifestyle

A life with no limits!



By Ich Loc and Jono Poon

www.limitbreaklifestyle.co.uk

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Notes to readers

We would like to thank you and congratulate you for downloading this book, *Journey through the 5 stages of life: A guide to following your heart and living the Limit Break Lifestyle - life with no limits!*

This book has been written to help individuals who feel stuck or lost in life, searching for answers and seeking a way to live a life of freedom, fulfilment and true purpose.

In this book we will be sharing our own personal journeys, how we identified our truths and how we discovered the different stages of the journey we call life, as well as its limitations.

This book will show you what it really takes to live a life without limits. It will show you how to become truly successful in your own way: by following your heart and being your true, authentic self.

Thank you again for downloading this book. We hope you enjoy reading it as much as we enjoyed writing it!

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Life's a journey

Your life is a journey. It is a never-ending quest to find yourself: *a journey to your heart*. It is the reason some of us always seem to be looking for answers and meaning in life, whilst some of us are already living it.

While some of us are living a thriving and full life, driven by passion and purpose, and doing what we love, there are others who feel dead inside, surviving, simply existing from day-to-day, but are not truly living at all. But why is there such a big difference in each person's life? The answer is that everyone is going through a different stage of their own journey of life.

Those who are living a thriving life are probably at the highest stage of their journey. They are living what we like to call The Limit Break Lifestyle. Whereas those who are at the lowest stage of their journey are still struggling to survive - they are still living their life as victims to circumstance.

Within this book you will learn about the 5 stages of life's journey and identify which stage you are currently at. This allows you to discover exactly where you currently are in life, anticipate what is coming next and know what it takes to get there. This book will show you how you can take back ownership of your life, reclaim your personal power, identify what you truly love, and to live The Limit Break Lifestyle.

By the time you finish reading this book, you will have clarity of where you currently are in life and the direction you need to follow. Many personal development gurus will tell you that massive action is what is required to succeed. However, we believe that this is only the second most important thing, because for us, having a clear direction in life is most important. After all, what good is massive action if you are not going the right way?

"If you do not change direction, you may end up where you are heading"

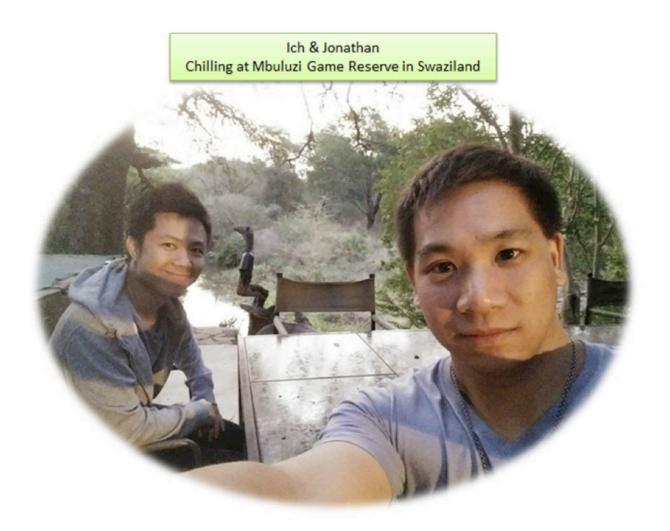
Lao Tzu

Embarking on the journey

This book was put together to share with you the content and strategies on how we discovered the different stages of life's journey and how we are now successfully living The Limit Break Lifestyle - A Life With No Limits!



The moment we discovered where we were in our lives, we made a conscious choice to embark on our personal journey of growth. Once we began to apply what we had learnt into our lives, not only did we break all the limitations holding us back, but our lives improved dramatically. We are now both living in our true nature and for our true purpose. We live a life of freedom and fulfilment, whilst we continue to grow and strive for more success through creating what we love.



"Our lives changed dramatically the moment we embarked on our journey for growth"

This is the reason you are now reading this book. We want to give back to the world by inspiring others, like you, to grow; empowering you to live a life with no limits, and to provide a community of high-level support for you at Limit Break Lifestyle.

It took us years to find our peer group who are on the same path to life mastery as us, so we really do understand how hard that can be when you are going through this journey alone.



At Limit Break Lifestyle you will find supporting fellow travellers of life to walk this journey with you. These inspirational Limit Breakers will challenge you and keep pushing you to become the best version of yourself.

This book contains our life's work.

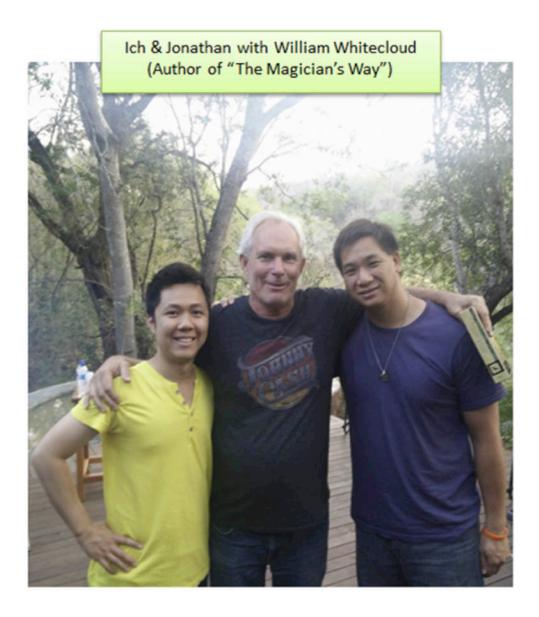
It is our true purpose and we make it our mission to share it with the whole world.

We can guarantee you that this book not only contains our years of experience and knowledge, but also contains our heart, our love to serve others and our passion to make a difference in this world.



To thank our mentors for guiding us to finding our own journey in life, we want to also give back to others who may be in the same situation as we once were when we were lost souls. Because not only did we lack a sense of direction in life, we were also depressed. We felt powerless to change anything.

Now it is our mission to inspire and empower others to transform! To live the life that they deserve - a life without limits!



We want to help you identify: what is it that you really love? How do you really go for what you love regardless of the circumstances? How to find your true purpose in life? And, eventually, how to create a lifestyle doing what you love!

Which stage are you currently at?

At each stage of our journey, there are specific obstacles, known as limitations, that hold us back from moving on to the next stage in life. Fear being one of the most common. Although you may know this intellectually, you probably aren't conscious of it in day-today life. Depending on which stage you are at in life, the limitations that are currently holding you back will be different to the limitations that are holding others back in their journey.

For example, what is stopping you from moving forward in life right now may be *limiting beliefs*, whereas for others it may be *fear*. This is why it is so important to know exactly which stage you are currently at, since each stage requires a different approach to overcoming those limitations. Each limitation is driven by a different negative emotion.

Once you know which stage of the journey you are currently at, not only will you know exactly what it is you need to do next in order to climb up to the higher stage in life, but you will also know exactly what is required to hold you steady at that stage so that you don't fall back down to the previous one.

What is the limit break lifestyle?

You are probably asking 'what is this Limit Break Lifestyle these guys keep going on about?'

Simply put, The Limit Break Lifestyle is all about:

- Living a life of freedom
- Living a life of fulfilment
- Living your true nature and purpose

The premise that we teach at Limit Break Lifestyle is that in order to live this life, you must **follow your heart** - regardless of circumstances. There is no other way but to listen to what your soul is telling you through intuition and to follow through with passionate action.

Everything that has happened to you in life has been a direct or indirect result, which you have created either consciously or unconsciously. The first step to living The Limit Break Lifestyle is to take 100% total responsibility and ownership of this truth. There are no effects without the causes - this is the law of cause and effect.

You are the predominant creative force in your life.

Yes, this may be a hard pill to swallow, because our society, our government and our education system has conditioned us to believe that we are powerless by creating dysfunctional systems that control and disempower us. They want to keep us within the matrix. But the truth is that no one else in the world has the power to change your life like you can. You must be the one to take control back into your own life.

What it takes to walk the path of life mastery

Some people are already either consciously or unconsciously living their true nature and purpose. They are living a life filled with freedom and fulfilment. Some are not. Some may be heading towards this lifestyle; they are on their journey.

These are the people that you should want to meet and get connected with. Why? Because they are fellow travellers of life.

There are only two types of people in this world who are able to lift you up, empower you and support you to reach to the top. They are your:

1) Guides

These are your mentors, coaches, teachers, masters and successful people who either already have the results, are living the life that you want or know how to get there because they have been on the journey before.

2) Fellow travellers

These are your peer group, mastermind group, leading learners, supportive friends and family who are on the same journey as you. They are also going for the very same results that you are aiming for.

Therefore, it only makes sense that you get connected with such people, so that you can surround yourself within a community of high-level supporters.

When you're in such a highly empowered environment, you really have no choice but to succeed in life! These powerful people will hold you accountable. They will support you.

They will challenge you to climb higher and will kick your ass if you don't. So why wouldn't you want to surround yourself with these people?

If you're inspired to find more fellow travellers to walk on this journey of life with you, but are not sure where to look for them, then I invite you to come join us at Limit Break Lifestyle.

Not only will you find your awesome peer group here at Limit Break Lifestyle, you will also find the right guides too who are able to lead you towards the right direction in life. People who can provide you with absolute clarity and purpose.

The path to living a life with no limits!

We want to do whatever we can to inspire you to take action and to begin this journey to a life of freedom and fulfilment. We want to help you live a life with no limits!

To further inspire you, we would like to share with you some inspirational success stories from our Limit Breakers, illustrating how far they have come. From their beginning and training with Limit Break Lifestyle, to where they are now.

<u>Meet Belinda McWilliams</u>



Belinda has found her clarity and true purpose in life through our training. Her vision and mission in life is to support the youth in finding their own passion in life - to provide them with the guidance and skillsets required to achieve success in their own vocations.

Belinda is now known as The Diamond Passion Coach and founder of Diamond Passion Academy.

Here is what Belinda has to say about Limit Break Lifestyle:

"In the last year or two, I have found myself becoming more concerned and worried about the future. The feeling of 'I can do more but I'm not doing it' had become my mental struggle. I have always been available to help other people go for what they want. Inspiring, motivating and being a backbone support for people, and that was always fine with me as long as that made them happy, but for some reason, things were beginning to change. I was putting my all and giving my all, but I wasn't happy this time. I found myself complaining more, always exhausted and easily angered. I thought there was something not right. I couldn't understand why I was doing so much to help people and I wasn't happy doing it.

Having helped others go for what they want; it was time for me to help myself, but this was becoming a challenge. I was battling with guilt, excuses, fear, low self-esteem and confusion. I began to search for, read and listen to books, tapes, video messages on motivational topics and self-help information. I think my mind was exhausted and this entire information overload wasn't helping. I'd feel motivated and fired up today only to relapse. I'll try meditation for a bit and then practice law of attraction for a little while. I was just doing a whole lot of trial and error, but just couldn't stick to anything.

What I needed was clarity. I had so many things and ideas I wanted to do and I was already involved in a lot of things, but I needed to have clarity of my point A and point B and the direction to getting there. I needed to know what and where to focus my time and energy on.

Limit Break Lifestyle has helped me in many ways, but there were three main ways:

- I now have clarity in what it is I do
- I am more structured in what I do so that I can produce the results I want

• I have identified my brand and choices

I can say I am in a good place going forward into a New Year. I can focus more of my time on working on me and building my brand so that this time I am sowing seeds into the ground of my brand and not just throwing the seeds away. I love young people and working with them and Limit Break Lifestyle has enabled me to understand where I was going wrong with in working with the young people.

It has been a journey of rediscovering my strengths with Limit Break Lifestyle, and positioning myself where I can make a difference in the world, especially in the lives of young people."

Belinda McWilliams, Founder of Diamond Passion Academy

Meet Richard Weddel



Richard has always been the most outstanding learner throughout our training. He has overcome his fear and sense of powerlessness and awoken to a mighty vision that is now bigger than him.

His mission in life is to become the lighthouse for the new generation of young adults, and to create a high-level support community for them to inspire and empower one another to grow.

Richard now aspires to be a leading role model in society and to create a personal brand for himself as an Intuitive Leader. Richard also aspires to become a world champion in his most passionate sport - pool.

Here is what Richard has to say about Limit Break Lifestyle:

"My journey through self-discovery, finding my passion and creating a lifestyle around that passion was nothing short of stellar with Ich and Jono. Just a year ago I was feeling lost in a life that I was convinced had nothing more to offer. I was all potential and no action. Things changed dramatically within just a few coaching sessions with Ich and Jono at Limit Break Lifestyle.

I discovered whom I am at my core, why that core developed and how to use it as a source of fuel to propel myself forward. I was shown how to meditate on choices, set proper goals, achieve those goals and use that momentum to continue creating new goals. I was, and still am, learning how to build a personal brand for marketing and business purposes.

What I enjoyed most about the coaching with Ich is his straightforward and insightful approach. He and Jono act as guides who are walking beside you on your journey, helping you answer your own questions and find with your own answers. The majority of the time, though, they already know the answer to your questions before you have time to answer them.

Limit Break Lifestyle challenges your way of thinking, acting and living through an approach that is clear cut and immensely powerful. I owe much gratitude and thanks to Ich and Jono for what they've helped me to overcome and for the limiting beliefs they've helped me to shatter.

Never again will I be a depressed man staggering through life just existing. I now have a purpose. I now have a vision. I now have passion. And I owe all of it to Limit Break Lifestyle."

Richard J. Weddel

Meet David Tang



David approached Ich at his lowest point in life. He was searching for clarity and guidance. Through working with us, David has reignited that fire within himself and found his true passion. He is now a speaker and a life coach, helping others to turn their pain into power and liberating others from their stories and their past.

Here is what David has to say about Limit Break Lifestyle:

"Before I started my journey with Limit Break Lifestyle, I was a negative person who blames people and life when I'm not happy. I felt guilty for my father's suicidal death and had thought about breaking up with my fiancée.

Since doing the work and training that Limit Break Lifestyle have provided, I've forgiven myself for the death of my father. I have been 100% honest with my fiancée and now we are the happiest we've ever been. I've learnt that how I think and feel is all my responsibility and I am in full control of my life."

David Tang, Founder of David Tang Coaching

Meet Tayler Thuong Nguyen



Tayler followed her fiancé, David Tang, on the same path towards personal growth - she has overcome the fear of public speaking and let go of her emotional limitations. She has grown so much that she is now on a mission to spread the message of self-love via her own YouTube channel.

Tayler has taken a big step forward in creating a personal brand for herself and launching her high-end photography business.

Here is what Tayler has to say about Limit Break Lifestyle:

"My journey with Limit Break Lifestyle has given me a new experience where I learnt about different people's values and their behaviour. They have helped me to realize that my father does love me, but it was my beliefs that blinded that fact. Limit Break Lifestyle has also improved my relationship with my partner David. Before, he was considering letting go of our relationship, but now we are not just lovers but each other's best friend.

I have learnt about my own truth, clarity and love in order to live life where I'm no longer stuck in the past with the two men I love most.

Ich and Jono were two beautiful brothers that were there for me no matter where they were in the world or what they were doing. You will always feel love."

Tayler Thuong Nguyen, Founder of Tayler Thuong Photography

Meet Kim Nguyen and Kofi Ansah



Kim and Kofi are the creative duo that make up K&K Labs. Together, they combine great talent and skill in photography and designing quality silk scarfs. After doing some branding consultations and business coaching sessions with Limit Break Lifestyle, they have now taken their business to the next level and increased their income.

Their dream is to expand their brand globally and to raise awareness for endangered species.

Here is what Kim and Kofi has to say about Limit Break Lifestyle:

"Ich and Jono's passion and drive for what they do is impeccable!

When one is passionate and love what they do, it's easily seen in their actions and everything they do. This greatly fits these Limit Breakers.

Being a student under Limit Break Lifestyle with my fiancée has been one of the best things we've done since launching our business. It's been a great eye-opener and it's been a good, rewarding input to how we think and manage aspects of our business.

What's so amazing, being under Jono and Ich's coaching, is that they dedicate their time in a way that leaves you energised with new ideas, inspired and determined once a session is done. It almost leaves you wanting more of their time, even after an always over-run session due to the value they give.

Our six weeks with Limit Break Lifestyle allowed us to come out with an understanding of our business idea, our personal brand, great strategies and many or great pieces of advice. Ich and Jono's method of coaching leaves you actually putting in work and putting together actual results that become great assets in filling in the dubious gaps.

I have personally gained loads from their coaching. One I highly recommend and one I wish would keep going for as long as possible if I had it my way."

Kim Nguyen and Kofi Ansah, Founder of K&K Lab

Before our journey began

Jono's story - Part one



When I was a toddler, I was unaware that my family was hugely in debt. My parents were constantly using credit cards to provide for the family. After finding out the truth at a very young age, I was tremendously troubled. I made the conscious decision to help in any way that I could. I was determined to ease that problem by looking for part-time work when I was only 13 years old.

The reason for our family debt was not a proud one; my dad had a gambling addiction (specifically betting on horses and dog races). I realised it was too late, because he had already reached a point where our family home had to be re-mortgaged in order to cover the losses he had made, just so that the family could survive.

I ended up working at a relative's Chinese take-away part time to earn some extra cash to contribute to providing towards my family's expenditures. I worked extra hard so that I could also keep myself happy, knowing that I could purchase whatever form of

entertainment I wanted (such as games, socials, gadgets, driving lessons, martial arts and so on).

What I did not know then was that my passion to be a life coach, a leader and a trainer initially stemmed from my martial arts training. It didn't just provide regular exercise; I realised I trained to discipline myself. Funnily enough, my sensei back then was also a life coach! He taught us the important ways of life such as respect, morals, philosophy, and the psychology of success.

As I grew older, it was inevitable for me to take on more responsibility in life. I had incurred my own financial debt from student loans and credit card expenditures. I was determined not to rely on my parents, and so I aimed to receive as little help from them as I could. Being the only child made me even more determined, as I did not have the luxury of receiving support from elder siblings like some of my relatives did.

Then in 2014, I achieved something special. Something very special...

I landed my DREAM JOB! Being able to work in the corporate world has always been one of the many prides within Asian culture. I was so excited!

You can imagine the number of years I had spent studying and labouring in different positions, just to get to the corporate role I desired. However, after working in the job I initially thought to be a dream job, it eventually became a nightmare...

Slowly but surely, the job began to destroy me physically, emotionally and spiritually. As if that wasn't enough, it took along with it the loving relationships I had with my family, friends and all those whom I care about. I'll explain why.

It wasn't just the hard work; I didn't mind that.

It wasn't the long hours; I expected that.

It wasn't even the corporate salary, as I had hoped for it and was aiming to achieve more.

It was the relentless nitpicking and criticism within the work environment - the need to justify my very existence in the organisation!

Little did I know, my life was falling rapidly into a downward spiral, bringing with it a lack of motivation, a lost sense of purpose and killing any little remaining passion or dream I had before.

Imagine having no time at all to spend with your friends, girlfriend or your family.

I felt like an unconscious zombie who was just working and functioning in reaction to other people's demands. The world might as well have ended then, because it felt as if I was already living through the apocalypse!

The negativity in my lifestyle affected me so much that I ashamedly began to mistreat the people around me. I am even embarrassed to say it, but I was mean to those who were making an effort to help me. Like a petulant child, when those closest to me offered help and support, I threw it back in their face.



I was sucked into this whirlpool of depression, but I didn't see it.

I was stuck at this lowly level, living a pitiful lifestyle, struggling and fighting. And I couldn't get out. **I was living as a victim.**

It is easy for us to be the observer in life, seeing other people and their problems from the outside. But it's difficult to recognise our own problem when we're actually in it. For me, the relentless pressure being forced upon me from my so-called 'dream job' only got worse.

In the end, I realised that there was only one way out of this vicious cycle of relentless pressure and depression. One way to stop it, once and for all...

Suicide.

Ich's story - Part one



Do you sometimes feel like you're lost and stuck in life?

Do you sometimes feel like you're not getting anything or going anywhere in life?

Do you sometimes feel like you're constantly looking for love and a purpose in life?

That was me.

You see, I had no idea what I wanted to do when I was young. As I was reaching adulthood, I still had no idea what I wanted to do. It was so bad that I dropped out of university, which coming from a Chinese family was a very disgraceful thing to do. I did not want to bring this onto my family. But I chose to do so. Because I knew deep down that it was not for me, it wasn't true. I had to choose a different path.

But despite all that, I *still* did not know what I wanted to do in life. I knew what I did *not* want, but I still didn't know what I wanted.

Then my life changed on one December night.

It was 11pm, the road was frosty, it had been raining and I was driving down the motorway at 60 mph. I took a sharp turn... and suddenly my car started spinning!

At that moment, I thought my life was over.

Have you ever seen a movie that was like a slideshow? Well, I saw my life flash before me like a slideshow going at lightning speed. I saw my past... my childhood, the people I love, and the events that happened. But what hurt me the most, was what I saw in my future.

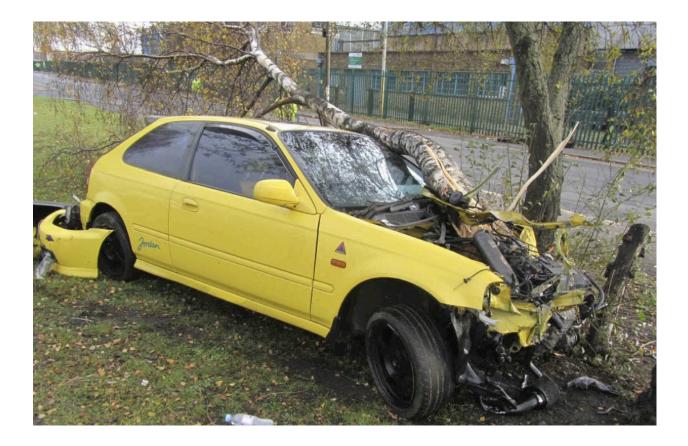
I saw the dreams that I was going to fulfil.

I saw the person who I was going to become.

I even saw a vague image of the woman I was going to love.

You see, as I lost control with my hands firmly gripped onto the steering wheel, while the car was still spinning, I finally realised what was important to me. I realised how much time I had wasted in the past.

The car didn't stop spinning and eventually it went 'BAM!' I had hit the lamp post. The car bumper flew off which hit the car behind me. Still the car did not stop spinning, and it eventually smashed right into a tree. The tree sliced right through the front of the car where the engine was, before it fell and smashed right on top of the passenger seat to my left.



I lost consciousness.

The life of a victim

We were both once lost in life without any sense of purpose or direction to follow. At one point in time, we both felt like giving up on this world, and even thought about taking our own lives. We were at the lowest point of our lives; we were hitting rock bottom and could just not see the point in living anymore. We had been searching our whole lives for freedom and happiness, but we couldn't find it anywhere. We could not see the light at the end of the tunnel.

Fortunately for us, we had this inner calling to keep seeking for our answers and we finally found hope. We found our inspiration again, and a reason to keep living.

Our mentors inspired us.

They were the shining stars in our lives that sparked the fire within our hearts again. We both knew that in order to live a life with no limits, we needed guidance, knowledge and wisdom. We had to change!

"If you don't like how things are, change it. You are not a tree." Jim Rohn

The change we are talking about is personal growth. Which means to grow mentally, emotionally and spiritually. To stop being a victim and grow in all aspects of our lives to become the greatest version of ourselves that we can.

We had to learn how to break out of all limitations that were holding us back in life. We had to learn how to create the strength that is needed to strive to get to the top. We had to learn how to become a Limit Breaker!

"If you want to get more, you have to become more!" Jim Rohn

As a result, you won't be surprised when we tell you that we have both invested thousands of dollars of our own money towards our education and personal development, because we know the importance of investing in yourself first.



After all, in order to be the best, you must learn from the best.

We understand how it feels to be lost and stuck in life. And we know that the fastest way to get the best results in the shortest amount of time is to learn from the best players in life! Those who already have the results that you want!

"Invest in yourself as much as you want others to invest in you."

Les Brown

Jono's story - Part two

As you can see, I changed my mind. I didn't take my own life. But what was it that changed for me? What was it that stopped me going ahead with this ridiculous idea?

It was the action of a close friend. A friend who caused such misery and devastation to her family. She ended up doing the one thing that I had been considering all this time... She took her own life. This was a wake-up call. It was the wake-up call I so desperately needed.

I knew this was the pain I would inflict on my friends and family too, and I knew it wouldn't be right. It would be unfair and selfish of me to leave my friends and family grieving.

From the devastation of losing my friend, came my rebirth.

From the despair, came my self-realisation.

A realisation that I am in control of my life and my own destiny.

I decided that enough was enough!

I chose to regain control of my own life from those who I had once perceived as having taken it away from me. I quit the corporate world and chose a path of entrepreneurship instead. I once again took charge of my life so that I could live life on my terms and not others. Now, I couldn't be more glad that I decided to do so.

Today I have a wonderful life, several successful collaborations in businesses, an amazing girlfriend and an outstanding inspirational business partner who is also like a brother to me. It is with Ich that I am now creating my vision. We are both living to create our dreams and to give our heart back to the world.

Ich and I have been working and training together for over five years under world-class leaders, coaches, trainers and mentors - such as Tony Robbins, Dr. John Demartini, William Whitecloud, Roger Hamilton, Brendon Burchard, Daniel Priestley, Dan Lok, John Lee and Vincent Wong.

Our mission now is to help others like us to create the lifestyle they deserve.

To live life on their terms.

To live with freedom.

To live with fulfilment.

To live their true nature and purpose.

To live a life with no limits!



Jono Poon, Co-Founder & CEO of Limit Break Lifestyle

Ich's story - Part two

Once I had woken up from the accident, not remembering exactly how I had got there, I managed to crawl out unconsciously, like a drunken person. What I remember next is crawling out of the car and immediately falling onto the ground. Gasping for air! The impact was so strong that I was totally winded.

From the moment I woke up and regained my consciousness, I thanked God for the second chance I had been given. I decided there and then that I would not wait for my third chance. There may never be another chance for me. I did not want to waste my life anymore. I decided to live my everyday life as if it's my last day. I wanted to do what is important to me.

I wanted to go for what I love! To create my dreams! To spend time with the people who are most important to me! To live a life with no more limitations holding me back!

So I went on a journey of self-discovery. A journey to find my purpose in life, to find out what it really takes to be truly happy and to live a life filled with freedom and fulfilment.

It wasn't long before I discovered what others in the personal development world call The Law of Attraction, and I became curious. After watching the film The Secret, I thought to myself 'what if this is true?' So, I gave it a go.

I began practicing positive thinking daily. I conditioned myself to avoid negativity. I then went on to study further about the individual mentors within the documentary - Bob Proctor, Dr. John Demartini and Jack Canfield.

I made sure I kept my mind open throughout this process as I educated myself with mindblowing content and powerful knowledge. I was so driven to learn how to master my mindset, to master my life and to master my own destiny. Unfortunately, everything was still not as clear as I wanted it to be. I still had no clarity and had not yet found my purpose.

Then, as if the whole universe was conspiring to make magic happen for me, I received a random Facebook message from Jono. It was an invitation to attend the NAC 2011 in London (National Achievers Congress, hosted by Success Resource). I didn't know what it was about, but for some reason, a voice inside me was telling me to go. And I did.

Turning up at the NAC was the first step to finding the answers I had been searching for my whole life. That day literally changed my entire life, because on the very first day, one particular speaker showed up. This person changed my life.

I did not know who this person standing on stage was, but he was like a giant with a voice as powerful and strong as a lion. It was Tony Robbins. He was the first person to finally connect all the dots for me. All the pieces of the jigsaw puzzle finally fell into place. Everything I had learnt from various mentors finally made sense!



I had finally found clues to my passion, purpose and clarity in life.

"Clarity is power!" Tony Robbins

Although Tony was the first person to spark up the fire within me, I was truly inspired by all of the speakers - such as Sir Richard Branson, Lord Alan Sugar, T.Harv Eker, Robert Allen and my mentor John Lee, amongst others.

Furthermore, but I was able to identify my highest value and need - FREEDOM.

At the end of the event, something really hit home - I realised what it is that I really wanted to do in life! Finally! I wanted to stand on stage to inspire others to find *their* journey!

I realised that it was my destiny to become an inspirational speaker who will make an impact on those who are lost in life and to inspire them to find their own truth.

The lessons were not over yet though. There was so much more for me to learn and discover. So I carried on learning from other mentors. After all, as the saying goes, 'the master is always a student first.'

If you're not growing, you're dying. I knew that I had to be consistent in training my mindset and keep growing to become better than who I was yesterday. The learning has not stopped, even to this day. And boy, do I love to learn! Because the more I learn, the more I realise how much I don't know.

I overcame my own arrogance, scepticism, fear and 'what if's by understanding that the most important investment is in myself.

Failure comes before success. I did not become a better risk taker, I just became a better learner. The best way to learn is just do it, regardless of the risk.

I signed up for numerous workshops, boot camps and courses.

I found mentors to guide me.

I learnt about every strategy there is to achieve my goals.

I hunted for like-minded peer groups.

I networked with others like crazy.

I started to think and act like a successful person.

I identified what works and doesn't work for me, what I'm passionate and not passionate about. But most importantly, I know what my truth is and how important it is to live my truth.

The path ahead of me now is crystal clear. I can see myself in 10 years time: where I'll be, what I'll do and who I'll be with.

It has been a long journey. I have come a long way to get to where I am today. Along the way, I have been blessed with the support of other fellow travellers to walk this journey with.

I created a team to build our vision together.

I found my soul mate to share this vision with. I found my business partner, my sergeant in arms and my brother in truth.

Now I am continuing my journey on the path to life mastery and I would like to invite you to share YOUR journey together with us at Limit Break Lifestyle.

To live with freedom.

To live with fulfilment.

To live our true nature and purpose.

To live life with no limits!



Ich Loc, Co-Founder & Chairman of Limit Break Lifestyle

The life of a Limit Breaker

Those who know us personally will tell you that we're no longer the same person that we were six years ago, or even a year ago. We are constantly growing to be better than we were yesterday. We never stop learning and we never stop living our truth.

To live the Limit Break Lifestyle you must consistently stay awake to your calling, expand your comfort zone and take passionate action towards creating what you love in life. Not only is it a matter of choice, but also it is a matter of will.

It takes will to live in your heart.

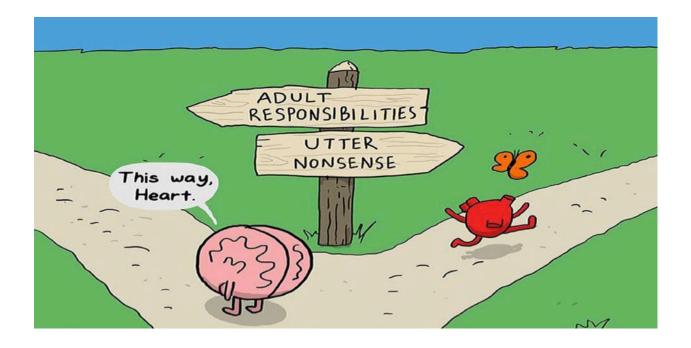


There is a quote that has been floating around the Internet that says:

'Follow your heart, but take your brain with you.'

We disagree.

To live the Limit Break Lifestyle, you only need to follow your heart, because your brain is not going to go anywhere, even if you want to leave it behind. It will always be there, trying to keep you safe and secure. It will keep you playing small and it will do its best to stop you from taking risks in life. Your brain will always try to rationalize anything that doesn't make sense and the problem with following your heart is, it never makes sense most of the time!



When you listen to your soul, trust in your intuition and follow through on your truth no matter if it makes sense or not, then you will create magic in your life.

It's not true for everyone to be filthy rich or become financially free.

It's not true for everyone to have children.

It's not true for everyone to start a business or travel the world.

Of course, what makes us all the same and connects us all together is that we all have a heart; we are all pure, creative souls connected to everything through time and space. But what makes us unique is that we all have a different heart and a different truth to follow.

"We are all pure creative souls born into this world with a gift. That gift is the ability to create what we love by going for our truth." Ich Loc and Jono Poon

The lies of this world

In order to follow through on our truth, we must first bring up and highlight the lies and myths that we keep telling ourselves. The lies that we have been brought up to believe in, which prevent us from living our true nature and purpose.

1) I have to be born lucky

Lies! Luck has nothing to do with being happy and it definitely has nothing to do with success.

Successful people create their own luck. They believe in their own ability to create what they love. They work hard at it and they never give up. They are laser focused on what their true end result is.

Happy people are happy most of the time simply because they choose to be. They understand that it only takes gratitude to live a truly happy life.

2) Life is meant to be hard work

Lies! Yes, hard work is necessary for success in life, but it's not just about working hard. If you are working hard for someone else, then all you are really doing is making someone else happy by building their dream for them.

It is about working hard for yourself, and working hard *on* yourself so that you can grow to become a much more effective and efficient individual. In order to provide more value to the marketplace, you must become more valuable as a person.

3) If it's meant to be, it will be

Lies! This is what we used to believe. That each one of us were born with a certain fate and that some things are meant to be or not meant to be. This is utter nonsense. It's BS!

If you went for an all-you-can-eat buffet, then you are meant to eat as much as you can and satisfy your stomach. But you have to be the one to go and grab the food yourself. No one else is going to bring it to you on a silver platter. If you don't get off your arse and go feed yourself, then you have created a different outcome for yourself. You are meant to starve.

This applies to everything that happens to you in life. Only you can make things happen, and everything before that, has happened for a reason - you created it! Some call it karma. Some call it fate. Some call it luck. Some call it a curse. Call it whatever you want! You are still the one responsible and you have the power to change anything in your life.

4) I need financial freedom in order to be free

Lies! Both of us were once mis-sold the dream of chasing financial freedom. Not only did it not give us the freedom we desired, but it actually created more stress and pressure. That's because we were aiming for something that was not true to us. By going after financial freedom, we were focusing on what we did *not* want, rather than what we love. This is what we call a negative vision (we will cover this in later chapters).

The truth is, when you go for what is true to your heart, create what you love and serve others, the financial freedom will naturally come as a by-product. As well as many other fulfilling rewards. There is no need to chase it like we once did. Sometimes, the reward you will receive is not even related to money or wealth. It could be true love that you find or great health - anything that provides you with a great sense of fulfilment and happiness.

5) I need to find my passion first

Lies! In the personal development world, you will hear many life coaches and self-help gurus talk about how to find your passion and how important it is to find your passion.

Here is the clarity that they lack:

Passion cannot be found.

It is not something you can just go and find.

Passion is just another form of energy that is generated from within you when you are doing what you love.

For example, one day you may be passionate about cooking, the next day you might lose this passion. How can this be? Well, because what is true for you today may not necessarily be true the next day. Just like couples within a passionate relationship, once they begin to compromise their truth for one another, after a period of time, it may no longer be true for them to stay together.

We're not the only ones who say this. For those of you who love TED Talks, there is a great video on YouTube: 'Stop searching for your passion | Terri Trespicio | TEDxKC'

At the end of the video, Terri said this:

"You don't follow your passion, it follows you."

The world is always changing. Life changes, people change. What is true to you now will only serve you until it is no longer true anymore.

Life is a journey consisting of many checkpoints. Your purpose will change and it is always changing as you hit these checkpoints. So don't be fooled that you are only here to live one purpose in your whole lifetime and that your passion for something will always remain the same.

6) My life needs to be under control (for example, a stable income, good relationships, enough qualifications, good family life)

Lies! If you're a control freak like Ich is, then you will *always* feel like that there is something else you need to do first before you can create the life you want. Whether it is having a stable income, settling down, getting that qualification or solving a current problem in your life.

Our ego believes that we are incomplete, and that in order to create what we love, we must first create the perfect set of circumstances. But the problem is, there is never a right time to go for what we love. The circumstances are never right and will never be.

By following your truth and going for what you love, magic happens. Your life will naturally and effortlessly be under control. Whatever problem you are facing will naturally dissolve away. Its not about problem-solving, its about problem dissolving!

7) There are other responsibilities in life holding me down

Lies! Responsibility is a big thing in life, and if you're anything like us, we take responsibilities very seriously. But we realised that the greatest responsibility is the responsibility you have for yourself.

Until you take 100% ownership of your own life and take absolute responsibility for yourself, all the other responsibilities you have amount to nothing. You will always feel powerless until you reclaim your personal power.

You cannot help other people until you first help yourself. It is why they tell you on aeroplanes to put oxygen masks on yourself first before you even attempt to help others.

The only way to give more to others in life is to give to yourself first. You can then grow to have the capacity to hold more and give more.

8) I don't have enough time to create what I love

Lies! This is not an excuse for anyone. We are all given exactly the same amount of time in a day. We all have the same 24 hours. That's the same 10,080 minutes per week.

The only difference is how you *use* your time.

Do you spend it watching junk TV, playing video games or hanging out with losers?

Or do you choose to invest it wisely in learning something new and useful, like reading a book, learning a new skill or hanging out with other people better than you?

We understand that you may have to work (for now) so that you can pay bills, but what about your spare time?

As the saying goes, 'if you don't have time, make time.'

9) The dream is at the top of the corporate ladder

Lies! If Jono's story hasn't inspired you to think twice about the corporate world yet, you may be one of those people who have to learn things the hard way.

There is nothing wrong with working in the corporate world. For some of you, it may actually be true to climb that corporate ladder. We can only advise that you find absolute clarity within yourself so that you don't end up climbing all the way to the top of the wrong ladder in life.

Remember, the higher you climb, the harder you'll fall! Especially if it isn't the right one. Don't make the same mistake that Jono did.

10) My life will be perfect if I can find The One

Lies! Sorry to have to break this to you, but the idea that there is this one person out there who will complete you is simply not true. You are the only person who can complete yourself. In fact, you are already complete. You just have to realise this.

"Your soul mate is always around you in either the form of one or the many." Dr. John Demartini A relationship won't complete you; it will only amplify who you and your potential partner already are. So if you are a miserable person to begin with, the only thing a relationship will do is turn you into a more miserable person than you already are.

The One you are looking for isn't out there in the external world. That person is already inside your heart. The One is YOU.

11) I need to learn all the 'how's first

Lies! This is one of the main excuses people use for procrastinating. The idea that you need to learn everything means that you will never ever get started! You will never be able to learn everything that there is in this world.

The real learning comes from DOING.

You cannot learn how to ride a bike without taking the first step and actually riding one. Successful people learn from their mistakes and they perfect their work along the way. Did you know that Facebook has a motto?

Their motto is *Break Things*. They tell their employees to intentionally go out there and break something that isn't broken. By breaking the old, they can come up with new and better ways to improve. This is one of the most powerful kinds of mentality to have.

"Move fast and break things. Unless you are breaking stuff, you are not moving fast enough." Mark Zuckerberg It's not about knowing how to do something right, it is about learning new ways to do something better. That's what creativity is. You want to create a better life for yourself, not to fix anything.

The problem with the current personal development industry is that most people believe that they are broken, and that self development or self help has the answer they need in order to fix themselves. Let me get this straight right now:

You DO NOT need fixing!

You are not broken. You are already perfect. Personal development was created to help people grow in order to be a better version of themselves - to fulfill their potential that is already within them - NOT to fix their problems. Your true nature is that of a pure creative being who is already powerful enough to create what you love in life.

In the book of Genesis, it was written "God created man in His own image". We believe that not only were we created physically in His image, but also spiritually, and that we have the ability to create what we love in this world.

Whether you believe in God/a creator/higher power, or not, please just entertain this idea with an open mind for a moment:

"If God is the creator of all, then we too, in His image, are a creator."

We believe that your soul's purpose is to create. You are the creator of your own life.

Your true purpose is to create that which is from your heart, and to bring your heart out to the world in order to serve others.

That is what living The Limit Break Lifestyle is all about.

The 5 stages of life's journey

Throughout our lives, we have experienced many ups and downs, success and failures. We sought knowledge and truths that we can apply into our lives, from philosophy to science, spirituality to well-being, entrepreneurship to financial education, and personal development to social influence and much more.

We have come to realise that there are actually five stages in this journey we call life. And these stages it applies to all areas of life, whether that be spiritual, physical, vocational and so on.

The 5 stages of life's journey are:

- 1) The struggle
- 2) The preparation
- 3) The journey
- 4) The challenge

5) The lifestyle

We will now invite you to come on a journey with us to discover more about the 5 stages of life's journey.

The struggle stage

'Staying home; afraid to come out.'

The first stage of life's journey is the stage of struggle.

This stage is the lowest level of a person's life journey. These people are living as **victims** to their circumstances.



This includes people who are full of negativity and self-doubt. They complain about life, blame others for the events that happen, don't believe in themselves and will even try to drag other people down, simply because they don't want to see others succeed in life. These are, of course, some of the most extreme cases.

Just to be clear, this stage has nothing to do with being a bitter person. You might simply be struggling to see a way out in life. You may be feeling stuck and like you aren't going anywhere. You could be feeling like everything in your life is going wrong and that nothing is working, no matter how hard you try. Maybe you're failing to see light at the end of the tunnel, and feeling totally powerless.

All these situations have one thing in common and remind us of this:

Victims will always give away their personal power to external forces.

They either let other people tell them what to do, try to please authoritative figures like parents, try to fit in with society and might be reliant on other people (family, loved ones or even governmental welfare systems) to look after them.

Whatever it is, these people don't believe that they have the power to turn their lives around. They believe that in order to have what they want in life, they must change others and not themselves, or change the system that they are in. So they avoid taking responsibility for themselves, become depressed and lazy and create excuses as to why they cannot do what they want or create what they love in life.

They are victims to their own limiting beliefs.

This was the stage that both of us were living in when we felt lost - so lost that it took a friend taking her own life and a serious car accident to wake us up.

What we eventually discovered was the truth - what was really holding us back in life.

The truth about why we were both struggling so much in life.

The truth about our own limiting beliefs.

"The truth will set you free, but it will first slap you across the face." Ich Loc and Jono Poon

Limiting beliefs

What stops us from climbing out of the struggle stage are our limiting beliefs.

Our limiting beliefs are disempowering stories and excuses that we make up in our mind to tell ourselves what we can't do and why we can't do it.

Limiting beliefs are assumptions that hold us back in life. Assumptions such as:

It won't work

There is no way out

I don't know how

It's too risky

I won't be able to pull it off

I don't want to bother people

No one will buy into it

It's not my fault

I can't...

These are messages that we tell ourselves over and over again, and yet they rob us of our own power. They are ludicrous, ridiculous and not at all true.

Limiting beliefs are thought-based, disempowering stories. When we tell ourselves the same story over and over again enough times, our subconscious mind will believe whatever we tell it. The problem is that the mind will create the reality that will reflect that story.

Our subconscious mind is responsible for our behaviour and actions (or inactions) we take in our lives. Therefore, it is responsible for creating our realities.

Think of the subconscious mind as a little man working in the control room and our body is the larger machine. Whereas our limiting beliefs are the instructions coming from our conscious mind, who is the higher authority telling the little man in the control room what to do and which button to push.

Our subconscious can only say *yes* to the instructions that we feed it.

So whenever you tell yourself that you *should* be doing something, but you don't do it, you are unconsciously telling your subconscious mind something else. You may be telling yourself a lie, giving yourself an excuse, or convincing yourself with a disempowering story. **You are creating the limiting beliefs that are holding you back in life.**

The preparation stage

'Coming out of your shell and preparing for a journey.'

The second stage of life's journey is the preparation stage.

Compared to the first stage of struggle, this stage is a breath of fresh air! It is the stage you move up to when you finally decide to take back ownership of your life! When you take responsibility for every action and for everything that happens to you.

The people living in this stage have already taken the first step to reclaiming their personal power, but still lack clarity in where they are going. They know that they must make a change but they may not know how, where they need to go or from whom to seek help.

This includes people who are open to learning new things in order to help them improve their life! People who are already creating new habits that serve them, and people who are beginning to invest in their mindset. You will hear these people cry "enough is enough!"



This is the stage we found ourselves in after the car crash and tragic loss of a friend, but before we met each other and began the real change.

The preparation stage is about the transition - so you're not supposed to stay here for long! This stage acts like a springboard to propel you to the third stage in life's journey.

The problem is that many people stay here for too long. This stage can be addictive. Why? Because it is fuelled with germination energy! The energy that is associated with starting something new such as a new project, a new idea or a new masterpiece. It's exciting, it's fun and it's the birth of a new hope.

This stage is where the 'seminar junkies' are born. People who stay here too long become mere 'dabblers' in life. They are always jumping from one new thing to another, from one idea to another. They don't know when to stop and they are missing the whole point of 'preparation' - to make progress!

Dabblers are obsessed with the germination energy generated from the preparation stage. They love the excitement of learning something new, as if each new piece of knowledge provides them with a new missing piece of the puzzle... well at least that's what they believe.

However, the simple truth is that dabblers don't make that jump to the next stage because they are *afraid*. So they are always taking two steps forward, but three steps back.

They are afraid of taking that first step towards the unknown.

Fear

Fear is what stops us from taking that next step forward - to the third stage of life's journey.

Fear is the primary emotion which gives birth to our limiting beliefs.

Fear comes in many forms:

- Fear of the unknown
- Fear of failure
- Fear of success
- Fear of rejection
- Fear of criticism
- Fear of being judged
- Fear of change
- Fear of being wrong
- Fear of being in control
- Fear of not being supported
- Fear of leaving others behind
- Fear of being too powerful

These are just a few examples of the types of fears that we face in life. They are usually instilled in us from our early childhood. Our parents play the largest role in affecting the way we think, with external environmental factors such as friends and education providing other strong influences.

As a child, we care very little about danger or things going wrong. We have no worries! But over a period of time, we start to become cautious about what we do. We constantly look to an authority figure to seek approval, and we seek to survive. We are afraid of becoming who we really are. It then becomes easy for us to feel powerless and totally lost in life, not knowing who we really are or what we really want to do.

As we grow older, these negative beliefs and emotions become unconscious.

Most of the time we don't even know these feelings and limiting beliefs are there. Our passion and purpose is lost. We become sheep following orders and trying to fit in. We live the best way we can by simply existing, but not truly living. We live according to the choices we were given, not the choices our heart desires.

No matter what the fear is, it really boils down to two main core fears:

- 1) Not being loved
- 2) Not being good enough

Unlike limiting beliefs, which are thought-based (what we consciously tell ourselves in our mind), fear is emotion-based (negative feelings).

Fear is designed to keep us safe, and so it is instinctive. This would be very helpful if we were living in caves. However, in the modern world, fear often does nothing more than hold us back. Most of the fears we experience now are nothing more than illusions made up in our minds.

Do not mistake fear for danger. Danger in the physical world is very real, but fear is not. Fear is mental. And it is the root cause of anxiety.

Many successful people define fear as False Evidence Appearing Real.

So the fears holding us back from making progress in life aren't real. They're made up! Created from our own idea of what we *perceive* to be real. Most of the time, the actual danger doesn't even exist!

Just as how you have created your own limiting beliefs, **you are creating the fear that holds you back in life.**

"Fear comes from uncertainty. We can eliminate the fear within us when we know ourselves better." Bruce Lee

The journey stage

'Setting off on an adventure to find our treasure.'

The third stage of life's journey is the journey stage. This is where the real journey and fun begins!

People who are living in this stage of their life have faced their fears and have begun to tell themselves "I CAN!"



It is important to note, however, there are two types of people who live in this stage.

The first have taken the first step towards reaching their goals and making their dreams come true. They have embarked on their own personal journey of growth, just like we did.

These people are truly inspired and motivated to make a change in their lives. They are action takers and not afraid to try new things or meet new people. They know that in order to reach their goals, they need to keep learning and apply what they learn.

Those who keep learning and taking massive action will eventually succeed in life. These people are consistently improving and developing themselves so that they can become a better version of themselves everyday.

These people are 'travellers' of life. They are on a never-ending journey for consistent growth. Most who are involved in personal development are already at this stage of life's journey.

Some will remain travellers, constantly searching for answers, consistently growing and continually taking action to make progress in life... while some will hit the next limitation that prevents them from moving up to the next stage. They will stop travelling because they have become too comfortable.

These are the second type of people who live in the journey stage. They become 'settlers' within their own comfort zone.

There is a huge jump between the struggle and the journey stages, so it is not surprising that life in the journey stage is much more comfortable and more fulfilling compared to the struggle stage. Not only is it a breath of fresh air from the struggle stage, but it is an achievement for those who have overcome their fear of embarking on their personal journey. At this stage, your life literally changes and flips 180°. You are no longer living as a victim. You have reclaimed your personal power by this time. This is obviously a good thing, but it is also where the next problem lies.

The journey stage is a double-edged sword. This is where our lives get comfortable. It is lukewarm; neither cold nor hot. It gives the same feeling as having a warm bath, when all you want to do is lie there for as long as you can and not get up. This stage is reflected within the Bible in the book of Revelation. God says: "I know your deeds, that you are neither cold nor hot; I wish that you were cold or hot. So because you are lukewarm, and neither hot nor cold, I will spit you out of My mouth. Because you say, 'I am rich, and have become wealthy, and have need of nothing,' and you do not know that you are wretched and miserable and poor and blind and naked..."

What the Journey stage gives us is a sense of freedom and clarity. And yet, we are not yet truly free or clear about what it is we truly love to create in this world. We may believe that we finally have what we want, because we would have achieved some results along the way. We may be inspired everyday and love our current lifestyle, because of the huge changes we have made.

But the problem is that we are not yet living our true nature and purpose.

We are not yet living the Limit Break Lifestyle and we have not yet achieved our true end results.

Comfort zone

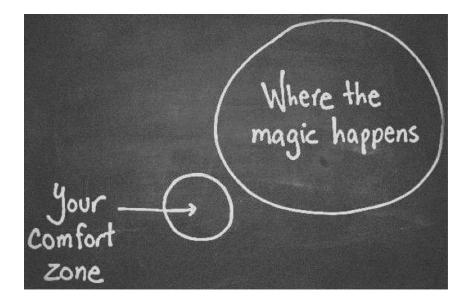
Our comfort zone is what stops us from moving up to the fourth stage of life's journey. This is when we stop growing. We get lazy and start coming up with new excuses as to why we don't take the actions that are required in order to be the best version of ourselves and to get the best results we possibly can.

This is because the majority of us want to avoid this next stage. Only the top 5% will ever go through this stage and only truly successful people will overcome it.

On top of this, the amount of effort, energy and time needed in order to see the next level of results by overcoming the next stage is at least five times more than what it took us to reach the journey stage. So you can see why most people choose to settle at this stage in their life: to be comfortable for the rest of their life.

Our comfort zone is nothing more than a direct reflection of our ability to manage tension in our life.

Some people will have a larger comfort zone than others, which enables them to handle bigger problems than others and manage more tension without being stressed or breaking down.



As we climb higher into each stage of our life's journey, the limitations become harder to overcome. What makes our comfort zone so challenging compared to our fears and limiting beliefs is that our comfort zone is action based.

It is no longer our thoughts and feelings that are holding us back at this stage, but the real life actions we must take. And about the consistency that is required in our daily activities. Think about it: most people find it hard enough to workout in the comfort of their own home, let alone going to the gym for intensive training.

Our comfort zone is like a muscle. If we want to expand our comfort zone, we must be willing to do the things we have never done before. If we want to build muscles in our arms, we have to lift heavier weights on a daily basis. We have to keep applying stress for the muscle to grow. We have to make ourselves actively uncomfortable. When we stop taking the actions required to move us closer to our goals, we are creating our own comfort zone.

So in order for us to expand our comfort zone, we must get into the habit of being uncomfortable. We must get comfortable being uncomfortable!

"Life begins at the end of your comfort zone" Neale Donald Walsch

The best way to be uncomfortable and to expand our comfort zone is to overcome the challenges that life throws at us. And by moving up to the next stage of life's journey, that is exactly what we will get... more challenges!

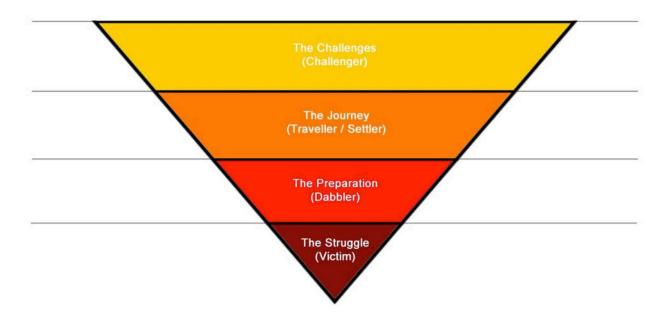
The challenge stage

'Climbing up the mountain to retrieve your treasure.'

The fourth stage of life's journey is the challenge stage. This stage is the reason most people choose to settle at the journey stage rather than face the difficulties that life throws at them. This is where it starts to get really tough.

The journey up the mountain is challenging, but rewarding in many ways too. People who eventually reach this stage become 'challengers' of life. They don't define obstacles in their life as problems; instead, they see them as challenges they want to overcome.

This includes people who are laser-focused on their results and are ready to face anything life throws at them. They have a 'nothing is going to stop me!' attitude and will keep going no matter how difficult it is. They know that they cannot afford to stop or give up, because if you give up in the middle of climbing a mountain, it could mean death.



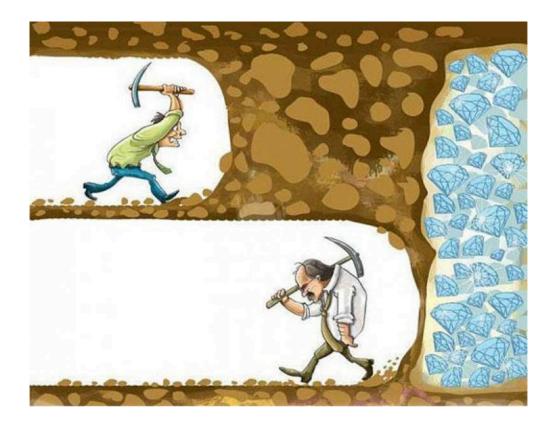
Like the preparation stage, the challenge stage is a stage of transition. There is no stopping or resting here. The law of gravity is against you at this stage. You can only keep moving

and keep climbing up. Otherwise, sooner or later, you're going to drop back down to where you once started from at the journey stage.

Either you reach the finish line or you end up forfeiting the race, because the moment you stop or lose focus, you end up losing all the momentum that you built up.

When you're going through this challenge stage, it may seem like the whole world is against you and that you're not making much progress. But just remember this:

"When it looks impossible and you are ready to quit, victory is near!" Tony Robbins



Most people quit at this stage because they fail to remember how far they have come. They forget to look back at where they came from and they don't recognise all the achievements and progress they have made up to this point.

What most people fail to see is that **the amount of difficulty we face is directly proportionate to how close we are to realising our dreams.**

The truth is, all we have to do is keep pushing a little bit further and we will soon reach our goals. The harder it becomes and the more difficult the challenge is, the closer we are to our treasure.

When we're able to realise this, and with our 'no one will stop me!' attitude on top - success is inevitable... *if*, and only if, what we are aiming for is true to our heart.

You can see that as we climb higher up the stages of our life's journey, each limitation becomes more challenging. Just like all the other stages we covered, the challenge stage also comes with a limitation that prevents us from reaching the final stage of our life's journey. But it is a rather unique one, due to the fact that it is not as obvious as the others.

Unless we are actually going for what is true to us (creating what we love), we are creating what we call a 'negative vision' (what we are trying to avoid).

Negative visions

Imagine this:

You are a runner in a race, and a hungry lion has escaped from the zoo and is chasing you. Do you think you will be able to run faster by staying focused on what obstacles lay in front of you, or by constantly looking behind you to see where the lion is?

Of course, it's obvious. If you keep looking back behind you, then you are not paying attention to what lies ahead. You may even trip or hurt yourself. You will also slow down too, as you cannot focus on building up speed. Therefore, the key is to focus on what lies ahead and keep running as fast as you can.

So now imagine that you are running backwards, with all your attention focused at nothing else but the lion. Now, do you think you can outrun the lion or your competitors?

Do you think you can avoid the obstacles ahead smoothly?

Do you even think that you're going to reach the finish line at all?

No. And even if you do, it's going to be a struggle and involve lots of hard work. This is a negative vision.

Negative visions are goals that we set for ourselves that are born from what we don't want in life and what we are trying to avoid.

For example, many people are chasing financial freedom or financial independence. This is often a negative vision. Why? Because what they *really* want is not the financial success, but freedom or independence.

Some might want the security of not worrying about paying bills (driven by insecurity). For others, they want the freedom of not needing to work for someone else (they are focused on not wanting to be stuck).

All these people have one thing in common:

They are focused on what they are trying to avoid and what they don't want.

In other words, we create a negative vision whenever we chase after something that is not directly related to our end result.

To further illustrate what a negative vision is, here is a story about Jill:

Jill loves her husband Jack very much. For his upcoming birthday, she wants to cook him a very special dinner to surprise him. Jill also knows that Jack loves her very much too, so she knows that no matter what she cooks for him, he will love it and be filled with appreciation.

Here is the problem:

Jill doesn't think that she is a very good cook and believes that in order to cook a fantastic dinner, she must have a bigger kitchen with the proper kitchen utensils.

So in order to solve this problem, Jill decided to sign up for a 6-week cooking class and work overtime at her current job so that she can afford to upgrade her kitchen at home.

By the time Jack's birthday has arrived, Jill became very ill. She was exhausted from working overtime and the additional hours of cooking lessons. Jill became so ill that on Jack's birthday, she collapsed and was admitted to the hospital. As a result, not only was she unable to cook him the birthday dinner that she had planned, but instead, Jill ended up having to be looked after by Jack at the hospital on his birthday.

Jill felt very upset with herself. She cried to Jack telling him how sorry she was and said that she had ruined his birthday. Jack held her hand and said to her 'I am able to be here for you when you needed me and to spend my time with you - that alone is the best birthday present I could ever have. I love you."

Can you see how Jill created the negative vision that was not necessary?

Her negative visions were the goals she set for herself:

- 1) To take cooking lessons
- 2) To buy a bigger kitchen

Whereas her true vision was just to simply cook dinner for Jack on his birthday.

But why did Jill create these negative visions to begin with?

Because Jill believed that in order to create what she truly loves, she must first complete what she perceived she was lacking and create the right circumstances.

She was focused on being the perfect cook, rather than just cooking a simple meal. She was focused on creating money to upgrade the kitchen, rather than just making use of what she already has. She was focused on how *not* to ruin Jack's birthday - what she wanted to avoid - and that is exactly what she ended up creating instead.

In contrast to limiting beliefs, which are what we *consciously* tell our mind, negative visions are ego based - what we *unconsciously* think we need. So whenever we aim for a negative vision, we are telling our subconscious mind, '*I need this first, before I can have what I truly want...*'

Our true vision then becomes buried within our unconsciousness.

This is why negative visions are not as obvious as they may seem. Most of the time, people set goals in their life *thinking* that it is what they want, not knowing the difference between negative visions and true visions.

"Our true vision lies within our authenticity and vulnerability. It comes from the heart." Ich Loc and Jono Poon

Our true vision is what we would **love** to create, really deeply, from the bottom of our heart. We want to create it just for the sake of creating it, with no ulterior motives. Just like an artist who paints simply for the joy of painting. There is no question why, because it is purely out of love, in and of itself.

People who try to mimic the success of others will more than likely create negative visions, which will eventually lead to failure. If you want to be successful, then you must become successful in your own authentic way. This is what is meant when you hear:

'be yourself

'just be who you are'

'find yourself first'

It's not about copying someone else's success story or walking the same path. It is about finding your own journey in life. Writing your own story.

It is about creating what is true to you, and you only.

When you are able to do that - when you are able to follow your heart and live your truth - is when you will live what we call The Limit Break Lifestyle - a life with no limits!

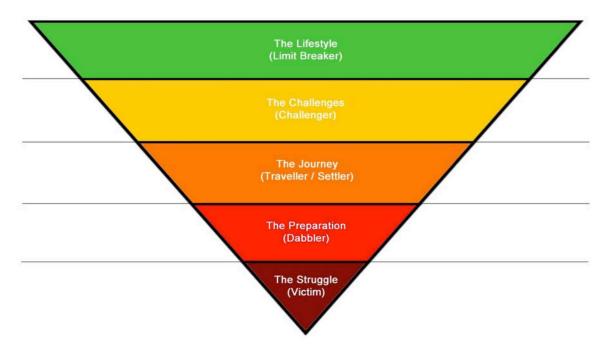
The lifestyle stage

'Reaching the top and receiving your treasure'

The final stage of life's journey is the lifestyle stage. This is when we're finally living the lifestyle we want: living life creating what we love, living life on our own terms, living life with no limits. This is when we are living The Limit Break Lifestyle.

At the top of the mountain we have been climbing all this time, we find the treasure we have been seeking. It is the treasure of our heart. The treasure is finding who we really are and to bring that out into the world, so that we can serve other people.

People who are living in this stage have overcome all the limitations that were holding them back in life, such as limiting beliefs, fears, comfort zone and negative visions. These people have broken all the limitations at each stage of their journey to finally reach the Lifestyle stage. They are **Limit Breakers**.



This includes:

People who are doing what they love, and loving what they do.People who are creating what they love, just for the sake of getting it out into the world.People who don't need to seek approval from others in order to be themselves.People who are going for what they truly want, without needing to complete themselves.People who are living life on their own terms with freedom.People who are living abundantly and living with fulfilment.People who are living their true nature and purpose.

Although the lifestyle stage is the last stage of our life's journey, that doesn't mean life stops here. Like all things in life, the end is just the beginning of something new. At the end of each chapter, comes a new chapter. At the end of each winter, comes a new spring.

At the end of life's journey is the beginning of life mastery.

From here on out, everything you do is all about mastery. To master what you're truly good at. To master the talents you were born with. To master the crafts you love. To master every area of your life, so that you become the best you can be.

You have come far to find your heart, to find your truth and you have finally found it.

Now is the time to take it out to the world, to be a shining example for others so that they too can find their own light from within.

Now is the time to be your own hero!

Now is the time to live authentically and to be vulnerable by opening your heart and sharing it with the world.

There is power in authenticity and vulnerability.

Now is the time to master your life!

The path towards success and mastery

Now that you are aware of and understand the 5 stages of life's journey, we passionately want to help you overcome the limitations and challenges you may encounter along the way, as you embark on your own journey to living The Limit Break Lifestyle.

First though, it is important to define what *success* means to you, because there isn't one single way to define what success really is.

For some people, success may come in the form of real tangible wealth, such as money in the bank or an asset empire. For others, success might come from doing what they love and loving what they you do, without being tied in to some predictable clichés. Other people may see success as synonymous to achieving their fullest potential in any particular field of expertise.

Within the traditional Chinese culture, most Chinese parents will say to their children that, 'as long as you have a house, a car, a life partner and children, then you are successful'. This may be true for some, but is it true for you?

Coming from this background, you might expect us to adhere to these traditions in some way. For one of us, this is in part true (Jono), but for the other this just isn't a true measurement of success (Ich).

But regardless of our differences in definition of success, aspiring to be successful in life is universal to us all. In other words, no one aims to go about living life with the deliberate intention to fail.

Successful people, like our mentors, will tell you that 'fulfilment is an art, whereas success is a science'. Although success is simple to achieve, it is not easy. Hard work will be involved, without question. For some reason though, most people view being successful as a difficult step to take. But it doesn't have to be this way.

In fact, there are a number of concrete systems already in place that you can follow in order to motivate you to work harder and push yourself beyond the limits of what you think you can currently endure. By following some of these principles, you will eventually become successful in your own ways, as long as you are following your heart and aiming for what is **true to you**.

But as we have already said: in order to get more in life, you must first become more.

In order to become truly successful in life, you must grow to be a bigger and better person than who you are already, and this requires transformation. That is what mastery is all about. It is about mastering the human journey.

> "Transformation doesn't ask that you stop being you. It demands that you find a way back to the authenticity and strength that is already inside of you. You only have to boom." Cheryl Strayed

Transformation doesn't just happen overnight; it requires time, effort, knowledge and energy to create new habits, new ways of thinking, new characteristics, new relationships with the right people, new perceptions of reality, new understandings of who you really are and new structures to support you in creating your true visions.



Just like the life of a butterfly. It takes time, effort and energy for a caterpillar to consume enough nutrients before it can undergo metamorphosis from its larval stage, it then has to go through the chrysalis stage, turning itself into a pupa.

This is where the *real* transformation occurs, which takes even more time before it becomes the butterfly it's meant to be; before living it's true nature and purpose.

For transformation to happen, you must invest in yourself first.

Just like the larval stage, you must invest in your heart and mind. You must invest in acquiring the knowledge, self awareness, strategies, philosophies, psychology and tools that will help get you to your results faster. You must invest in new relationships and you must invest your time in serving others.



Just like the chrysalis stage, you must remove yourself from any toxic environments you are in. You must immerse yourself in the best possibly community which will provide you with the right structure, influences, encouragement, support, challenges and growth. When you have this, you can create the momentum you need and to transform yourself into the person who you're meant to be: a Limit Breaker!

Find your journey and reclaim your power

We have been through exactly the same process in finding our own journey and in finding our hearts. We have spent years figuring out our own truths and overcoming each and every challenge that life threw at us. It wasn't easy, but it was hugely fulfilling and we are both immensely glad that we made the choice to do so. Now, we are no longer simply trying to just exist... we are now truly living abundantly.

We wake up everyday feeling like a victor instead of a victim and it is our mission to share this amazing experience with other people. That is why we founded Limit Break Lifestyle: to provide the structure, support and guidance for others who are in the same situations we once were.

We are passionate about delivering the truth to the world with **love**. We help others find clarity in their life so that they too can follow their heart, live their truth and live a life with no limits. If you are still unsure where you are going in life, how to find your true purpose or what you would love to create in this world, then we would love to invite you to join our community. We invite you to take your first step to finding your journey with us, with other fellow travellers of life and with other Limit Breakers here at Limit Break Lifestyle. Come join us at our next powerful two-day event in London:

FIND YOUR JOURNEY AND RECLAIM YOUR POWER

CLICK HERE D YES! I WANT TO COME!

Just as Professor X created a place for the X-Men to belong in the world of Marvel Comics, we have created Limit Break Lifestyle Academy for our Limit Breakers. And just as our mentors were there for us when we were once lost children, we want you to know that we are here for you if you need us. We mean that. Really and truly.

If you feel that we aren't the right people for you and that Limit Break Lifestyle is not the right place for you, that's fine too. But we strongly encourage you to find someone who will provide you with the right guidance and to find a community that resonates with you to provide you with the support you need. We would hate to see another fellow brother or sister losing their passion for life and would definitely hate to see another lost soul take their own life because we weren't there to help them. We want you to succeed and to live a life filled with happiness, just as much as we want success and happiness for ourselves.

If, on the other hand, you think that now is not the time to find your journey and to pursue your true visions and dreams, then let me ask you this: when will that time be?

You might simply be creating another limiting belief for yourself. You don't have to be great to get started, but you do have to get started to be great. If you choose to continue letting your limiting beliefs stop you from achieving anything meaningful in life, then maybe you just want to live a normal robot life: simply existing and with no desire to live a life really all out. That is fine too. Really! We understand that this journey isn't for everyone and that not everyone is ready to be unplugged from the matrix. Although we suspect if you're this far through our book - you're about ready!

Whether you choose to embark on your own journey or not and whether you choose to travel with us or not, we will respect the choices that you make - no matter what. But we want to share with you some of the following questions that may come up towards the end of your life:

Why didn't I live all out?

Did I live?

Did I love?

Did I matter?

Did I make a difference to the world?

Will I be remembered?

Whose life did I impact?

Whose life did I change?

Did I achieve anything meaningful?

To be honest, these questions scare the living daylights out of us! But we love them because they remind us of some things...

We are reminded that we were given a second chance in life and that we were given an opportunity to make a difference in the world. We are here to create an impact and to influence other people's lives.

And we are reminded that we had an upbringing that most people didn't. We appreciate what a luxury it is to learn and develop ourselves further so that we can give back to those who are less fortunate and need the help and guidance.

However, if you are someone who is ready to move up to the next level of your life's journey and want to find the treasure of your heart, then let us help you! Join our online programme.

"FIND YOUR JOURNEY AND RECLAIM YOUR POWER" YES! SIGN ME UP!

We look forward to meeting you one day and to connecting with you on a deeper and more personal level.

We want to say a huge THANK YOU for giving us the opportunity to share our personal journey with you. Hopefully, you have found some inspiration, insights and have gained value from this book.

People think following their heart and truth is optional, and that if you don't, you will still live a fulfilled life. But just know that if you don't follow through on what is true for you, you will always be compromising and will never know what magic you have missed out on. There is never a *right time* to follow your truth.

I'll do it when I have the money

Someone else needs my help

I have a few urgent things that need my attention

The right time to follow your truth and heart is now.

Death does not knock on our door when the time is right, when we have enough money or after we have helped others first. Make the choice to live your true purpose now and choose to follow through with that choice with every fibre of your being.

Before it's too late.

You are the only person who can make your journey happen. That is your responsibility and only yours.

Our experience is that when we embarked on our true journey, not only did we actualise our true purpose, but we also created our own good luck and fortune along the way.

Walk your own path. Not someone else's. And don't expect someone else to walk your path for you either. It is yours to walk alone.

So go now, because there is nothing else really worth doing with your precious time here on this human journey that we call *life*.

Live life with no limits,

Ich Loc and Jono Poon www.limitbreaklifestyle.co.uk



About the authors



Ich and Jono are the founders of Limit Break Lifestyle. They are experts in the field of Intuitive Leadership Development and consider the distribution of this expertise as their purpose in life. This is their service. They offer this primarily through their special Transcendental Training in Self Awareness and Intuitive Leadership, and Creative Coaching packages.

Their passion is lifestyle transformation and can often be found speaking at events as another way to contribute and serve. Together, they are committed to sharing their priceless knowledge on how you can live your truth and live life on your terms...

a life with no limits!