

English sample

Title: Promise me you'll smile to yourself

Author: Whenimfeeling

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To the person in the mirror, Thank you for always smiling at yourself. Do you know? You are the best.

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1. Every event always has something hidden within it.

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Sometimes, the destination isn't as important as the journey along the way.

Page 5

No matter how important the destination is, the journey along the way matters just as much.

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Everyone has a destination or goal that they want to reach. Some people focus only on getting there quickly and forget to enjoy the stories along the way.

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But some people enjoy every moment that happens along the way. They may reach their destination a bit later, but they find satisfaction in the journey.

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If you ask whether there's anything wrong, I could answer without thinking that there's 'nothing.' For me, no matter how you are, I want you to know that...

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If you are determined to reach your destination, I want to remind you not to forget to pause and take a look around. Sometimes, you may encounter good things along the way that can teach you more than just pushing forward to the goal.

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But if you choose to live life to the fullest, even if it means reaching your destination a bit later, that's perfectly fine.

I want to tell you that while you're immersing yourself in the journey, don't forget to look ahead and ask yourself if the path you're currently on is still the one you wish to walk.

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Because in the end, the stories that happen along the way often offer us something meaningful. Whether it's experiences, perspective, or even lessons, these moments can sometimes change our destination.

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If someone walks away, just live your life as usual, and it will gradually pass.

Page 17

What is love for everyone?

Page 18

If love were to be compared to something, I think it would be like a rose. It has beauty and is admirable, but at the same time, it has sharp thorns that can hurt us quite a bit. Love is something that brings both happiness and pain.

Page 19

If you have love and a relationship with someone, you must first accept that love empowers you and makes the world appear beautiful. However, at the same time, love can also make you cry and hurt deeply. These two aspects always come together. No matter what happens in the relationship, or if one person decides to walk away, you must simply accept it and move forward. In time, it will gradually pass. Cherish the beautiful memories you shared in your heart and use them as a driving force to continue on

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If the sun continues to shine every new morning, it means you always have the opportunity to start anew.

Page 21

Every morning, when the sun shines, it's saying, " a new day has begun."

Page 22

No matter what you encounter each day, whether it's pain or sadness, you must remind yourself: 'It's okay. There's always tomorrow to start anew.

Page 23

Many times, we face problems and don't know how to overcome them. Sometimes, the answer to these difficult questions is surprisingly simple: if you're tired today, take a break. Lie down, and get back up tomorrow. That's all it takes. And when you open your eyes and see the sunlight shining, it means it's a new morning. You should stop dwelling on yesterday and just live for today. Everyone has the chance to start anew every day.

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The sun smiles at you. Have you smiled back at the sun yet?

Page 25

Just smile, everything will be easier.

Page 26

Does simply smiling make everything easier? When faced with a problem, our first thought might be, "Who can smile at a time like this?" But you know

what? If you view a problem as just another lesson meant to make you stronger, you'll find it easier to smile at those challenges.

No matter what happens in life, if you look at it with a positive attitude, you'll find it easy to smile at those situations and realize that everything is "just like that".

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No one in the world is not face the problems. Many might wonder why happiness doesn't last long with us. But if we look closely, we'll see that suffering doesn't linger for long either. Everything comes and goes, it's just a matter of how much time you spend on it and how much importance you give to that suffering. Many people say that suffering lasts longer than happiness, but in reality, **everyone has the same amount of time in a day**. It's not that suffering endures longer than happiness, rather, it's that we tend to give more weight to the things that cause us pain.

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Actually, every story that comes our way, whether happiness or sorrow, is like the wind that blows by. Some days it's a cool breeze that refreshes us, while other days it's a hot wind that torments us. But in the end, it all passes us by.

Page 29

Suffering comes to teach you to grow. If you never encounter problems, you will never learn how to solve them. One day, you will look back and thank every challenge that made you stronger.

Page 30

In the end, I asked myself many times, would everything really get easier if I just smiled? And I finally found the answer: 'Yes, absolutely true.

Page 31

Keep creating positive energy for yourself and maintain a good attitude, and these things will lead you to encounter only good things

Page 32

Give time to time

Page 33

Back then, I never believed what people said about time...That time heals everything, that time makes us better, that time leads us to success.

Page 34

I always think about how time can help us. Time never comes to comfort us, it never offers kind words. Time never pushes us toward our destination. Time doesn't do anything at all. So, how can time make everything better? The only role of time is to tell us the time, it doesn't make anything happen faster or slower.

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But as time goes by, we continue to live our lives and fulfill our duties. When we look back, time has walked alongside us, moving forward without pause. This ongoing passage of time shows us that life is no different from time, it only moves forward. There is no yesterday to go back and make amends, there is only today and tomorrow.

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In reality, it is every passing second that always helps us, allowing us to gradually accept the various events that occur without even realizing it.

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Time helps us accept the things that happen. Time helps some efforts succeed. Time helps some pain become part of the past. Even though time never offers comforting words, and it never walks up to pat you on the shoulder and say, 'It's okay,' time teaches us to learn and comfort ourselves. Therefore, in whatever situation in life, give time the time it needs.

Page 38

Accepting the truth is the best support that helps us get through difficult times.

Page 39

We don't know how many times we've felt that the terrible moments and times of pain pass by so slowly. In reality, the best way to get through the pain is to accept the truth.

Page 40

It's normal for everyone in this world to live with expectations—expectations about work, money, love, or even health. Sometimes, it's as simple as hoping to encounter something good tomorrow or wishing for better things to come. But in the midst of all this, we often forget that we should be living for today, not just for tomorrow. And if all those expectations don't turn out the way we hope, then what?

Page 41

But not everyone, and not every time, can find happiness in the present moment. For some, hope is the source of happiness that sustains their spirit. It's not really wrong to have hope, in fact, it's perfectly fine. However, you shouldn't let your happiness rely solely on expectations, because in the end, you have to live your life alongside the present.

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So, if there comes a day when you find yourself disappointed with something, I want you to remember that life isn't just about today—there are many more days to come. It's okay to feel disappointed, but you must also accept it and find the strength to move forward.

Page 43

It's okay to have expectations, but if things don't turn out as hoped, just accept it and keep moving forward.

Page 44

Not every day will be good, but not every day will be bad either.

Page 45

In our lives, there are only two days: today and tomorrow. Many times, we really like today, and many times, we don't like tomorrow at all. Life just keeps alternating between these, that's all.

Page 46

Sometimes, "today" is so wonderful that you don't want "tomorrow" to come. But other times, "today" is so tough that you wish "tomorrow" would arrive quickly.

But you know, it's completely normal for life to have both good and bad days. Life is just made up of today and tomorrow, cycling through 365 days until the year is complete—and then, it keeps repeating just like that.

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So, it's not strange at all, right? To have both good days and bad days mixed together. On days when you feel down, I hope you'll focus only on what you can control, and let go of what you can't. You can't control everything in this world, so try to let go, and be patient with the things beyond your control. And always remember: not every day is good, but not every day is bad either.

Page 48

Be someone who finds happiness in the little things, so you can have lots of happiness.

Page 49

May you carry happiness with you everywhere and smile at the little things you encounter each day.

Page 50

2. Being yourself... is the best.

Page 52

Your imperfections are what make you truly perfect.

Page 53

Everyone is born with differences, and of course... no one is 100% perfect. One person may be left-handed, another right-handed. One might excel in singing, while another shines in dancing.

Page 54

Many times, the people around us and our environment try to pressure and force us to be as skilled as that person or as talented as this one. The constant

pressure and comparisons make us overlook what we already have and instead see what we lack as our shortcomings.

Page 55

But in reality, we might forget that in this world, no one is better than anyone else—it's just a matter of what each person is more skilled at. Everyone has their own unique abilities and skills in different areas.

Page 56

You might have heard, "Judging the skills of a bird and a fish by how well they swim, and saying that the fish is better than the bird, wouldn't be fair. Because if they were to compete in flying, the bird would surely excel over the fish." Therefore, there's no need to compare yourself with anyone else, because we all "have different strengths." Just because you're not skilled at something doesn't mean you're not talented or not good. There is no rule or standard that defines what is or isn't considered talent—there's only what you are skilled at or not.

Page 57

No one is better than anyone else, it's just a matter of what each person.

Page 58

Everything that makes you who you are is beautiful.

Page 59

Flowers—whether tulips, orchids, or roses—are all beautiful and fragrant in their own ways. Yet, they are different from one another, just like people. We each have our unique traits and styles, but no matter how we differ, we all possess special qualities worthy of admiration.

Page 60

Therefore, just be yourself in the version you love the most. The differences that define who you are make you unique in this world, which is what makes you 'special' compared to anyone else.

Page 61

Be proud of yourself a lot, because... you are the only one of your kind in this world.

Page 62

Just liking yourself is enough.

Page 63

"Do you like yourself?" It's a question that seems easy to answer without thinking, but in some situations, it can be difficult to respond. Because in reality, we never really take the time to think or care about whether we like ourselves or not.

Page 64

When I sit down and think about it, there are times when I do like myself. But sometimes, I feel like I don't like myself at all. I don't like that I'm not as talented as that person. I don't like that I'm not as beautiful or handsome as this person. I don't like, don't like, don't like... I don't like that I'm not good enough at something.

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But it's not strange at all because today, right now, the society we live in forces us to feel that way, which is not fair to ourselves. You shouldn't focus solely on what society judges. If you learn to like yourself, appreciate what you excel at, and cherish what you have, it will help you see the positives within yourself, and you... will end up liking yourself more.

Page 66

You don't have to conform to the things around you. You don't need to try to be good like others, because if you constantly compare yourself to others, you will never be satisfied with yourself.

Page 67

Be satisfied with yourself no matter how you are. If you are content, that is enough.

Page 68

You can be anyone. Just be someone who is happy.

Page 69

Have you ever tried counting how many times you have tried to be someone else? I believe many people have never counted because we have all wanted to be someone else many times...

Page 70

: What do you want to be when you grow up?

: I want to be a doctor, a teacher, a police officer.

It's a question we've heard since childhood, and I believe the answers from each person are likely not very different. Since we were kids, we've often heard that this job or that job is a respectable profession, has a high income, and allows one to build a good life. It's a profession that will make parents proud and earn the respect of those around us.

Page 71

But have you ever asked yourself whether those professions are truly what you like or want? Some might not be able to answer because they still don't know... As we grow up and go through many experiences, those careers we once aspired to remain respectable professions that provide us with significant income. It's just that today, they may not be what we truly desire.

Page 72

Sometimes, having a career that others suggest may not be the one that truly satisfies us. It might just be a way to make others proud and gain their acceptance. It's perfectly fine if you want to live life on your own terms, and it's not a big deal if someone doesn't accept or is dissatisfied with who you are.

Page 73

In the end life is yours, and everyone continues to live their own lives. You are the only one who can determine everything for yourself. Always honor yourself first, pay attention to your feelings, know what you like, what you want to do, and what kind of person you want to be. Then, walk the path you choose.

Page 74

You don't have to be the best at everything, that's okay.

Page 75

No one is the best at everything in life, but if you want to become better, you just need to practice and try.

Page 76

There might be someone you aspire to be like and look up to. Of course, highly skilled people often have an advantage over others because knowledge is important and opens doors to various opportunities. However, being skilled does not guarantee that life will be happier than that of many others. Sometimes, we might not need to be good at everything. Being good at just a few things while also finding happiness and having ordinary days to rest and enjoy your own life is enough.

Page 77

Be yourself that is ready to improve and change every day.

Page 78

"No one knows you better than you know yourself" is a phrase that is often heard and has always been true. You are the only one who is with yourself every second. Therefore, you should be the one who knows yourself better than anyone else in this world.

Page 79

Many times when you look in the mirror, you may feel that you're not good enough. That's okay... as long as you are willing to listen and ready to improve every day. Being someone who is not too rigid is enough and the best you can be.

Page 80

How are you today? Are you tired? Feeling discouraged? If so, try this: reach your right arm over to your left shoulder and your left arm over to your right shoulder. Then tell yourself, "It's okay."

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You're the best!

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If you're tired, take a rest. When you wake up tomorrow, you'll feel refreshed.

About the Author

Before it became an inspiration page, *Whenimfeeling* began in April 2021, inspired by my passion for writing and sketching. I work full-time at an e-commerce company and am the middle child, with an older sister and a younger brother. Throughout my upbringing, I received strong support from my family and those around me. Then, a turning point in my life came—I was diagnosed with depression.

While navigating life alongside managing my condition, I received a lot of support from those around me. But most importantly, I always had encouragement from within myself. Over the past two years, I've improved a lot. I've found happiness, learned to appreciate the things around me, and have come to value myself and those around me more deeply. I understand life better now.

I started by writing down the motivational messages that I used for myself, scribbling them onto my iPad to read later. It occurred to me that it would be great if others who were feeling discouraged, weak, or struggling with depression like me could receive this encouragement too. Even if just a little, it might help them feel understood. That's why I decided to create this page, choosing a name that reflected my feelings: "When I'm Feeling."

After creating this page, I quickly realized that many people out there need encouragement to get through painful days. I felt incredibly happy to be a part of helping others feel better, even if it's just through words and images. Even though I've made significant progress, there are still some days when I feel weak and need encouragement too. But no matter how tough those days are, we'll get through them together. We will slowly grow and become stronger together.

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