

LETTERS
TO MY CHILDREN
2



NGO HUNG

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This book is written as a legacy that I have accumulated
and left for my two beloved children:

NGO GIA LAC & NGO GIA NHAT AN.

I am deeply grateful for your presence in my life; for it
is a most wonderful reunion of happiness and peace.

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FOREWORD

Dear Friend,

To be born human is an invaluable blessing. To live, learn, and experience are precious gifts that life bestows upon us. Yet, perhaps the most cherished of all is the ability to share those experiences with others.

For through sharing, we express our gratitude to life, to all beings, and to the interconnected threads of condition that nurture our growth and understanding day by day.

“Letters to My Children 2” is not a conventional book, nor is it a collection of stories brimming with characters or dramatic twists. Instead, “Letters to My Children 2” is a quiet whisper, a heartfelt sharing of simple truths, naturally arranged like a flowing stream or a passing breeze. Each story, each reflection, is distilled from real-life experiences, from small yet profoundly meaningful moments.

We do not expect you to view life exactly as we do. Why? Because each person’s life is a unique canvas, painted with their own experiences. So, even if you perceive something differently or feel in ways that diverge from ours, that is entirely normal—nothing extraordinary.

What matters most is whether you find joy, peace, and a heart that treasures every moment of being alive.

Since “Letters to My Children 2” is merely a means of sharing, it carries no copyright restrictions or legal bindings. We deeply believe that human thoughts and

knowledges are inherently universal, belonging to no one individual. Therefore, you are free to use and share these reflections in any way you see fit.

However, if one day you decide to print, publish, or share the contents of “Letters to My Children 2” on a broader scale, we kindly ask that you dedicate a portion of the profits to support those in need.

Sharing joy and peace not only lights up the hearts of others but also enriches and brightens your own life. Of course, this is simply a suggestion, not an obligation—merely a gentle nudge inspired by love and compassion.

Let these writings serve as a bridge between us, a reminder that love and gratitude for life are the foundations of a truly happy and peaceful existence.

May we live every remaining moment with deep awareness, so that when we look back, our hearts will resound with unending happiness.

With sincere hopes,

Ngo Hung

INTRODUCTION

Dear Lac and An,

On this quiet afternoon, as golden sunlight gently fills the room, I sit here writing these words to you both—Lac and An, the brightest lights in my life.

What I'm about to write isn't just a collection of letters or my experiences, but a gift I want to give specifically to you both. This gift is distilled from my experiences, joys, sorrows, and the precious lessons I've learned along the way.

Lac, my eldest son, you've turned twenty, an age full of passion and aspiration. I see in you the image of a young man with grand dreams but also doubts and concerns as you face life's challenges.

And An, my youngest daughter, at fifteen—the most beautiful age of life, when everything before you is still filled with dreamy colors, yet you're beginning to encounter your first thoughtful reflections.

My dear children, with each passing day, I realize more and more that the world you're growing up in is very different from my time. While I lived in a slower-paced world where people could pause to contemplate life, today you're growing up in a rushed rhythm, full of opportunities, but also full of challenges. The pressures from society, invisible standards, and the dizzying pace of technological change sometimes force you to face

difficult questions, “Who am I?”, “Where am I going?”, and “What am I living for?”

This book, “Letters to My Children 2,” is not a collection of rules or fixed advice. Nor is it written to teach you how to live or what to do to succeed. Instead, it's an intimate dialogue, heart-to-heart conversations from me who wishes to accompany you both, no matter what stage of life you're in.

I must say, I'm not a perfect father, and my life story isn't a flawless tale without blemishes. I've stumbled, failed, and there were times when I felt so stuck that I wanted to give up everything.

But my dear children, it was in these seemingly desperate moments that I learned the most valuable lessons, helping me overcome suffering and achieve a lasting peace and happiness that no book could have taught me.

This afternoon, I want to share with you the values that I believe will be your compass on life's journey. These values aren't abstract theories but things I've experienced, tested, and lived through over time.

My dear children, life isn't always smooth sailing. There will be days when you feel extremely tired, discouraged, or even want to give up everything. In those difficult moments, I hope this book will become your companion during stormy days. Or when you feel too weary, just open a few pages and reread the words I've written for you.

Or when you feel happy, use this book as a mirror to reflect on the journey you've traveled. And when you

stand at a crossroads, or feel caught between choices, not knowing where to go, let the stories in this book become your small compass, helping you find your new direction.

My dear children, in this book, I'm not just telling my own stories but sharing with you the lessons I've learned from people I cherish, from books I've read, and from life's simple but meaningful moments.

I also hope this book will be a place where you can record your thoughts, feelings, and dreams. Consider this book as an open diary, where you can freely write your own story.

My beloved children, wherever life may take you, please remember that I'm always here. Whether you succeed or fail. Whether you stumble or stand firm, I will always love you guys with all my heart.

I hope these words will be a small flame lighting your darkest days, and may you walk your path with confidence and an open heart. Remember that life isn't just about achieving goals, but about how you enjoy each step of the journey.

I also believe in your strength, courage, and kind hearts. And when you need support, remember that my heart is always here, ready to accompany you on every path.

With all my love,

Dad.

THE VALUE AND POWER OF RESILIENCE

Dear Lac and An,

Today, as I sit here writing these lines, I hope that what I'm about to share with you will become a small guiding light in your journey.

I want to talk to you about a value that I've always believed, if you hold onto it, will help you weather any storm in life—and that is resilience, my children.

You know, resilience isn't about never falling down, but rather about the ability to get back up after each fall and to keep moving forward, even when the path ahead is full of thorns and difficulties.

My dear children, imagine life as a rushing stream. Sometimes, the water encounters large rocks blocking its path. Instead of stopping, the stream patiently finds ways to flow through every crevice, even gradually eroding the blocking rocks over time.

Resilience is just like that stream. Resilience is being gentle yet persistent, having the ability to adapt and overcome seemingly impossible obstacles. Our resilience can be compared to bamboo in the field—though storms may bend it, it keeps its roots firm and springs back stronger after the tempest. This is the inner strength that I hope you'll always carry with you in life.

My dear children, do you know that resilience isn't just a quality, but a slow-burning flame within each person, a

strength that helps us find light even in our darkest moments. And I believe that if you understand and cherish this value, no matter what challenges you face, you will overcome them.

Lac, I know that at twenty, you're standing at the threshold of adulthood with so many pressures and expectations. There are days when you feel like you're carrying the weight of the world on your shoulders—schoolwork, future plans, and big questions like, “Who am I?”, “Where am I going?” Sometimes, you might feel tired, doubt yourself, or even want to give up everything.

But my child, resilience isn't about always being strong, moving forward without pause—resilience is about daring to acknowledge when you're tired. It's about allowing yourself to rest, and when you're strong enough, finding ways to stand up and continue moving forward.

Life isn't always a straight path. There are turns; there are slopes that seem impossible to climb. But each time you stumble, always remember that failure doesn't define who you are. What is important is what you learn from that failure and what you do next after that failure to achieve the initial goals you set for yourself.

Lac, look at difficulties as lessons that life wants to teach you. Challenges aren't meant to hold you back but to help you grow. I know you might not immediately grasp what I'm sharing with you, but Lac, after each time you persevere through a difficulty, you'll become a stronger version of yourself. Don't fear failure. Remember, true growth doesn't come from easy victories but from perseverance through the toughest challenges.

Lac, remember, resilience isn't about achieving everything you want but about maintaining faith in yourself, no matter how difficult the path ahead may be. And I always believe you have the strength to do this.

As for you, An, at fifteen, I know you're going through major changes in both body and soul. Perhaps there are days when you feel you're not good enough, not pretty enough, or not strong enough compared to your friends. There are days when you feel pressured to be perfect or feel lost and adrift in a world that's changing too quickly.

But An, resilience will be your companion through these uncertain times. And, most of us misunderstand and define resilience as always having to win, always having to be strong, and always having to move forward. But that's not the truth, my child.

Resilience is knowing how to stand up after each fall and believing that you deserve love and respect, no matter the circumstances. You don't need to be perfect; you just need to be yourself—a person who is always sincere, strong, and full of emotion.

An, one more thing, resilience will also help you face your inner turmoil and not let those negative emotions control or dominate you. So, whenever you feel sad or disappointed, remember that “it's okay.” These emotions are a natural part of life, and they don't diminish your true value.

And, you also know that life isn't always fair or easy. But you don't need to master or win everything—you just need to not give up on the goals that bring you lasting

happiness and peace. So, each time you overcome even the smallest difficulty, you're building confidence and strength for yourself. I believe you can do it, because I see the light of resilience in you even when you don't recognize it yourself.

Lac and An, living as humans, means no one is without challenges, and none of us can avoid these challenges. But remember, resilience isn't just the strength to help you overcome challenges but also how you choose to live with those difficulties—with faith, with hope, and with love for yourselves.

I hope that no matter what happens, you'll always keep the flame of resilience burning in your hearts. Believe that each difficulty is a stepping stone bringing you closer to the person you want to become. Even when life makes you feel lost and alone, remember that you always have family, always have Mom and Dad here to love and support you.

Live with resilience, my children. Life is beautiful when you know how to steadily walk through storms to enjoy the light at the end of the long road.

Dear Lac and An,

In the previous section, we shared together about the value of resilience—a quality that not only helps us overcome challenges but also nurtures an internal and enduring strength within each of us. In this part, I want to share with you guys another important aspect, the power of resilience.

My dear children, if the value of resilience is the guiding light, then the power of resilience is the energy source that helps you rise after each fall, moving forward with a stronger heart.

Do you remember the story about resilience being like a stream of water? Whether you believe it or not, the power of resilience is just like that stream, persistently flowing through layers of hard rock. Though water may seem fragile and small, over time, that stream will create new paths, creek beds, and eventually great rivers.

This power isn't about sudden bursts of energy but rather about perseverance, quietly flowing through difficulties until, looking back, we realize that resilience has helped us remain patient and overcome countless challenges and obstacles.

My dear children, life's journey for each of us, whether short or long, will be full of twists, steep climbs, and unforeseen thorns. But it's in these challenging moments that the power of resilience truly shines—like a bright torch in the dark night, never allowing darkness to completely engulf us.

Lac, at twenty years old, you're entering the most important phase of your life—a time of big decisions and challenging steps. As a third-year student in university, you're probably facing pressure from studies, questions about the future, or even doubts about yourself. I understand these things aren't easy at all. But you know what? These difficulties are where your power of resilience will be forged.

Lac, the power of resilience isn't about never falling; it's about the ability to rise after each failure with a more determined heart. If you feel lost, remember that it's not the end. Instead, resilience serves as a reminder that you're on a journey of self-discovery. Big dreams always come with big challenges, but the power of resilience will help you move forward, step by step.

Remember, this strength doesn't come from rigidity but from flexibility and adaptability. Like bamboo that can bend in strong winds without breaking, you too—resilience isn't about being inflexible but about staying steady regardless of how things change around you.

When facing difficulties, instead of asking yourself, “Why is this happening to me?” think instead, “What can I learn from this?” That question awakens your observation and deeper insight while also awakening the power of resilience, helping you transform difficulties into opportunities for learning, correction, and growth.

As for you, An, at fifteen, you're in a phase where everything around you seems to be constantly changing. From peer pressure and physiological changes to sometimes feeling not good enough—all of these things can make you feel lonely and out of place. But An, it's in times like these that the power of resilience becomes your guiding light.

An, remember that being resilient doesn't mean always being strong, but rather accepting moments of weakness and then afterward, finding stability within yourself again.

An, you should think of the small seedlings in the forest. Though overshadowed by large tree canopies, they still quietly grow upward, finding their way through gaps to reach sunlight. The power of resilience in you is just like that—it doesn't need to be loud or showy but quietly helps you overcome all difficulties and challenges.

Also An, you don't be afraid of failure or being misunderstood by others. Failure isn't the end but an opportunity to learn and become stronger. When you feel you're not good enough, remember that your worth isn't measured by comparison to others but by your own efforts and determination. Resilience isn't about always winning but about never giving up on yourself.

An, you should believe that every difficulty you face is teaching you to become stronger. When you feel weak, remember that Dad, Mom, and your brother Lac are always ready to be your support as you find strength within yourself.

Lac and An, I hope you always understand that the power of resilience isn't something distant or imaginary, but rather the ability to rise after each fall, the belief that no matter how difficult life becomes, you can still move forward. Never fear challenges, because challenges are where your power of resilience shines brightest.

Lac and An, life is a long journey, and along that journey, there will be days when your knees feel weak and your steps falter. But always remember that each step, no matter how small, when guided by the power of resilience, will take you to heights you never thought

possible. Always believe in yourselves, maintain steadfast hearts, and keep an ever-reaching spirit, my children.

Dear Lac and An,

Through my experience, I've always believed that the strength of resilience isn't innate but rather a psychological state that we can cultivate day by day. To help you both build this habit, I want to share with you some simple methods that you can practice right away in your daily lives:

1. Acknowledging Daily Positive Moments

Lac and An, every evening before bed, take a few minutes to write down three good things that happened during the day, no matter how small. It could be praise from a teacher, a friend's smile, or simply completing a task you had planned. Recognizing these positive moments will help you build an optimistic mindset—an important foundation for developing resilience.

2. Learning to Accept Emotions

Lac and An, when you feel sad or disappointed, instead of trying to run away or suppress these feelings, take some time to identify your emotions. You can write them down or share them with your parents or siblings at home. Understanding and accepting your emotions will help you develop the ability to face difficulties more calmly and confidently.

3. Setting and Achieving Small Goals

Lac and An, resilience isn't just about facing failure but also about the ability to persistently pursue goals. Set small, specific goals and try to accomplish them. For example, Lac, you could set a goal to finish one chapter of a book in a week, and An, you could try keeping a diary regularly for three days. These small but achievable goals will help you build confidence in yourselves.

4. Learning to Accept Failure

Lac and An, instead of fearing or avoiding failure, view each failure as an opportunity to learn. Whenever you don't achieve what you wanted, ask yourselves, “What could I do differently to get better results next time?” This change in perspective will help you reduce pressure and become stronger through each experience.

5. Training Body and Mind

Lac and An, a healthy body supports a strong mind. Maintain a daily exercise habit, even if it's just fifteen to twenty minutes of walking or light exercise. Also, practice deep breathing when you feel stressed. Breathing is a simple but effective way to help your mind become calmer and clearer when facing pressure.

6. Finding Inspiration from Books and Others' Stories

Lac and An, I encourage you to read stories about resilient people who have overcome adversity in their lives. These stories will inspire you and help you understand that no difficulty is insurmountable.

But remember, once you're inspired, you must act on that inspiration, not just collect these inspirational moments

and let them pass by without taking action or broadcasting them on social media to boost your self-worth without any real application or experience.

Lac and An, remember that resilience isn't something too big or difficult to cultivate; in fact, resilience is built through small actions, practiced persistently each day.

Most importantly, always remember that you are never alone on this journey. No matter where you are or what you're facing, your parents and family are always here, ready to listen and support you through any challenge.

Apply these methods, bit by bit, to make the strength of resilience part of who you are.

I believe that as long as you have clear understanding, determination, and faith in yourselves, you will grow stronger each day.

With all my love,

Dad.

THE VALUE AND POWER OF SELF-DISCIPLINE

Dear Lac and An,

Each person's life is like a rushing river. Sometimes the river flows gently, carrying nutrients that nourish life, but there are also times when waves surge and sweep away everything in their path.

Self-discipline is like a small boat that helps each person navigate through these turbulent waters. Today, I want to sit with you both and share about a value that has helped me overcome countless challenges in life, self-discipline.

Do you know, life often has moments that leave us feeling lost and confused? But self-discipline is like the bright light of a torch in the darkness. It may not be as brilliant as the sun, but it's enough to guide us step by step, walking safely through the night. Or it's like bamboo trees standing strong in storms; for the secret of bamboo lies in the persistence of each cell, just as self-discipline nurtures steadfastness within each of us.

I want you both to understand clearly that self-discipline isn't just about following rules, but it's an inner strength that helps you overcome temptations and moments when you want to give up or surrender. Self-discipline is your commitment to yourself, your faith in the path you've chosen, even when everything around seems to be against you. And now, I want to share with each of you about this.

Lac, at twenty, you're standing at life's threshold, where everything seems wide open, yet full of challenges. You're facing academic pressure, tests, expectations from professors, friends, and even yourself. There are days when you might feel lost; you doubt whether the path you've chosen is right. But that's natural, my child.

Lac, when doubt begins to creep in, self-discipline is the key that helps you overcome that doubt and keep moving forward. Lac, think about mountain climbers. Surely, they can't see the peak when they first begin, and there are times when they're tired and want to turn back. But what keeps them going isn't just their aspiration but the self-discipline to take each step, however small, on the path ahead. For you, this might mean sitting down to study in the evening instead of browsing social media or waking up a bit earlier to prepare for a new day.

Lac, most of us have misconceptions about failure, as many of us define failure as an end or conclusion. But that's not true, my child. Failure is just a stopping point, a lesson that helps you adjust your aim toward your goal.

Therefore, each time you stumble, ask yourself, “What root cause led to this stumble?” and “What optimal solution would help prevent me from stumbling again?” and “What have I learned from this stumble?” These answers to these questions form the foundation of self-discipline, helping you get back up, learn from experience, and keep moving forward. Lac, remember, life doesn't judge you by the times you fall but by how many times you're strong enough to rise again.

I know you have great aspirations, and sometimes these pressures can make you feel inadequate. But Lac, maturity isn't about perfection; it's about learning to accept yourself, gradually improving, and loving yourself. Always remember that self-discipline isn't just a tool for achieving success but also the strength to face yourself in your most difficult moments.

As for you, An, at fifteen, you're at a beautiful but challenging age. Adolescence is like a mysterious forest, where you must find your way through unstable emotions, bodily changes, and peer pressure. You might feel not good enough, not smart enough, or not as loved as others. But An, you need to know that all these are just challenges helping you grow.

An, do you know that amidst the overwhelming surge of emotions, self-discipline is the way to help you build a compass for yourself, guiding you so you won't lose your way in that mysterious forest? An, imagine you're a gardener. Each day, you need to care for and water the seeds you've sown. That's how self-discipline works—small but persistent actions that lead to big changes.

For example, when you feel discouraged by difficult homework, remind yourself that each effort brings you closer to your goal. When facing comparisons or negative comments, remember that your value isn't in others' eyes, but in how you evaluate yourself. An, self-discipline will help you build confidence from within, rather than seeking validation from outside.

An, do you know what successful people typically have

in common? It's the ability to overcome temporary emotions to continue doing what's necessary. Learn to ask yourself, "What's most important to me right now?" And when you have the right answer, start doing it, regardless of how you feel. That's the power of self-discipline, and that's how you'll grow into a confident, strong person.

Lac and An, life will never be short of challenges. But what's important isn't how difficult these challenges are but how you face them. Self-discipline is the lamp that lights the way in darkness, the boat that helps you cross rapid waters, the roots that keep bamboo standing firm through storms. Self-discipline isn't just a quality but an inner strength that helps you face life's difficulties with grace and calmness.

Always remember that success isn't a destination, but a journey. And on this journey, self-discipline will be your most faithful companion. Wherever life takes you, I hope you'll always believe in yourselves and stay committed to the values you cherish.

Dear Lac and An,

In the previous section, I shared with you about the value of self-discipline—like a compass guiding you through difficulties or like the light of a torch illuminating the path in darkness. But in this section, I want to explore deeper with you both to discover the true power that self-discipline can bring to you. If the value of self-discipline is the foundation that builds character, then the power of self-discipline is the wings that help you soar further on life's journey.

Lac, at twenty years old, you have begun to form your own dreams and long-term goals. However, I want to remind you that not all dreams are easily achieved. Life's great challenges often demand not just ability, but also perseverance, my child. That's why the power of self-discipline lies in its ability to transform small daily efforts into great achievements.

Lac, look at the elite athletes you admire. What makes them different is not just their natural talent but their power to maintain discipline in daily practice, even when they're tired or discouraged. This strength doesn't come from outside but from their inner self-discipline. The same goes for you, Lac. When you face difficult lessons or projects that seem impossible to complete, remember that each time you strive to perfect them, you're cultivating your own strength.

Lac, remember that the power of self-discipline not only helps you reach your destination but also helps you become a better version of yourself. Self-discipline helps you understand that all success is built from small actions, repeated many times. One day, when you look back, you'll realize that these small things have created a life of value and meaning for you.

As for you, An, at fifteen, perhaps the power of self-discipline isn't immediately apparent. But I want to tell you a story about a small seed. When that seed is planted in the soil, it cannot instantly become a lush green plant. Instead, it needs time, care, and above all, persistence. The power of self-discipline is like nurturing a seed

within you. Self-discipline is the driving force that helps you persist, even when you can't see results at first.

An, when you learn to complete your homework independently, take care of yourself, or keep small promises to yourself, you're training this strength every day. Remember that self-discipline will become the foundation for you to stand firm on every journey. Peer pressure, negative comments, or even comparisons you might face—none of these can make you falter if you possess this inner strength.

An, the power of self-discipline also helps you overcome temporary emotions. You might feel discouraged, want to give up, or let things slide when things don't go your way. But remember that emotions are temporary. It's the power of discipline that will help you keep going, even when you don't want to. And one day, when you're grown up, you'll look back and you will be grateful to yourself for not giving up.

Lac and An, in conclusion, the power of self-discipline is not just a useful tool helping you achieve your personal goals but also an inner light helping you stand strong against life's storms. Life never lacks challenges and obstacles. But what's most important is whether you know how to overcome these challenges with ease and calmness.

Always remember that true strength doesn't lie in external glamour but in persistence and inner self-discipline. Self-discipline will not only help you become capable individuals but also people full of self-respect and confidence. Each day you live with self-discipline is

another day you give yourselves the opportunity to become stronger. I always believe in you both and will always be here, accompanying you guys on this journey.

Dear Lac and An,

After we have shared together about the value and power of self-discipline, in this section, I want to share with you some methods that you can apply in your daily life.

Lac and An, as you know, self-discipline isn't something you can achieve overnight; rather, it's the result of continuous practice. To help make this journey easier for you both, I will share some specific practical methods, tailored for each of you.

Lac, at twenty years old, you're entering an important phase of life, where you face many challenges and opportunities. This is when you need to build a system of self-discipline, not only to help you achieve your immediate goals but also to make you more confident in your future choices. To do this, I hope you will apply the following practical methods:

1. Create Daily Priority Lists

Lac, each morning, spends 5 minutes writing down the 3 most important tasks you need to complete that day. You don't need to list too many tasks; just focus on what truly matters. For example, if you're preparing for an exam, the list might include studying 2 chapters, completing one assignment, and reviewing important notes. This helps you avoid being distracted by unnecessary activities while feeling more confident as you complete each task you set for yourself.

2. Apply the “1 Hour Focus” Method

When working or studying, divide your time into one-hour focused periods, alternating with 5-minute short breaks. This method will help you work more effectively without exhaustion. For example, if you need to write an essay, break down the work into parts like research, outlining, and content drafting. After each hour, you can stand up to move around or drink water to recharge for 5 minutes.

3. Track Habits with a Discipline Journal

Lac, each evening before bed, spend a few minutes recording what you've accomplished during the day, along with lessons learned. For example, if you completed your goal of “studying 2 chapters,” reward yourself with words of encouragement. Conversely, if you haven't achieved it, analyze the reasons, such as being distracted by social media or hanging out with friends, etc., to improve the next day.

4. Create a Supportive Environment

Lac, you also need to keep your workspace neat, well-ventilated, and free from distractions like phones or noise. For example, before sitting down to study, turn off phone notifications and prepare water so you won't need to leave your desk mid-session. These small habits, if maintained regularly, will help you develop a self-disciplined, efficient lifestyle and best prepare you for your long-term goals.

As for you, An, at fifteen, you're in the phase of forming early life habits. This is the ideal time to start practicing

self-discipline through small actions in your studies and daily life. I hope you will apply these methods:

1. Establish a Fixed Study and Play Schedule

An, a clear routine helps you manage your time better and consequently reduces stress. Create a weekly schedule that clearly defines time for studying, playing, and resting. For example, you can set aside 7:00 PM to 8:30 PM for studying and homework, then 8:30 PM to 9:00 PM for reading your favorite books. This helps you focus better on each activity, rather than letting time slip away wastefully.

2. Practice “5 Minutes of Daily Tidying”

An, a small habit that brings great results is spending 5 minutes each day organizing your desk or arranging your books. For example, before sitting down to study, neatly put away your pens, stack your books orderly, and clean your desk surface. This not only creates a good study environment but also helps you develop self-discipline in small tasks.

Complete Tasks as Soon as They're Assigned

And, when Mom assigns you tasks like watering plants, washing dishes, etc., do them immediately without waiting for reminders. This helps you develop habits of responsibility and avoid procrastination. For example, if Mom says, “An, please water the plants this afternoon,” you should do it right after finishing your studies, rather than remembering it only in the evening.

Join the “7-Day Self-Discipline Challenge.”

An, you can participate in this challenge with your brother Lac. Each day, record one task that you completed on your own initiative, such as studying an extra difficult math problem or waking up earlier to exercise. After 7 days, you'll clearly feel the positive changes in yourself.

An, don't underestimate these seemingly simple actions; if you perform them regularly, they will help you develop self-disciplined habits. This isn't just good preparation for your daily studies and activities, but it will also have a significant impact on your future life.

Lac and An, I know that the journey of practicing self-discipline isn't an easy path, but it's your daily persistence and effort that will create significant changes in your lives.

Lac, habits like planning, focused work, and journaling will help you develop self-discipline and master your time. And An, building small habits like organizing your study desk or completing tasks when assigned will be important stepping stones toward your maturity.

I hope that through these practical methods, you will not only achieve your goals but also find joy and meaning in your journey of self-improvement.

Remember, self-discipline isn't forced upon you but rather a gift you choose to give yourself—a life that is organized, peaceful, happy, and successful.

With all my love,

Dad.

THE VALUE AND POWER OF HUMILITY

Dear Lac and An,

In life, there are many important values that we need to preserve. One of them is humility.

I want to share with you both about this value, because humility is not just a virtue but also a spiritual strength that helps us overcome life's challenges.

Humility is not about lowering yourself but rather about having a proper understanding of yourself and the world around you to develop naturally and authentically.

You can imagine, when we look at the sky, clouds drift by silently; these clouds never boast about their beauty. Each cloud has its own purpose, quietly fulfilling its role. And it is precisely this quietness that creates their greatness.

Similarly, humility in our lives isn't something flashy or resounding, but rather an invisible source of strength that helps us remain resilient, persistent, and steady in all situations.

Humility not only helps us live modestly but also acts as a mirror reflecting inner beauty, helping us build good relationships with those around us. Humility helps you both overcome pride, see yourselves clearly, and never stop learning.

I hope that through these shared thoughts, you will recognize the great value of humility in life, to maintain this virtue throughout your journey of growth.

Lac, I know that during your university years, you are facing many challenges. The pressure from studies, career planning, and questions about yourself must not be easy.

Lac, at your age, feeling confused and doubtful about yourself is very normal. However, do you know that in moments when you feel weak or like you've failed, humility is the key to helping you overcome these confusions and doubts?

Lac, remember that humility is the ability to accept that you're not perfect, and there's nothing wrong with acknowledging your mistakes or failures. You will learn that failure isn't the end but a valuable lesson.

Never see failure as something negative, but rather as an opportunity to help you grow. You can look at successful people in life; they aren't people who have never failed but rather people who know how to get back up after each fall. They learn, correct their mistakes, adjust, and grow from these failures.

Lac, remember that being humble doesn't mean lacking confidence or ambition in life. Indeed, humility helps you recognize the value in others and learn from them. What's important is knowing that each day is a new opportunity to learn and improve yourself. Humility not only helps you see yourself honestly but also helps you open your heart to embrace new opportunities in life.

I hope you'll never forget that you're on a long journey. Only when you view yourself with humility can you face life's challenges with strength and resilience. No matter what difficulties or failures you encounter along the way, never forget that humility is the strength that keeps you standing firm.

As for you, An, at your age, I know you might be facing many physical and psychological changes and new emotions that sometimes feel difficult to control. You might feel pressure from friends and social standards that you feel you can't meet. This is completely normal, dear. But An, you need to understand that humility is the strength that will help you overcome these emotions.

An, humility will help you realize that you don't always have to be the best or most outstanding. Each person has their own value, and you have the right to be proud of yourself without comparing yourself to others. An, humility is the deep understanding that we are all parts of a larger picture, no one is perfect, and what's important is that you accept yourself, with all your weaknesses and strengths.

An, there will certainly be times when you feel insecure. When you feel you're not good enough. But remember, these are just temporary feelings. Let humility guide you through these moments. Instead of worrying about what you don't have, appreciate what you do have. An, humility also means knowing how to accurately assess your abilities and not overexerting yourself while learning from those around you to improve yourself.

An, humility will also help you maintain confidence, not based on praise or recognition from others, but from a deep understanding of your inherent value. Remember that you always have value, independent of anything else, and humility will help you recognize this most clearly.

Lac and An, I hope that through these shared words, you will see that humility is not just a virtue but a great strength that helps you overcome all challenges in life.

Humility not only helps you both learn and grow but also creates beautiful, genuine relationships with others. No matter what difficulties you may face in the future, always remember that with humility in your hearts, you will always have the strength to overcome them.

Dear Lac and An,

As I have shared with you both, humility holds very important values, as humility is not just a virtue but an invisible strength that helps us overcome all challenges in life.

Remember, Lac and An, humility doesn't mean belittling yourselves or giving up your aspirations, but rather understanding your true worth and always being willing to learn from those around you.

I hope that through these shared thoughts, you will see that humility is a latent strength, a solid foundation that helps you overcome difficulties, and forms the basis for building truly beautiful relationships in life.

Lac, I know that during your university years, you are facing many challenges. Lac, on your journey of growth,

it's not just about studying alone—you must also build yourself into a person who is strong in both intellect and spirit.

Lac, academic pressure can sometimes make you feel tired, and self-doubts will always arise. But I hope you understand that the greatest strength to overcome these emotions is humility. Humility helps you recognize your self-worth without needing to compare yourself to anyone else.

Remember that humility doesn't mean staying silent or giving up on your dreams. You may be very talented, but if you don't know humility, you will never truly understand yourself and those around you.

Lac, you must remember, humility is learning from everyone, whether from professors or friends. Sometimes, it's in failure that you find the greatest strength to grow. Don't let failure discourage you, because each mistake is an opportunity for you to learn and progress.

Lac, finally, humility also helps you look at yourself honestly. You will realize that no one is perfect, and what's important is that you accept yourself with all your strengths and weaknesses.

You may not be the best in all fields, but you still have value. And you can contribute beautiful things to this world. Humility will help you maintain confidence, not needing to boast or prove your worth, but simply living with what's most genuine and honest.

As for you, An, you're also going through a challenging phase as you enter puberty. The physical and psychological changes, expectations from friends, and even from yourself might make you feel insecure. You might feel you're not good enough, not as outstanding as those around you. But I want you to know that humility itself will help you overcome these emotions.

Humility helps you understand that you don't always have to be the best or most outstanding. Each person has their own value, and you need to learn to appreciate what you have, rather than comparing yourself to others. An, humility is realizing that even though you have weaknesses, you still have the ability to develop and learn from every situation in life. Never let insecurity dim your own capabilities.

Finally, An, humility will also help you build confidence in a steady way. It's not about being arrogant but about confidence based on proper self-understanding. You don't need to try to prove yourself to anyone; just live genuinely with yourself. An, remember that everyone goes through difficult phases in life, and it's humility that will help you overcome these challenges more gently and calmly.

Lac and An, I hope that you will always see that humility is not just a virtue but a strength that helps you overcome all difficulties. In life, we don't always receive recognition or succeed immediately, but with humility, you will always maintain faith in yourselves and never give up. Remember that every step, whether big or small, is worthy of appreciation.

Dear Lac and An,

After sharing with both of you about the value and strength of humility, I want to continue sharing practical methods for you to apply and develop humble habits in your daily lives.

Practicing these is not easy, but once you integrate these methods into your life, humility will become an inseparable part of your character. I hope each method below helps you not only grow personally but also create deep connections with those around you. Even small steps will help you see differences in how you perceive yourselves and the world.

1. Honest Self-Reflection

Lac, every morning when you wake up, take a few minutes to ask yourself, “What can I do today to become a better version of myself?” Instead of comparing yourself to others, focus on your own strengths and weaknesses. Never judge yourself solely by your failures or flaws. For example, if you feel you haven’t completed an assignment well or haven’t achieved a desired result, tell yourself: “I can learn from this mistake and do better next time.” This awareness will help you maintain humility—avoiding arrogance in success and self-doubt in failure.

2. Sharing Success with Others

Lac, one expression of humility is knowing how to share joy with others. When you achieve something, instead of proudly boasting, find ways to share that joy with friends

and those around you. For example, if you receive a high grade in a subject, instead of just rewarding yourself, share the joy with those who helped you during your studies, such as friends or teachers. This not only helps you stay humble but also strengthens your connections with others.

3. Listening and Learning from Others

Lac, humility comes not only from self-awareness but also from the ability to listen and learn from others. Everyone, regardless of experience, has valuable lessons to share. Listen to the opinions and perspectives of teachers, friends, and even those who disagree with you. For example, if someone critiques your writing, don't react defensively. Instead, listen, reflect, and thank them for sharing their thoughts. This helps you continuously improve and gain more knowledge.

4. Accepting Failure and Learning from It

Lac, remember that failure is not the end but a beginning—an opportunity to learn and improve. When you face failure, don't feel ashamed or give up. Instead, view it as a valuable lesson. For example, if you fail an exam, instead of blaming yourself, think about what you can improve and create a better study plan for next time. You'll see that failure is an essential part of growing up, and humility will help you overcome those difficult moments.

5. Helping Others Humbly

Lac, when you help someone, don't do it to receive praise

or recognition. Instead, help them with sincerity and humility. For example, if a friend struggles with schoolwork, help them without expecting thanks or praise. You can share study tips that worked for you, but the key is to act from a genuine desire to help, not to show off.

6. Practicing Empathy and Respect

Lac, humility is shown not only through actions but also through your attitude toward others. Focus on practicing empathy and respect for everyone around you. Avoid judging others hastily; instead, strive to understand and empathize with them. For example, if a friend behaves inappropriately, gently share your thoughts and encourage them to change positively instead of criticizing or judging them.

7. Maintaining Humility in Success and Challenges

Finally, Lac, always stay humble in all circumstances—whether in success or adversity. When you succeed, don't forget that it's thanks to the support of others and the opportunities you've received. When facing challenges, don't despair; stay humble, as this will help you find new paths forward.

1. Acknowledging Your Emotions

An, every day, take time to listen to your emotions. When you feel insecure or unconfident, don't rush to deny those feelings. Recognize that these emotions are natural during puberty. For example, if you feel anxious about a test, instead of blaming yourself, acknowledge the

feeling and find ways to improve. This helps you face emotions humbly and learn from yourself.

2. Respecting Others' Differences

An, humility also means respecting others' differences. In school and friendships, not everyone is like you, and each person has unique traits. Learn to recognize and respect these differences instead of judging. For example, if a classmate has a different opinion, listen and share your views respectfully instead of reacting harshly.

3. Sharing Joy and Success with Friends

An, when you achieve something, share the joy with friends without bragging or pride. Understand that your success also relies on the help of those around you. For example, if you win a competition, thank those who encouraged and supported you instead of boasting to everyone.

4. Helping Friends Without Expecting Repayment

An, when helping friends, don't do it to receive praise or recognition. Help them with a sincere and humble heart. For example, if a classmate struggles with a math problem, help them without expecting anything in return. Just know that you've supported your friend when they needed it—that's enough.

5. Accepting Changes in Yourself

An, during puberty, you'll experience many physical and emotional changes. Humility will help you accept these changes without feeling inferior or self-conscious. For example, if you're unhappy with your appearance,

remember that everyone goes through changes. Love and accept yourself.

6. Practicing Patience with Yourself

An, when facing difficulties or failures, don't hastily blame yourself. Be patient and recognize that everyone faces tough phases in life. For example, if you struggle with a difficult assignment, don't lose heart. Stay patient and find ways to learn and improve step by step.

7. Living Humbly in Relationships

Finally, An, always live humbly in all relationships. No matter how close you are to someone, remember that everyone has their own value and no one is perfect. Treat others with respect and humility. Never hurt anyone's feelings.

Lac and An, through these practices, I hope you guys will not only grow as individuals but also become humble people who know how to recognize and love yourselves and others. These habits will stay with you guys for life, helping you guys live meaningfully, happily, and peacefully.

With all my love,

Dad.

THE VALUE AND POWER OF HONESTY

Dear Lac and An,

I want to share with you an important lesson I've learned through my years of living and growing—the value of “honesty.”

Honesty is a quality that I believe is incredibly precious, and I hope it will accompany you both throughout your lives. Why? Because honesty will help you stand firm in the face of challenges and find peace within yourselves.

My dear children, honesty isn't simply about speaking truthful words but is also an inner strength, the ability to accept and face yourselves, as well as the world around you.

I remember once walking on the beach, watching the waves crash against the shore, sometimes forcefully and sometimes gently. I think honesty is like those waves—it can strike powerfully at our hearts, making us feel uncomfortable or hurt, but in the end, honesty always gives us the opportunity to return to ourselves.

Indeed, honesty isn't always easy to practice, but it is a powerful force that helps prevent you from losing your way, being masked, or being deceived by life's appearances.

Lac and An, honesty isn't just about expressing what we think and feel, but also about facing reality, accepting imperfections, and knowing how to learn from failures.

When you can see things truthfully, you'll not only find your own path, but you'll also know how to build a life without regrets, a life in which you are always the most important person.

Lac, at your age, I know you're facing many challenges. Academic pressure, career decisions, or sometimes self-doubt—all these things can make you feel lost, or even like a failure. But Lac, what's important is that you can face your own truth, and that is the solid foundation that helps you move forward.

I remember when I was young, I too was very anxious about decisions in my life. There were times when I wasn't sure about my career, my future, and the major changes in life. But I learned one thing: honesty helps me see things clearly. If you feel pressured or doubtful, be honest with yourself, acknowledge it, and don't blame yourself. Each failure isn't an ending but a valuable lesson that helps you grow.

Remember that being honest with yourself isn't always easy, but through honesty, you'll overcome these difficulties without needing to hide or avoid them. If you feel tired, speak up; there's no need to hide it. If you're uncertain about your choices, acknowledge that. When you live honestly with yourself, you'll discover that the strength to overcome any challenge always lies within you.

Lac, sometimes, honesty helps you perceive more clearly the true values in life, things that can't always be measured by success or money. Honesty helps you recognize the small but important things—like love,

understanding, and patience. Let honesty guide you through difficult decisions, and never be afraid to face yourself.

As for you, An, I know that adolescence isn't easy at all, when psychological, physical, and emotional changes sometimes make you feel confused. Pressure from friends and the surrounding environment might make you feel not good enough, not confident enough. But remember, my child, never forget that being honest with yourself is the key to overcoming everything.

An, honesty isn't just about expressing what you think, but the ability to accept and love yourself, even when you feel imperfect. When you feel compared to friends or feel lacking in confidence, that's when honesty helps you see things clearly.

You can acknowledge that you're feeling unhappy or that you don't yet fully understand what you want for your future. These feelings aren't bad things but are part of your journey of growth.

Remember that everyone has their own value, and honesty can help you recognize that value. Don't let anyone or anything make you feel inferior about yourself. When you live honestly with yourself, you'll find confidence and strength, not from external appearances or showing off, but from within yourself.

I want you to understand that growing up isn't without difficulties, but maturity is your ability to face and learn from these difficulties. When you can accept and love

yourself, you'll see that you can overcome any challenge, and honesty is your most reliable companion.

Lac and An, life will always have challenges and difficulties, but if you live honestly with yourselves, without hiding or avoiding problems, you will overcome everything. Honesty will help you see what's most important in life, which is peace and joy in each moment, no matter how chaotic the world around you becomes.

I believe that with honesty in your hearts, you'll find your own paths, paths based not only on success but also on understanding and love for yourselves and those around you.

Dear Lac and An,

I want to continue sharing with you about an important topic that has accompanied me throughout my life—the power of “honesty.”

Indeed, honesty is not just a simple virtue, but it carries within itself an invisible yet powerful force that helps us overcome challenges, face difficulties, and find our steady path forward.

When you both live truthfully with yourselves, you'll see that challenges are no longer something to fear but rather opportunities for discovery and growth.

Like a bright torch in the darkness, honesty illuminates our path, helping us find ourselves in a world full of crossroads and choices. Honesty isn't always easy, but it is the greatest strength a person can possess.

Lac, you're at a very special age where choices and decisions will greatly influence your future. I know you're facing many challenges—from studies to career direction, to worries about yourself and your future. But Lac, I hope you understand that honesty is the great strength that will help you overcome everything.

When you live honestly with yourself, you'll realize that all difficulties can be overcome if you don't hide your emotions and thoughts. You don't need to pretend to be perfect, because in this world, no one is perfect. What's important is whether you dare to acknowledge your feelings, whether they're anxiety, failure, or uncertainty. Honesty helps you see all problems clearly, and from there, you can find the right solutions instead of trying to run away or avoid them.

I remember once, when I had to face a major career decision, I felt very confused and doubtful about my abilities. But then, I decided to face the truth—that I wasn't perfect, and that became the strength that made me stronger. When you live truthfully with yourself, you'll realize that every step, whether failure or success, has its own value. Being honest with yourself will help you understand that these challenges aren't burdens but opportunities for growth.

Honesty not only helps you face yourself but also helps you build your own confidence. You don't need to hide your weaknesses, because those very weaknesses are what make you stronger. When you understand and accept yourself, you'll no longer fear facing difficulties.

Honesty is the strength that helps you stay resilient and steady, no matter how life changes.

As for you, An, at your age, I know your emotions are going through many changes. You might feel pressure from friends, from family, and sometimes you might feel not smart enough, not confident enough. But An, I hope you understand that the power of honesty will help you overcome everything.

An, when you live truthfully with yourself, you'll no longer worry about what others think of you. You'll feel lighter because you know you don't need to hide or change yourself to please others. Honesty helps you understand that confidence doesn't come from outward appearances but from within. When you acknowledge your emotions, whether sadness, joy, anxiety, or happiness, you'll feel more at peace in your own life.

I hope you understand that there's nothing wrong with feeling incomplete or imperfect. Only honesty can help you realize that you are the most important person in your life. When you live truthfully with yourself, you'll feel more confident and steady in all circumstances because you've faced yourself and are no longer afraid.

Lac and An, honesty is not just a quality, but a hidden strength that helps you overcome all difficulties in life. When you both live truthfully with yourselves, you'll see that all challenges can be overcome, and all difficulties can be resolved. Never be afraid to face the truth, because truth itself will guide you to lasting peace and happiness.

I believe that with the power of honesty in your hearts, you'll have enough courage to face all life's challenges. You will never lose your way because honesty will always light the path for you. Always maintain faith in yourselves, and never forget that honesty is the key to opening new doors in your lives.

Dear Lac and An,

I have shared with you both about the perspectives on the value and power of “honesty,” but besides these insights, the most important thing I want to share with you is that you must practice what you've learned to transform them into habits and strength in your daily lives.

I know that practicing honesty isn't easy, but persistence and always being true to yourselves will help you cultivate this habit, leading to positive changes in how you perceive and act.

At different ages, you will face different challenges and circumstances. Therefore, you need to apply honesty in your lives in ways that suit you both. I will share with you some practical methods that I think will help you build honest living habits and develop confidence, as well as inner peace.

Lac, you have grown more mature and are in the process of finding your own path. To cultivate honesty, the first thing you need to do is to always view life's issues clearly and without avoidance. Here are some practical methods that I think will help you.

1. Being Honest With Yourself

Lac, you need to develop a habit of asking yourself, “What do I really think about this issue?” or “What am I feeling right now?” Don't hide your emotions or thoughts just because you're afraid of others' judgment. For instance, if you feel tired or disappointed about an unsatisfactory exam, don't rush to blame circumstances or others. Instead, acknowledge those feelings and investigate the real causes so you can learn from them.

For example, suppose after an important exam, you find the results don't meet your expectations. Instead of thinking, “The test was too difficult” or “Luck wasn't on my side,” you can face the truth, “Maybe I didn't prepare well enough,” and from there, make a plan to improve for the next exam.

2. Sharing Feelings and Thoughts Openly

Lac, I know you're entering an important phase in life, and relationships with friends, professors, and even family will sometimes test your ability to be honest. You should practice sharing your thoughts and feelings openly and sincerely.

For example, if you feel pressure about career direction or uncertainty about your academic path, don't hesitate to share this with family members, mentors, or trusted friends. Speaking up about these things not only helps you feel lighter but can also help you receive valuable advice and support.

3. Accepting and Learning from Failure

Lac, being honest with yourself not only helps you recognize your emotions but also helps you view your

failures positively. Never let failure become a fear. Face them and learn from them. For example, suppose you encounter a failure in a group project at school. Instead of blaming other members, you can reflect on yourself and ask, “What can I do better next time?” Learn to take responsibility and improve through each challenge.

As for you, An, I know you're going through significant changes during puberty. Emotions and self-doubt might make you feel insecure, but honesty will be the key to helping you overcome these difficulties. Here are some practical methods that I think will help you cultivate honesty and develop your self-confidence.

1. Accepting and Loving Yourself

An, the first step in practicing honesty is to recognize and love yourself, even if you might not be as perfect as others. Be honest with your emotions and thoughts. If there are things you're not satisfied with about yourself, acknowledge them and look for ways to improve. For example, suppose you feel insecure about math and always anxious when taking tests. Instead of denying these feelings, acknowledge to yourself, “I don't understand this lesson yet; I need to improve.” Then, you can find ways to study again and seek help from teachers or friends.

2. Practicing Honesty in Relationships

An, learn to express your thoughts and feelings in relationships, from friends to family. Don't let shyness or fear make you lose opportunities to build truly sincere relationships. When you express what you feel, whether

happy or sad, you'll feel lighter and more confident. For example, when there's conflict with friends, instead of keeping it inside, you can say, "I feel sad about that, and I want us to work things out together." This helps make your relationships clearer and more authentic.

3. Facing Challenges and Learning from Mistakes

In your learning journey and life, you will face many challenges. Learn to face them instead of avoiding them. Every mistake is an opportunity for you to grow. For example, when you realize you didn't do well on a test, instead of looking for excuses to blame, ask yourself, "What can I do better to avoid making this mistake next time?" This will help you grow and become stronger.

Lac and An, I hope that through these practical methods, you will gradually develop habits of living honestly in all situations.

Don't forget that honesty will help you see things more clearly, thereby building confidence, peace, and happiness in life. Life's challenges will never be obstacles if you always know how to live honestly with yourselves.

With all my love,

Dad.

THE VALUE AND POWER OF TRUST

Dear Lac and An,

There are values in life that are like the light from a small oil lamp—though humble, they have enough power to dispel the darkness around them. One of these values is trust—something that I always hope you both will understand deeply and carry with you throughout your journey of growth.

My dear children, trust is like water flowing through rock crevices. Clear and refreshing, it can seep through every nook and cranny, no matter how small. In a life full of challenges and changes, trust is the nurturing element of love, the bridge that connects souls together. Trust isn't just about believing in others, but also believing in yourself—in your abilities, worth, and inner strength.

I've always believed that without trust, all relationships become as fragile as bamboo leaves in a storm. But with trust, you'll find yourselves stronger, capable of facing difficulties, and embracing life with an open heart. Trust is an inner strength, a source of energy that helps you overcome adversity, but it's also a lesson that helps you accept that sometimes, life doesn't unfold according to your wishes.

Today, I want to take some time to share with you about this value. Lac and An, each of you is at a different stage of life, but trust me, trust will be the key that opens the door to peace for both of you.

Lac, at twenty, you're entering a crucial phase of your life. This is a time when you're both excited about your dreams and possibly uncertain about which path to take. Academic pressure, career direction, unnamed emotions, or sometimes uncertainty about yourself—these are all challenges you must face.

Lac, self-trust is the first thing I want to remind you about. When you believe you can do something, you'll have the motivation to keep going, even when you make mistakes or face failure. I remember when I first learned to drive, I was afraid I couldn't handle the steering wheel. But it was trust in my ability to learn that helped me overcome that fear. And then, from those initial failures, I learned to drive with confidence.

Life is like that, my child. There will be days when everything seems to fall apart, but don't forget that the fallen bricks are just the beginning of building a new, stronger house. Trust doesn't mean you won't face difficulties; it means you have the courage to face them.

Moreover, learn to trust the people around you. On your journey of growth, you'll meet many people, and not everyone deserves your trust. But when you find those who are worthy, cherish them. Friendships, teacher-student relationships, or love all need trust to flourish and endure. Just as bamboo needs soil to stand firm, relationships need trust to avoid being blown away by the wind.

Finally, Lac, trust in your own journey. No one can live your life for you, and no one can shape your future except

yourself. Let trust guide your way, even when you can't see everything that awaits you ahead.

As for you, An, being fifteen is a beautiful but challenging time. Physical changes, peer pressure, or feelings of insecurity about your self-worth might make you feel lost. I understand that at this age, sometimes you need validation; you need recognition.

But An, start by trusting yourself. Do you know that each of us is like a small star in this vast universe, and so are you? You don't need to try to become someone else because your value lies in who you are—with your kindness, sincerity, and desire to learn.

An, it's normal if you're not as good as this or that classmate. I hope you understand that everyone has their own strengths. Self-trust will help you avoid being swept up in the pressure of comparison, and instead, you can focus on developing what you do best.

An, learn to trust your family and friends around you. You might find it difficult to open up to someone, fearing they won't understand or they might hurt you. But An, if you don't trust, how can you build genuine relationships? I hope you understand that trust is like a mirror—once you give it, you'll receive its reflection.

Finally, An, trust that all the difficulties you're going through are part of your growth journey. The sorrows, disappointments, or even tears of today will help make you stronger tomorrow. Trust in time—just like how storms pass, leaving behind clear skies and brilliant rainbows.

Lac and An, I've shared with you about the value of trust—not just as a quality, but as an inner strength. When you maintain faith in yourselves, in those you love, and in your journey, you'll have the courage to overcome any challenge.

Life, no matter how difficult, always has ways for us to find peace and happiness. Trust is the key that opens that door. I hope you both always remember that no matter what happens, I'm always here, trusting in you and loving you with all my heart.

Dear Lac and An,

In the previous section, I shared with you about the value of trust—a solid foundation for building all relationships and overcoming challenges. But in this part, I want to talk more about the magical power of trust.

If the value of trust is like a cool stream nourishing the soul, then its power is like a steady boat carrying us through life's great waves.

Trust is not just about placing faith in others but also an inner strength that helps us overcome doubt, fear, and even failure. Like light piercing through darkness, trust can guide you both in what seem to be your darkest moments. Trust is not a loud force but rather a quiet yet powerful presence, existing in every action, every word, and even in every dream you pursue.

I hope that in your journey of growth, you both will realize that the power of trust not only helps you face challenges but also helps you become stronger and more stable from within.

Lac, at twenty years old, I know this is a threshold full of both challenges and promises. You stand amid the pressures of studies, future direction, and inevitable self-doubts. At this age, you might sometimes feel like a sailor on vast waters, unsure which shore is your destination. It is at these times that the power of trust will be your compass for guidance.

Lac, trusting in yourself is the first step, my child. You may have failed before; you may have felt not good enough, but remember that the scars of failure don't weaken you—they are lessons that help you grow. Don't hesitate to face what you don't know or haven't mastered yet. Trust that as long as you try your best, life will open doors you never imagined.

Moreover, the power of trust also lies in knowing where to place your faith. Friends, mentors, and family—everyone is here to help you. Trust that even in your loneliest moments, there are always people who love you, ready to support you.

Finally, Lac, trust in your own journey. Not every path is straight; not every day is filled with sunshine, but I believe that with trust, you will find meaning even in difficulties that seem impossible to overcome.

As for you, An, at fifteen, you're going through a very special phase—a time of changes and discovery. Sometimes you might feel not good enough or feel pressure from the expectations of those around you. You might be confused by your own changes or comments from friends. It is in these times, An, that the power of trust will help you overcome these difficulties.

An, first and foremost, trust in yourself. Remember, in this world, no one is perfect. Therefore, you don't need to try to become someone else to be loved. Your uniqueness lies in the smallest things—the way you laugh, the way you think, and the way you love. Trust that you are good enough, worthy enough to be loved and cherished, even if you don't always fit in with those around you.

Additionally, the power of trust also lies in placing your faith in family and those who love you. Mom and Dad are always here to listen to you, to help you through your most difficult emotions. Be bold in sharing your thoughts, because mutual trust is the bridge that helps us grow closer.

And An, remember that being fifteen is just a phase. Today's difficulties may seem enormous to you, but with the power of trust, you will gradually see the light at the end of the tunnel.

Lac and An, the power of trust is not something far-fetched but a quiet force that is always present in our lives. Trusting in yourselves, trusting in others, and trusting in your own journeys—these are what will help you overcome all challenges and grow from within.

Life won't always be easy, but I always hope you'll remember that as long as you maintain faith in yourselves, all difficulties will pass, and you will become stronger and more stable.

Dear Lac and An,

After sharing with you both the value and power of trust, I want to share some practical methods for you to apply in your daily lives.

My dear children, trust isn't just something to talk about or think about—it needs to be nurtured through specific actions. From the smallest deeds, gradually, trust will become a habit and transform into an enduring inner strength within you both.

I will divide these practical exercises separately for each of you, as you are at different stages and have different experiences. These methods will not only help you build trust in yourselves but also strengthen your relationships with those around you. I hope that through each step of practice, you will feel positive changes, not only within yourselves but also in how you view life.

Lac, at twenty years old, practicing trust requires you to balance reason and emotion, long-term goals and short-term actions. Here are some methods I think you can try:

1. Trust Journal

Lac, every evening, spend 10 minutes writing down three things you did well during the day, no matter how small, like helping a friend or completing an assignment on time. These will remind you that you are capable and worthy of self-trust. Example, if you overcome your fear to give a presentation in class, write down, “Today, I had the courage to present in front of the class. Though I was nervous, but I did it and received praise from everyone.”

2. Practice Authentic Communication

Lac, choose a close friend or family member you trust, and share your genuine feelings with them. Start with simple stories, then gradually expand to things you find difficult to express. This will not only help you feel lighter but also build trust from others.

3. Set and Achieve Small Goals

Lac, choose a small goal each week, like reading a book chapter, learning a new skill, or attending a workshop. When you complete it, you'll feel your self-trust growing with each achievement. These actions will help you cultivate trust and make it an essential habit in your life.

As for you, An, at fifteen, building trust can start from small but meaningful things in daily life. I hope you'll apply these methods:

1. Daily Gratitude

An, every night before bed, take time to think about three things you're grateful for from the day. This helps you recognize that good things are always present around you, and from there, you'll trust more in life. Example, if you get a good grade on a test today, tell yourself, "I'm grateful because I worked hard studying to achieve this good result."

2. Self-Reminders

An, when you face difficulties or feel insecure, look in the mirror and tell yourself, "I can do this. It doesn't need to be perfect; just trying my best is enough." This will help you build self-trust day by day.

3. Helping Others

An, try helping a classmate with homework or sharing school supplies with your friends when they need them. These small actions will make you feel valuable and believe that you can always bring good things to others.

These practices will not only help you grow but also make you more aware of the power of trust in your relationships with others.

Lac and An, the journey of building and practicing trust isn't something that happens overnight but is a persistent process, day by day. I hope that through these methods, you will gradually develop positive habits, become more confident in yourselves, and build stronger connections with those around you.

Remember, every small action you take is a building block for stability in your hearts. Whether it's recording an achievement, sharing a story, or simply saying thank you, these are all important steps on your path to maturity.

With all my love,

Dad.

THE VALUE AND POWER OF OPEN-MINDEDNESS IN THINKING

Dear Lac and An,

Life is an endless flow, like water finding its way through rocky crevices to merge with the vast ocean. Water is soft and gentle, yet incredibly powerful. I want you both to understand that, like water, open-mindedness in thinking is the strength that helps overcome challenges in the journey of growing up.

My dear children, open-mindedness in thinking isn't just about the ability to listen to others' opinions or learn new things. It's an inner strength that helps us see the world with an open heart and clear wisdom. In life, everyone faces difficulties, sometimes failures that seem insurmountable. But it's through open-mindedness that we learn to accept and move forward.

Think about sunlight, my children. That light never hesitates to shine into the darkest corners. It doesn't discriminate between places but is always ready to share its radiance. Open-mindedness in thinking is just like that light—it helps us illuminate the unknown, dispel fears, and create opportunities for self-discovery.

Open-mindedness isn't just a quality but a strength to overcome difficulties, face changes, and, above all, to grow. I believe that if you both live with open-mindedness, your lives will always be meaningful, and every challenge will become a valuable lesson.

Lac, as you enter adulthood, I know you're facing many crossroads, education, career direction, and concerns about the future. You might feel pressure from within yourself, from expectations around you, and sometimes wonder if you're good enough. In those moments, remember that open-mindedness is the key that helps you overcome all obstacles.

When you face difficulties, don't rush to avoid or reject them. See them as strict teachers who will teach you valuable lessons. Open-mindedness will help you accept that things don't always go as you wish. Sometimes, what seems like failure is actually a stepping stone to reach higher.

Moreover, being open-minded helps you learn to listen to others. At university, you'll meet friends with different thoughts and perspectives. Don't let these differences intimidate you. Instead, see them as opportunities to broaden your horizons, learn new things, and enrich your wisdom.

Always remember that growing up isn't about achieving perfection but about the continuous process of learning and improving. I always believe that with open-mindedness, you'll find the right path for yourself, no matter how difficult or challenging life circumstances may be.

And An, being fifteen, is a time of many changes, isn't it? Your body is growing, and your soul is beginning to explore new emotions. Sometimes you might feel lost and adrift amid pressures from friends, school, and even

your own expectations. In those times, open-mindedness will be your most important companion.

An, have you ever felt that you're not good enough or unable to please those around you? If so, you should open up to yourself first. Why? Because open-mindedness isn't just about listening to others, but also about listening to and accepting your own emotions. You don't need to become someone perfect—you just need to be yourself, with all your imperfections but full of potential.

For example, if you struggle with a test at school, don't be quick to blame yourself. Instead, see it as an opportunity to learn more about your weaknesses and how you can improve. Open-mindedness will help you not fear failure but see it as a natural part of the journey of learning and growing.

An, your friends might sometimes have different viewpoints or ways of living from you. Don't let these differences make you feel intimidated or inferior. Instead, learn to respect and listen. Open-mindedness will help you build meaningful relationships where you can learn and grow.

I want you to know that adolescence is a journey full of colors—sometimes gray, but also filled with light and joy. When you live with open-mindedness, you'll always find ways to turn difficulties into opportunities and build a promising future.

Lac and An, life will never be without challenges, but it's these challenges that help us grow stronger and more mature. Open-mindedness in thinking isn't just a

beautiful quality but a guiding light that helps you both get through the darkest days.

Remember, no one is perfect, and life is a journey of continuous learning. When you maintain open-mindedness in thinking, you'll always find new opportunities, valuable lessons, and, above all, find yourselves in this vast world.

Dear Lac and An,

On life's journey, mindset is like a guiding light, helping us explore the vast world around us. But most important of all is open-mindedness—the power to view problems from multiple perspectives, embrace new things, and transcend your own limitations.

My dear children, open-mindedness is like a flowing stream, always ready to receive and blend, unhindered by prejudices or fears. Open-mindedness helps you see opportunities in challenges, find lessons in failure, and connect more deeply with those around you.

I believe this strength will not only help you overcome difficulties but also open up new horizons, full of color and meaning. Let open-mindedness become your companion on your journey of growth, my children.

Lac, at twenty, you're facing major crossroads in life, academic pressure, career choices, and expectations from both yourself and others. Sometimes, you might feel lost or stuck. But remember, open-mindedness is the key to help you through these phases.

I hope you understand that being open-minded doesn't mean accepting everything easily, but rather daring to step outside familiar patterns, listening to opposing views, and not being afraid to try new things. When you face a difficult problem, instead of worrying, ask yourself, “Could I look at this issue from a different angle?”

For instance, when choosing between two career paths, try learning from those who've gone before you, or consider fields you've never thought about. Open-mindedness will help you see that each choice is an opportunity to learn, not a constraint.

Lac, don't fear failure, because failure is your greatest teacher. An open mind will help you learn to rise after falling, and understand that a person's worth isn't in their achievements, but in how they face challenges. Keep your heart and mind ready to receive, never stop learning and reaching further.

An, at fifteen, you're in a phase where everything around you is changing, from psychology to body, to relationships with friends. Sometimes you might feel out of place, or anxious about whether you're good enough. But I hope you remember that open-mindedness is the “fresh breeze” that will help you overcome these difficulties.

An, an open mind will help you face changes without fear. For example, if a friend says something you don't agree with, instead of reacting immediately, try asking, “Why do they think that way?” This not only helps you

understand them better but also broadens your own perspective.

An, sometimes you might feel pressured by expectations from those around you. Instead of letting these expectations wear you down, use open-mindedness to find joy in discovering yourself. If you like a new subject or hobby, don't hesitate to try it, even if it seems “unusual” compared to what you're familiar with.

An, remember that open-mindedness not only helps you fit in but also helps you shine. When you learn to listen, accept, and love yourself, you'll realize that change isn't scary, but a natural part of life. An, keep an open soul and a strong heart.

Lac and An, open-mindedness isn't just a skill, but a strength that will help you overcome all challenges and difficulties in life. When you learn to listen, understand, and accept, you'll see that this world isn't just vast, but full of wonders waiting for you to discover.

I believe that with an open mind, you'll find joy in even the smallest things, learn from difficulties, and build a meaningful life. Always remember that I am here, always loving and supporting you on every journey.

Dear Lac and An,

In the previous section, I discussed about the value and power of open-mindedness. Today, I want to share with you something even more important, how to turn open-minded thinking into a habit, a natural part of your daily lives.

Maintaining an open mind isn't always easy, especially when facing challenges or opposing viewpoints. But if you know how to practice it, openness will gradually become a strong mental “muscle,” helping you overcome your own limitations and better harmonize with those around you.

I have prepared five practical methods for each of you, tailored to your life stages and circumstances. I believe that if you practice these regularly, open-mindedness will become not just a concept, but a guiding light in every journey of your lives.

Lac, at twenty years old, you're building the foundation for your future, and this is the perfect time to develop habits of open-minded thinking. Here are five practical methods I want you to practice in your daily life:

1. Listen Without Judgment

Lac, when talking with friends, colleagues, or anyone, focus on listening rather than rushing to respond. For example, if someone shares a viewpoint you disagree with, instead of immediately objecting, ask them, “Why do you think that way?” This question helps you understand the other person better and broadens your own perspective.

2. Journal about New Daily Learnings

Lac, keep a small notebook, and each night before bed, write down three new things you learned that day. For instance, an interesting story from a colleague, or a lesson from a failure. This not only helps you become more

conscious of learning but also encourages you to seek out new experiences in every situation.

3. Try something New Each Week

Lac, every week, do something you've never done before, like trying a new food, joining a skills class, or talking to someone you barely know. For example, if you're usually shy about talking to strangers, start by asking how your cafe server's day is going.

4. Practice Asking “What If...”

Lac, when facing a problem or idea, ask yourself, “What would happen if I tried a different approach?” For example, if you find your work becoming repetitive, consider proposing a new method or learning a new skill to make it more interesting.

5. Connect With Different People

Lac, spend time talking to or getting to know people with different backgrounds, professions, or viewpoints from yours. This helps you see the world through multiple lenses and learn from diverse stories.

As for you, An, fifteen is the perfect age to start forming good habits, and open-mindedness is one of the most important ones. I've selected five simple but effective methods you can practice daily:

1. Practice Saying “Yes” to New Things

An, try accepting invitations or new opportunities that you would usually decline. For example, if friends invite you to join a club you don't know much about, try

attending one session to see how it goes. Sometimes, unexpected things bring the greatest joy.

2. Write a Daily Reflection Journal

An, each evening, write down something different or interesting you noticed during the day. For example, “Today I learned how a classmate solved a problem.” This writing practice will help you realize there's so much to learn from those around you.

3. Set Small Challenges to Test Yourself

An, set small weekly challenges for yourself, such as reading an article about a topic you've never explored, or talking to a new classmate, etc. For example, if you've never been interested in science, try reading an article about planets or astronomy.

4. Practice Gratitude for the Unexpected

An, when someone says or does something you don't immediately understand, think, “What positive things can I learn from this person?” For instance, if a friend expresses an unusual opinion, instead of feeling uncomfortable, try to find the positive aspects in their thinking.

5. Play the “Observe and Learn” Game

An, when you're in crowded places like parks or school, try observing how people behave and interact. Then ask yourself, “What would I think and do in their situation?” This question helps develop your empathy and flexible thinking.

Lac and An, these practical methods I'm sharing with you will not only help build habits of open-minded thinking but also enrich your lives.

I know that practice isn't always easy, but if you persevere, you'll notice significant changes in how you view the world and face challenges.

Remember that open-mindedness in thinking isn't just a skill but a key that helps you create meaningful connections, discover yourself, and find joy in the simplest things. I always believe in, and am proud of you both.

With all my love,

Dad.

THE VALUE AND POWER OF DEDICATION

Dear Lac and An,

There is a value that I have always believed in and want to share with you both, and that is “dedication.” Dedication is not a difficult or lofty concept, but rather an essential part of everyone's life. Dedication is simply wholehearted commitment and devotion that you give to everything you do.

When you do something, if you are truly dedicated, you don't just do it out of obligation, but out of love, passion, and self-respect. This creates a profound difference between work done perfunctorily and work done with heart and soul.

My dear children, dedication is like a clear stream of water, gently flowing through rocky crevices. No matter how many obstacles it faces, that stream keeps flowing, even when large boulders block its path. Similarly with dedication, no matter what difficulties or failures you encounter, dedication will help you keep moving forward, never stepping back.

The truth has shown that whether as a child or into adulthood, we will always need dedication to accomplish everything—from studying to working, from relationships to future plans. Dedication is not just a quality but an inner strength that enables us to overcome endless hardships.

Lac, I know you're entering an important phase of your life. At twenty, you face many challenges, difficult university courses, pressure about career direction, and sometimes self-doubt. These days, you might feel tired, uncertain about your future. But remember, you're not alone on this journey. Whenever you face difficulties, look back at what you've accomplished with dedication. Whatever the results, those dedicated efforts always bring intangible value.

Lac, dedication doesn't mean you have to be perfect from the start. Dedication isn't about always winning or never failing. In fact, failures are part of the growth journey. A dedicated person is one who doesn't give up when facing difficulties.

Remember that each failure is a learning opportunity and experience. You may not be able to control everything, but you can control how you face these failures. If you face challenges with complete dedication and learn from your experiences, you will grow quickly. This is how dedication guides you through difficulties.

I know sometimes you feel tired with schoolwork and unrealized plans. But think about how each day you put in your best effort, whether it's an essay or a small project, all of it is building the person you will become. Dedication in learning not only helps you gain knowledge but also helps you understand yourself better and what you're truly passionate about. Sometimes you might not see immediate results, but dedication will lead you to successes you cannot imagine.

As for you, An, you're also in a special phase, adolescence with all its psychological and emotional changes. You might feel you're not profound enough, or sometimes face competitive pressure from friends, or expectations from those around you.

These are very normal things that everyone goes through during high school. But remember, dedication will help you overcome everything. When you're truly dedicated to yourself, you'll understand your own worth, not through others' words, but through your actions and what you do each day.

Being dedicated to yourself means loving yourself and always doing what's best for you. That means taking care of your health, learning new things, developing skills, and especially keeping your spirit pure.

When you do things with dedication, you'll feel joy and peace coming from within. You'll no longer worry about what others think of you, but focus on how to grow each day, to become someone you're truly proud of.

An, sometimes you'll find yourself in situations where you feel you can't overcome. Those negative emotions might occupy your mind. But remember, dedication will help you realize that these difficulties are just part of your growth journey. Work with all your heart, love and respect yourself. This way, you'll build a stable life where you not only feel confident but also love life more than ever.

Lac and An, life will never be short of challenges and difficulties, but believe that dedication will help you

overcome everything. Whether in studies, work, or relationships, dedication will be the guiding light, helping you see your path more clearly ahead. No matter how difficult life gets, always believe in yourselves and never give up. Remember, dedication is the key that opens the door to great opportunities for you both.

Dear Lac and An,

There is a very special power that I want to share with you both, and that is “dedication.” When you are truly dedicated to what you do, it's not just mere effort, but an invisible inner strength that helps you overcome all obstacles, overcome fatigue, and sometimes even moments of weakness.

My dear children, dedication is like a potential energy source, ready to explode and guide you to distant destinations you never thought possible. Dedication isn't something immediately visible, but it is the catalyst that creates all success, joy, and happiness in life. Dedication is what helps you stay persistent, enduring, and continue pursuing what you believe in, regardless of how many difficulties and challenges arise.

Lac, you are at the age of maturity, where life's important decisions are gradually taking shape. I know that with academic pressures, concerns about career direction, and sometimes self-doubt, you might feel very tired and want to give up midway. But remember that dedication will be what helps you overcome everything. Whatever you do, do it with all your heart, with diligence and an unwavering spirit. Difficult days won't last forever, and

dedication will help you see the light at the end of the tunnel.

Lac, you may face great challenges, failures that sometimes feel insurmountable. But in those moments, remember that dedication will give you the strength to stand up and continue.

Dedication doesn't mean always winning or never failing. Sometimes, dedication is simply persistence, continuing forward even when the road is rough, even when results aren't always what you hoped for. Each time you fail, you'll learn something valuable. This helps you grow and become stronger.

Lac, when you put your whole heart into something, whether it's a difficult essay or an important project, your dedication will create tremendous value. Don't think those efforts are worthless if you don't see immediate results. Dedication will help you see the road ahead clearly, no matter how difficult it may be. And day by day, step by step, you'll see yourself grow more mature, more confident, and finally, you'll achieve the goals you're aiming for.

As for you, An, you're going through a turbulent phase of life, adolescence with its psychological and physical changes. I understand that during these years, you face many challenges, from changes within yourself to peer pressure, from surrounding expectations to your own self-expectations. Those emotions can sometimes be chaotic, making you feel like you're falling behind, not strong enough. But remember that dedication is the key

to helping you overcome these unnamed emotions.

An, dedication will help you see things from different perspectives and help you focus on what matters most, instead of worrying about things you can't control. When you face a difficult problem or a stressful situation, dedication will make you more patient, seeking optimal solutions instead of giving up.

Each time you face a challenge, if you do everything with complete dedication, you will find your own way to overcome these difficulties. Even when life makes you feel less confident, dedication will help you realize that each of your steps has meaning, and each of your failures is an opportunity to learn and grow.

An, you might feel that you're not strong enough when facing challenges. But dedication itself will help you realize that nothing is too difficult if you always work with wholehearted commitment and persistence. Whether in studies or in relationships with friends, dedication will create lasting values that no one can take away.

Lac and An, no matter how difficult the road ahead may be, dedication will always be the strength helping you overcome thorny challenges. Remember that nothing is worthless when you have worked with all your diligence and dedication. Though life may have many challenges and obstacles, if you maintain faith in yourselves, dedication will help you achieve everything you desire.

Dear Lac and An,

Life isn't just about going through the motions—it's about putting your heart into everything you do. I want to share with you some ways to make dedication a natural part of who you are.

These lessons will help you bring that special care to everything—your studies, your friendships, and all that you do. Remember, it's not about rushing to finish things, but about doing them with all your heart. I hope these practical tips will help make dedication second nature to you both.

1. The Beauty of Small Things

Lac, start by bringing mindfulness to the little things you do each day. When you're studying, don't just skim through—really dive in. Take that math problem, for instance. Instead of racing to the answer, take your time with each step. Ask questions, understand the concepts, double-check your work. When you study with dedication, you'll find yourself understanding things more deeply, remembering them longer.

2. Turning Setbacks into Stepping Stones

Lac, everyone faces setbacks—they're just part of growing up. But instead of letting them get you down, see them as chances to learn and grow stronger. When a test or project doesn't go as planned, take a moment to reflect. Look at what happened, learn from it, and use that knowledge to do better next time. True dedication shows in how you bounce back from difficulties.

3. Growing as a Person

Lac, dedicate time to becoming your best self—not just in school, but in all areas of life. Want to be better at talking with others? Practice having meaningful conversations. Learn to listen well and share your thoughts clearly. This kind of dedication helps you grow into a confident, well-rounded person.

4. Setting Your Sights High

Lac, pick something you really want to achieve—maybe it's acing a subject or mastering a new skill. Then go after it with everything you've got. For example, if you're aiming for top grades, make a solid study plan. Put in consistent effort every day. When things get tough, remember—it's your dedication that will carry you through to the finish line.

5. Lending a Helping Hand

Lac, dedication isn't just about personal achievement—it's about how we treat others too. Show dedication by helping friends and family without expecting anything back. When you see a classmate struggling with homework, take time to help them understand. When you help others with a genuine heart, you'll discover what dedication truly means.

1. The Patient Path to Learning

An, your journey with dedication can start with how you approach your studies. When you're learning something new, resist the urge to rush. Take time to really understand each lesson, focus completely on your homework, catch every detail. This kind of dedication

will not only improve your grades but build study habits that'll serve you well your whole life.

2. Keeping Your Eyes on the Prize

An, I know there's a lot competing for your attention these days—friends, games, everything else. But dedication helps you stay focused on what really matters.

When you're preparing for a test, try to minimize distractions and give your studies your full attention. You'll find that dedicated work builds confidence and makes challenges easier to overcome.

3. Building Strong Bonds

An, one of the most important places to show dedication is in your relationships. When you hit rough patches with friends or family—and everyone does—don't give up. Stay patient, really listen, and share honestly how you feel. This kind of dedication builds friendships that last and family bonds that grow stronger.

4. Taking Care of Yourself

An, dedication starts with taking good care of yourself. Build healthy habits—eat well, stay active, get enough rest. When you're dedicated to your own wellbeing, you're better prepared to face life's challenges with strength and confidence.

5. The Joy of Giving

An, one of the most beautiful ways to show dedication is by helping others without expecting anything in return. Start small—maybe help a friend with their homework or

pitch in with chores at home. When you give with dedication, you'll find joy not just in helping others but in becoming a more caring person.

Lac and An, life will always have its challenges, but practicing dedication daily will help you overcome whatever comes your way. The habits you build today are laying the foundation for your tomorrow.

Remember, dedication is your key to unlocking life's opportunities and successes.

All my love,

Dad.

THE VALUE AND POWER OF CLEAR PURPOSE

Dear Lac and An,

I want to share with you an incredibly important value that will help you greatly in life, the value of having a clear purpose.

I'm not talking about academic goals or career objectives you might pursue later. Rather, I want to talk about life purpose—that which will help you stay steady on your path, no matter how rough or challenging the road ahead may be.

My beloved children, imagine life as a flowing river. Without a clear purpose, you'll be like a boat drifting with the current, directionless, not knowing your destination or why you're even moving.

But with a clear purpose, that purpose becomes your guiding post, the oar that helps you steer your boat in the right direction. At times, the river might sweep away fragile boats, but if you possess inner strength, your vessel will navigate through the rapids and find peaceful shores.

Purpose isn't merely a goal or dream, but an inner force, an anchor keeping you steady against life's storms. When exhaustion or discouragement sets in, this clear purpose will be the beacon lighting your path, helping you rediscover your faith and strength to persevere.

Lac, at your age, you're undoubtedly facing numerous challenges. Academic pressure, future uncertainties, or sometimes self-doubt. I understand you might feel lost about your direction, your future path, or even question whether you're capable of achieving your aspirations. But remember, a clear purpose will help you overcome all these feelings.

Lac, you'll encounter failures and stumbles. But remember, failure isn't the endpoint—it's merely part of growing up. A clear purpose will help you rise after each fall. View these challenges as opportunities for learning and growth. With a clear purpose, no matter the difficulty, you'll know your path, continue forward, and never surrender.

Remember that hardship is a natural part of growing up. No one matures without facing difficulties and challenges. Your life purpose will be the guiding light, leading you even through the darkest moments.

And An, you're entering a special life phase—adolescence, with both psychological and physical transformations. At your age, confusion, self-doubt, and identity uncertainty are common. You might feel pressure from peers, from others' expectations, and especially from within. You might feel inadequate—not pretty enough, not beautiful enough, not smart enough. This is perfectly natural. But I want you to know that a clear life purpose will help you overcome all these unsettling emotions.

You'll realize these feelings are temporary. With a clear life purpose, you'll know your direction, and there you'll

find confidence and strength. Always believe that true maturity comes from understanding your desires and persistently pursuing your purpose.

When facing life's challenges, don't view them as insurmountable obstacles. They're simply part of your growth journey. A clear purpose helps you not only overcome difficulties but also see them as natural life elements, not as frightening or unconquerable barriers.

Lac and An, I hope you'll always remember that no matter life's difficulties, a clear life purpose will be your compass, helping you find your unique path. You're never alone on this journey, as your purpose will always be there, helping you stand strong through every challenge.

Dear Lac and An,

Today, I want to share with you something that I consider immensely important in life, the power of having a clear purpose.

When you have a clear purpose, it's not just a reason to wake up each day, but an inner strength that helps you overcome all difficulties and challenges in life.

That clear purpose is like a bright lamp in the darkness, helping you find your way even when everything around is obscure. That clear purpose not only helps you persevere in difficult times but also serves as a sturdy foundation to maintain faith in yourself, regardless of what challenges may come.

Today, I want to share with you guys about the strength that a clear purpose can provide to help you guys grow and overcome every wave in life.

Lac, at your age, I know you're facing many choices and challenges. Your studies, expectations from yourself and those around you can sometimes make you feel tired and confused. In such moments, a clear purpose will be a great source of strength, helping you not only maintain your determination but also overcome challenges that seem impossible to surmount.

Lac, do you remember, in the most difficult moments, when everything feels like it's crumbling, your life's purpose will be what helps you stand up. That purpose isn't something far-fetched, but rather what you love and are passionate about. For example, if you want to become an architect, that clear purpose will help you get through long nights of studying, overcome difficult exams, and help you continue striving each day. Life's purpose will be the motivation that helps you persevere and not give up, even though the path ahead may be filled with hardships.

I know that you may encounter failures, but that's a natural part of life. Failure isn't the end, but an opportunity for you to learn and grow. Remember, one can never become the best version of themselves if they don't have a clear purpose, so that whenever they stumble, they can rise and move forward.

As for you, An, you're in a developmental stage, full of physical and psychological changes. Adolescence is a

time when you'll feel many pressures from your surroundings, from friends, family, and from within yourself. Sometimes, you might feel lost, not knowing what you want or which path is yours. In such times, a life purpose will help you overcome these feelings of uncertainty.

An, a clear purpose not only helps you find direction in life but also helps you build confidence. For instance, if your purpose is to become a talented artist, you won't be swayed by what others say, but instead, you'll focus on what you love and are passionate about.

When you have a clear purpose, you'll have the motivation to learn, practice, and not fear facing failure. You'll know that nothing is easy, but if you have a clear purpose, everything will become easier.

I hope that you will never lose your purpose during difficult times. Life will sometimes present unexpected challenges, but with a clear purpose, you'll find ways to overcome them, learn from these challenges, and continue to grow.

Lac and An, my beloved children, I want to remind you both that a clear purpose not only helps you find your way in life but is also the strength to persevere in difficult times. Although life may sometimes lead you down difficult paths, if you maintain your life's purpose, the road will always open up ahead. Don't fear challenges, don't fear stumbling, for these are precious lessons that will help you grow stronger.

Dear Lac and An,

I want to continue sharing with you both about practical methods in daily life that you can apply to make “clear purpose” become a living habit.

These methods will not only help you maintain your purpose but also help you build patience, self-confidence, and the ability to overcome difficulties. Every action you take, no matter how small, contributes to forming and strengthening your purpose, and these methods will help you do that naturally.

Below are practical methods that you can apply in your daily life. I will divide this practice into two parts, one for Lac, and the remaining for An. I hope that you will apply them persistently so that each passing day is a step closer to your clear purpose.

1. Set Daily Goals

Lac, each morning when you wake up, before starting a new day, take a few minutes to clearly define your goals for the day. It can be a big or small goal, but most importantly, it must be clear. For instance, if you have a test today, the goal could be, “Memorize today's lesson” or “Review previous exercises”. When you set goals, you'll feel confident because you know you have a clear direction for today.

2. Create Weekly Planning Habits

Lac, each week, you should set aside specific time at the weekend to plan for the coming week. Write down the major goals you want to achieve during the week, such

as “Complete the research project”, “Read at least one book in your field”, or “Exercise 3 times this week”. When doing this, you won't feel overwhelmed when facing tasks because you know exactly what you need to do.

3. Focus on Small Steps

Lac, big goals aren't always easily achieved immediately. Therefore, break down your goals into smaller steps. For example, if you want to complete a research project, instead of thinking about the entire project, you can break it down into steps like “Find reference materials”, “Create an outline”, “Write the first section”, etc. Each completed small step will help you feel closer to your final goal.

4. Set Time for Each Task

Lac, when doing any task, set a specific time frame to complete it. For example, “Today I will spend 30 minutes writing the report” or “In 1 hour, I will complete the math homework”. Setting time limits will help you stay focused and create motivation for you to work more effectively.

5. Repeat Morning Habits

Lac, each morning, start your new day with small habits that help reinforce your clear purpose. It could be journaling, reading an inspiring passage or article, or meditating for a few minutes to focus your mind. These simple actions help you reconnect with your goals and prepare mentally for a new day.

6. Review Daily Goals

Lac, at the end of each day, take a few minutes to review what you've accomplished. This helps you see the progress you've made and identify areas where you need improvement. If you haven't achieved a goal today, don't worry. Try again tomorrow with stronger determination.

7. Build a Supportive Environment

Lac, around you are friends, professors, and family who will be important sources of encouragement and support. Talk to them about your goals and ask for their opinions or help if needed. Sometimes, just a word of encouragement or a new idea can help you stay on the right track.

1. Set Short-term and Long-term Goals

As for you An, to create a habit of clear purpose, start by setting short-term and long-term goals. A short-term goal could be “Complete homework on time” or “Focus more during classes”. Long-term goals could be “Become an excellent student” or “Have a career you love”. Breaking down goals will help you feel easier and less pressured.

2. Focus on One Task at a Time

An, instead of trying to do everything at once, focus on one task at a time. For example, when doing homework, turn off your phone and focus only on that assignment. This will help you avoid distractions and work more effectively.

3. Make Consistent Decisions

An, in difficult situations, learn to make decisions and stick to them. For example, if friends invite you to go out but you have a test, commit to studying instead of going out. This consistency will help you achieve your long-term goals.

4. Learn to Face Failure

You won't always succeed, but what's important is what you learn from failure. If you don't achieve good results in a test, don't be sad. View it as an opportunity to learn and do better next time.

5. Improve Self-confidence

An, clear goals will help you build self-confidence. One way to do this is whenever you complete a goal, even a small one, reward yourself with something you like, such as watching a movie or eating your favorite food. This will help you feel happy and proud of what you've achieved.

6. Seek Encouragement from Family

An, don't hesitate to share your goals with your family or close friends. They can help you and provide valuable advice. With support, you'll feel more confident in achieving your goals.

7. Learn to Adjust Goals When Necessary

An, sometimes your goals might no longer be suitable or too difficult to achieve. In such cases, don't hesitate to adjust your goals to match your current circumstances and abilities. This will help you maintain motivation and not give up halfway.

Lac and An, I hope that you will apply these methods in your daily life to build habits around clear purpose. Each day is an opportunity for you both to develop, learn, and get closer to your goals.

Don't forget that every action, no matter how small, contributes to your growth.

With all my love,

Dad.

THE VALUE AND STRENGTH OF LONELINESS

Dear Lac and An,

Today, I want to share with you something that you may not think about often, but is very important in life, “loneliness.”

Certainly, in your journey of growing up, you will experience this feeling from time to time. But I don't want you to see it as something negative. In fact, loneliness has great value that we often don't recognize, especially as we mature. Loneliness isn't something to fear, but rather a priceless gift that life gives us.

Imagine yourselves as bamboo trees standing in strong wind. In those moments when the bamboo stands silently, separated from other trees around it, it not only breathes but also feels its own stability. The bamboo doesn't fear loneliness because it knows that in that quietness, it will grow and become stronger. Loneliness is just like that. Sometimes, it brings us valuable lessons about ourselves, about the world around us, and about the relationships we truly need to cherish.

The value of loneliness isn't that it makes us feel lacking or lonely, but that it's an opportunity to look inward, to face ourselves and build inner strength. When we can accept our loneliness, we will also learn how to live with it and overcome all of life's challenges.

Lac, you're at an age where life may present you with many challenges. Studies, career direction, and even questions about yourself are all very real things you're facing. You might sometimes find it difficult to balance everything, and there may be times when you feel lonely, unable to share everything that's happening inside you.

But Lac, loneliness isn't always a bad thing. Sometimes, it helps you see yourself more clearly. From there, you can find your path forward, even when no one is walking beside you. Remember, in your loneliest moments, that's your opportunity to face yourself and discover your inner resources, which you might not have recognized before. This loneliness will help you become stronger, more resilient, and more confident in your decisions.

You don't need to fear facing loneliness, because it's a trustworthy companion in your journey of growth. Loneliness isn't something strange or frightening, but rather a part of the process of learning, developing, and perfecting yourself. Sometimes you might feel like you've failed, but failure itself is a stepping stone to understanding yourself better and what you truly want. And that's how you grow.

Lac, remember, a truly mature person isn't someone who never feels lonely, but someone who can accept loneliness, see its value in it, and knows how to rise after each failure.

As for you, An, adolescence is a very special phase in everyone's life. You'll experience major changes in your psychology and emotions, and there will be times when you feel different, out of place among friends and those

around you. At such times, you'll feel lonely, like no one can understand you. But I hope you understand that feeling lonely during adolescence is a natural part of growing up.

An, in your loneliest moments, that's when you're learning to understand yourself. At times like these, you don't need to rush to seek comfort from others, but rather ask yourself, “Who am I?”, “What do I want?”, “What do I need?” These questions will help you find your direction in life, help you understand yourself better, and what truly matters to you. Loneliness, in this case, is an opportunity to pause and think, helping you find faith in yourself and become stronger.

I know that adolescence isn't always easy, and feelings of loneliness can make you feel sad. But remember, this is the time for you to build self-respect and confidence. Use loneliness to grow, to reflect on your personal values, and to explore the world around you. Don't be afraid when facing loneliness, because it's in loneliness that you'll find your inner strength.

Lac and An, I hope that you will always appreciate and understand the value of loneliness. Whether you're Lac, in young adulthood, or An, in adolescence, loneliness brings you valuable lessons about yourselves.

Don't be afraid when facing loneliness, but rather see it as an opportunity to look deep within yourselves, to grow and become stronger.

Dear Lac and An,

I want to share with you an important topic that you will likely encounter many times in life, “loneliness.” But I don't want you to think of it as something negative or something to avoid. In fact, loneliness carries within it a special strength, an opportunity for you both to connect with yourselves, and more importantly, loneliness helps you grow.

Imagine, children, that loneliness is like a small lamp in the darkness. When everything around becomes unclear, and we have no one beside us, that very lamp will help us find our way forward. Loneliness isn't just a temporary state of feeling lost, but an inner strength that life gives us, to help us find peace within our own souls. Today, I hope you understand that the power of this loneliness isn't something to fear, but an important part of your journey to maturity.

Lac, you're at a challenging age. As a third-year university student, you may be facing many anxieties about your studies, future career, and often, you might feel lonely amid the important decisions you have to make. The loneliness at this time might be an uncomfortable feeling, when you feel a lack of understanding from friends or family, but this is actually a great opportunity to explore and master yourself.

Loneliness will help you learn to be confident in yourself, even when no one is around. Don't be afraid when facing loneliness, because that's when you'll discover strength you never knew you had. Loneliness during difficult

times won't weaken you, but will help you become more resilient. That's when you learn to face yourself, accept failures, and understand that what you do won't always have support from others.

Lac, loneliness also teaches you how to seek creativity and discover new aspects of life. When there's no one to disturb you and no noise around, you'll find new passions, discover ideas that you might not have thought of before. This will help you develop independence, not being dependent on others' opinions. And when you can master yourself in loneliness, you'll realize that your strength is limitless.

As for you, An, at fifteen, emotional instability is inevitable. The changes in your physical and mental state, friendships, and family expectations can all make you feel isolated and misunderstood. Sometimes you might feel lost among everything around you, and at these times, loneliness will be a valuable companion.

When you feel lonely, that's when you learn to find yourself, learn to love yourself before expecting love from others. Loneliness doesn't mean you lack emotional connection, but rather it's a necessary space for you to find confidence and the ability to stand firm in life. When you feel lost, use loneliness as an opportunity to better understand yourself, about what you truly want and need in life.

Loneliness will also help you reassess the relationships around you. You'll understand who is truly important in your life, and who is just passing through. This is the

power that loneliness brings, helping you distinguish what is truly valuable and what is temporary.

Lac and An, I hope that you will recognize the power of loneliness in your lives. Whenever you feel lonely, see it as an opportunity to explore and develop yourselves. When you know how to accept and learn from loneliness, you will become stronger, more confident, and most importantly, you will know how to love and care for yourselves. Life will always have challenges, but when you can stand firm in times of loneliness, you will have the strength to overcome any difficulties and challenges.

Dear Lac and An,

I want to share with you some practical methods for daily life that will help you apply the value of loneliness that I have shared. These methods will not only help you overcome feelings of loneliness but also help you build good habits for personal development throughout your life. Loneliness, when approached properly, can become a source of inner strength that helps you develop patience, independence, and self-reflection.

For each of you, I will share specific methods that you can apply in ways appropriate to each stage of your life. These habits will not only help you become more emotionally stable but also help you sense and find strength in your own loneliness.

1. Embracing and Befriending Loneliness

Lac, when feelings of loneliness come, don't rush to avoid them. Try sitting quietly, feeling each breath, and

letting yourself experience the silence in the space around you. You can write in a journal or record your emotions. The feeling of loneliness isn't an enemy, but a companion helping you understand yourself better. For example, you can try spending fifteen minutes each day sitting quietly, listening to your emotions, without needing to do anything—simply breathing and feeling.

2. Creating Time for Yourself

Lac, life always has concerns surrounding us, but making time for yourself is very important. Whether it's studying, work, or relationships, you need time to do things you enjoy alone. This not only helps reduce feelings of loneliness but also helps you connect more deeply with yourself. For example, you can spend a weekend afternoon taking a walk in the park, reading, or enjoying a movie you like.

3. Developing Personal Passions

Lac, one way to transform loneliness into strength is developing personal interests. When you have a personal passion, you won't feel empty, because that passion will occupy your mind and help you focus on positive things. Whether it's drawing, writing, or learning an instrument, find activities that make you feel fulfilled. For example, you can try spending 30 minutes each day drawing or learning guitar. Each small step will bring you satisfaction and joy.

4. Practicing Gratitude

Lac, one method to soothe feelings of loneliness is practicing gratitude. When you begin focusing on the

good things in life, from relationships to small successes or peaceful moments, you'll find loneliness becomes more comfortable. For example, each day, you can write down three things you feel grateful for. This will help you feel content with your current life and recognize the good things around you.

5. Meditation and Inner Peace

Lac, meditation is an excellent method to harmonize with loneliness, as it helps you sense your own presence without being distracted by surrounding factors. Meditation helps you learn to accept and understand your emotions, thereby improving self-control and patience. For example, you can try meditating for fifteen minutes each morning, finding a quiet space and focusing on your breath to calm your mind.

6. Connecting with Nature

Lac, loneliness isn't just an internal feeling, but can be an opportunity to connect with nature. Time alone in nature can help you find peace and better understand the stillness in your soul. For example, you can try walking in the park each morning to immerse yourself in nature, sense the life around you, and let your mind relax.

7. Exploring and Challenging Yourself

Lac, finally, loneliness can become motivation helping you explore and challenge yourself. Create small daily goals and persistently achieve them, whether learning something new or trying an activity you've never done before. These challenges will help you feel proud of yourself, and through that, help you no longer feel lonely.

For example, you can try joining a new class, like cooking or trying a new sport. These things not only help you develop life experience but also help you feel more confident in your own abilities.

1. Practicing Recognition of Loneliness

As for you, An, when you feel lonely, don't rush to judge loneliness as something negative. Take some time to ask yourself, “where does this feeling come from?” Asking this will help you understand yourself better and learn to befriend loneliness, rather than avoid it. For example, when you feel lonely, you can sit down, breathe deeply and ask yourself, “Where does this feeling of loneliness come from?”, “Is it due to lacking connection with someone?”

2. Creating Habits of Self-Reliance

An, one way to build independence is doing small tasks alone. You can try things like cleaning your room, taking care of yourself, or preparing your own meals. This not only helps you feel more confident but also helps you overcome feelings of loneliness. For example, you can try making breakfast for yourself once, even if it's just a simple piece of toast. This will help you feel proud and stronger.

3. Finding Joy in Personal Interests

An, when you find joy in personal interests, feelings of loneliness will no longer make you feel empty. Try to find an activity you truly enjoy, and do it when no one is around. For example, you can try writing in a journal

daily, sharing your thoughts and feelings. This helps you understand and love yourself more.

4. Connecting With Friends and Family

An, even though you sometimes feel lonely, maintaining relationships will help you feel loved and supported. You should make a habit of regularly staying in touch with friends and family so you don't feel isolated. For example, you can call friends or message relatives after school to share stories from your day, helping you feel more connected with others.

5. Taking Care of Mental Health

An, loneliness can be a sign that you need to pay attention to your mental health. You can try practicing meditation or yoga to reduce stress and feelings of emptiness. For example, you can spend 10 minutes each day meditating or doing deep breathing exercises to help relax.

6. Living with Gratitude

An, practicing gratitude will help you redirect your thoughts away from feelings of loneliness and focus on positive things in life. For example, each day, you can write down three things you feel grateful for in your journal, helping you see the goodness in life.

7. Accepting and Learning from Loneliness

Finally, An, learn to accept loneliness as a natural part of life. You can try learning from your experiences alone, and through this, you will grow and become stronger. For example, when you feel lonely, you can try learning a

new skill, like drawing or playing music, to feel that you're always progressing and not being left behind.

Lac and An, the feeling of loneliness isn't a challenge to overcome, but rather a great opportunity for you both to find lasting peace and happiness in life.

When there are no longer external factors distracting you, you'll have time and space to return to yourselves, to feel more deeply about yourselves, and to learn valuable lessons from the emotions you're experiencing. Loneliness is an invitation for you to live deeply and independently, not being swept away by society's noise or influenced by those around you.

It is in moments of loneliness that you'll have the opportunity to develop wisdom, the ability to understand the nature of all things and phenomena, and you may realize that everything in life is impermanent, not lasting. The feeling of loneliness helps you recognize the temporary nature of everything, thereby creating a solid foundation for you when facing changes in life.

Moreover, loneliness is an opportunity for you both to find the root causes of the problems you're facing. When there's no noise or distraction from the outside world, you'll be able to see more clearly your own thoughts, emotions, and actions. This is the first step in solving deep-seated problems in your soul, issues that you may have never acknowledged or had the courage to face for a long time.

Therefore, instead of fearing or trying to avoid feelings of loneliness, learn to accept loneliness as part of your

journey of growth. In loneliness, you will learn to love yourself, appreciate what you have, and from there, you will feel happy and peaceful in your own life.

Let loneliness become a teacher, a companion helping you develop inner strength and find peace in your soul.

I hope that you always know how to make use of each moment alone to deeply understand yourselves and the world around you, so that from there, you can step by step move toward a life full of meaning, peace, and lasting happiness.

With all my love,

Dad.

THE TRANSFORMATIVE POWER FROM LONELINESS TO CONNECTION

Dear Lac and An,

Life flows with constant changes, and in each step you take, I know that you will face many challenges. There may be times when you feel tired, sometimes lonely, and feel like you're alone in this vast world. In those moments, I want you to understand that “loneliness” is not something evil or frightening. On the contrary, loneliness can be a wonderful opportunity for you both to connect more deeply with yourselves and to learn how to love and empathize with those around you.

I want to share with you a crucial topic in life, “The transformative power from loneliness to connection.”

Of course, this is not just a theory or concept, but a profound truth that I have experienced over many months and years. Let me tell you a small story about a bamboo tree. The bamboo may break during a strong storm, but its new shoots grow back stronger after each big wind. That is the power of loneliness and connection. Life's challenges, like the winds, may hurt you initially, but these very challenges help you grow and develop stronger.

My dear children, the transformative power from loneliness to connection is not just a quality, but an inner strength, an ability that helps you overcome difficulties

and grow stronger in all circumstances. One could say that loneliness is a part of life, but if you know how to utilize loneliness, you will never feel truly alone. I believe that with this transformative power, it will help you realize that in loneliness, you can always find deep connections with yourselves and with those around you.

Lac, you are at a very important age in your journey of growth. At twenty, entering your third year of university, you will face significant challenges. You might feel pressure from your studies or sometimes doubt about your career path. The world around you is vast and full of challenges, and sometimes feelings of loneliness will emerge when you face these difficulties.

I hope you understand that these feelings are completely normal. Loneliness is not wrong. Loneliness is just part of the growing process. Sometimes, you need to feel lonely to listen to your inner voice, to better understand what you truly want, and to find your own path. When you face doubt, feelings of inadequacy, or anxiety about the future, remember that loneliness itself can help you connect with yourself and help you become clear about what you need to do.

Lac, in the process of growing up, you will also face failure, which is inevitable. But I hope you understand that failure is not the end. Each failure is a valuable lesson, and if you know how to transform failure, you will find yourself stronger and more mature. Just like the bamboo that breaks and grows again, you too will rise after each fall, and each time will make you more stable in your journey.

Lac, remember that connection doesn't always come from external relationships. Sometimes, the deepest connection is with yourself, when you learn to accept yourself and find your true value. Loneliness is an opportunity to recognize yourself and learn from within. When you can connect with yourself, you will also easily connect with others around you.

As for you, An, when you're going through puberty, the physical and psychological changes can make you feel out of place. You may have negative emotions or feel pressure from friends and those around you. These are very common feelings during this phase. But I hope you remember that this very loneliness can help you overcome all those negative emotions.

I know you're going through emotional instability, sometimes moments of confusion about yourself and the world around you. But remember that nobody in this world is perfect, and it's in those moments when you feel lonely that you'll learn to understand and love yourself. When you face challenges, don't hesitate to seek connection from within. This connection will help you build confidence, accept changes, and overcome the difficulties that puberty brings.

An, remember that feeling lonely is not something bad. Sometimes, it's when you need to pause for a moment, reflect on yourself, and feel what's happening around you. When you learn to love and accept yourself, you will feel much stronger and more confident. And when you know how to love yourself, you will also have the ability to love others around you.

Lac and An, I hope you understand that loneliness is not your enemy that you need to destroy or run away from. Loneliness is a part of life, and if you know how to transform loneliness, it will become strength, helping you connect more deeply with yourselves and with those around you.

Loneliness will help you recognize your self-worth, learn from failure, and find the right direction in life now and in the future. Never be afraid when you feel lonely, because that's when you can find the inner strength to overcome any challenge.

No matter how difficult life may be, always believe in yourselves, and remember that connection begins with you. When you can connect with yourself, it means you will be able to connect with all the good things happening around you.

Dear Lac and An,

I want to continue sharing with you some specific practical methods that you can apply in your daily life to transform loneliness into connection. These are not difficult things, but rather small yet powerful habits that will help you nurture your inner strength and gradually change how you perceive yourself and the world around you. These methods will not only help you overcome difficulties but also help you develop comprehensively, creating a solid foundation for your journey to maturity.

Let's explore these methods together and apply them in practice, day by day, step by step, so you can experience positive changes in your lives.

Lac, as you enter adulthood, you will face many challenges. I want to share with you specific practical methods to help you transform loneliness into connection, creating habits that help you grow more mature each day.

1. Taking Time for Yourself

Lac, sometimes when you're stressed with studies and work, you easily fall into feelings of loneliness and fatigue. I advise you to spend at least fifteen to twenty (15-20) minutes each day sitting alone, relaxing, and reflecting on what you've experienced during the day. This time helps you connect with yourself, review your emotions and thoughts, and find inner peace. For example, after a tiring day of studying, you can sit in your room, take deep breaths, and think about the positive things you've accomplished during the day.

2. Keeping an Emotional Journal

Lac, you should write a daily journal to record your emotions. Sometimes, sharing your thoughts and feelings with yourself can help release emotions that cannot be expressed. This not only helps reduce feelings of loneliness but also helps you better understand yourself. For example, you can write, "Today, I feel tired from studying, but I also learned how to face difficulties without giving up."

3. Learning to Accept Failure

Lac, failure is an essential part of the growth journey, and each failure is an opportunity for you to learn and grow. View failure as a natural part of life. Whenever you feel

disappointed, you can tell yourself, “I did my best, and this failure will teach me how to do better next time.” This reminder will help you transform loneliness into motivation to rise up and connect more deeply with yourself.

4. Sharing with Friends and Family

Lac, when you feel lonely, don't hesitate to share with close friends or family. Sharing will help you feel lighter and not feel alone. For example, if something makes you sad in your studies or life, you can call a close friend to share. Connecting with others will help you feel the love and support from those around you.

5. Practicing Meditation and Mindfulness

Lac, you can practice meditation or mindfulness daily. These are methods that help you find peace, connect deeply with yourself, and recognize the small values in life. When you feel stressed or anxious, just take a few minutes to breathe deeply and focus on the present sensation. You will surely feel lighter and more peaceful.

6. Creating Long-term Goals and Living with Direction

Lac, build long-term goals for yourself in both studies and career. Clear goals will help you not feel lost in your journey, and when you pursue your goals, you'll find that you always have motivation and direction. For example, if you want to become an architect, set specific steps for each school year to gradually achieve that goal.

7. Focusing on Community Connection

Lac, finally, you can seek volunteer activities or participate in community organizations. Helping others will make you feel deeply connected with those around you while also helping you feel that you are useful to society. For example, you can participate in volunteer activities at charitable organizations in your school area.

As for you, An, adolescence is a stage where you will face unstable emotions, feelings of loneliness, and changes in both body and psychology. I know these changes can make you feel confused and sometimes unable to fully understand your emotions. But remember that these feelings are all a natural part of growing up. I want to share with you methods to help transform loneliness into connection.

1. Listening to and Understanding Your Emotions

An, spend time each day listening to and understanding your emotions. When you feel sad, angry, or disappointed, don't rush to suppress those emotions. Sit down and ask yourself, "Why do I feel this way?", "Am I under pressure from studies or friends?" When you understand your emotions clearly, you'll be able to adjust more easily and won't feel lonely in such times.

2. Practicing Journal Writing to Share Emotions

An, like your brother Lac, you can also write a journal to record your thoughts and feelings. This not only helps release emotions but also helps you better understand yourself. You can write, "Today, I feel not good enough in my friends' eyes, but I also realize that I don't need to

be perfect.” This will help you feel lighter and learn to love yourself more.

3. Seeking Support from Family and Friends

An, when you feel lonely or anxious, don't hesitate to share with your parents or close friends. The connection from loved ones will help you feel that you're not alone. Remember that people around you are always ready to help you. For example, if you encounter difficulties in studying, you can ask for opinions from friends or family to receive support.

4. Practicing What You Love

An, spend time doing things you love, like drawing, playing sports, or listening to music. When you do things you're passionate about, you'll feel connected with yourself, and loneliness will disappear. For example, if you like drawing, spend 30 minutes each day creating artwork. This will help you focus on positive things and avoid feelings of loneliness.

5. Learning to Face Change

An, adolescence is a period full of changes, but it's also when you learn to adapt to transitions. When facing changes in life, don't be afraid or anxious. View each change as an opportunity to help you grow. Through changes, you'll build confidence and overcome feelings of loneliness.

6. Seeking Healthy Relationships

An, seek healthy relationships that help you develop your completeness. Good friends will be wonderful sources of

encouragement in your life. You can join study groups and favorite clubs to meet people with similar interests and values. These relationships will help you feel that you're not alone and always have connections in life.

Lac and An, the practical methods I've shared above will help you transform loneliness into connection in your daily lives.

Remember that whenever you feel lonely, just calm your minds and find connection with yourselves, with those around you, and with this life. If you practice every day, you will experience positive changes in your life.

With love and support from family, I'm confident you both will grow stronger and happier in your journey.

With all my love,

Dad.

THE TRANSFORMATIVE POWER OF TURNING ANGER INTO FORGIVENESS

Dear Lac and An,

Today, I want to share with you guys a value that I have always cherished, and I hope you will find strength in as you grow up. It is “the power to transform anger into forgiveness.”

My dear children, in life, we cannot avoid moments when we feel angry, sad, or disappointed. But in these very moments, if we can approach problems with an open heart, anger can become a foundation for forgiveness and love to grow together.

Do you know, my children, that feelings of anger are like a passing storm, disrupting everything around us? But if we understand that it is just a part of life's flow, like a cloud passing across the sky that will eventually dissipate, we can easily see the value in calming our anger, replacing it with understanding and forgiveness. Forgiveness is not just a virtue but an inner strength that helps us overcome difficulties and conflicts, making us stronger.

Lac, I know you are in a crucial phase of your life— young adulthood, where academic pressure, career choices, and sometimes self-doubt can make you feel confused, tired, and stressed when things don't go as

planned, and you might sometimes feel it's unfair to face such challenges.

There will be times when you feel pressure from your own expectations or those of others around you. In such moments, instead of letting anger and stress affect you, look back and realize that every step you take, whether success or failure, is an important part of your journey to maturity.

Don't let negative emotions control and dominate you; instead, find ways to transform them into learning experiences and self-forgiveness. Only when you can forgive yourself can you truly overcome any challenge.

As for you, An, I know you're going through puberty, where physical and psychological changes and peer pressure can make you feel uncertain and sometimes lacking confidence in yourself. Impulsive emotions and anger can easily arise in situations that seem unreasonable.

Sometimes, you might feel unfairly treated or feel like no one can understand you, and that's when you're prone to anger and losing control. However, you need to remember that anger isn't the solution to any problem. It's just a temporary reaction that doesn't help resolve anything. Instead, forgiveness will be the key to helping you overcome negative emotions and find peace in your heart.

An, when you have conflicts with classmates and feel angry because you feel unacknowledged by other friends, instead of holding onto that anger, you should have an

open conversation with those friends about your feelings with a forgiving heart.

Forgiveness isn't just about pardoning others; it's about understanding others' emotions and your own. When you learn to accept yourself, with all your weaknesses and imperfections, you'll find it easier to forgive others, and as a result, your life will become lighter.

An, remember that you cannot avoid conflicts and difficulties in life, but these situations will help you develop patience and forgiveness. Don't let anger cloud your vision; instead, see opportunities to learn, grow, and love yourself more. You are strong, An, and that strength comes from your ability to forgive, to listen, and to share your emotions calmly.

Lac and An, life will never be without challenges, but these challenges are opportunities for you both to grow and become stronger. Remember that forgiveness isn't just a virtue; it's an invisible force that helps you overcome anger, suffering, and conflict. Being forgiving toward yourselves and those around you will help you not only overcome difficulties but also find true peace and happiness in your lives.

Always believe in yourselves, and even when life doesn't go as planned, never forget that forgiveness will always be the guiding light, helping you find peace in your hearts. Only when you learn to forgive yourselves and others can you truly live in a beautiful world filled with love.

Dear Lac and An,

I know that life often puts us in situations where anger, suffering, and hurt can easily arise. But in those moments, if you both know how to practice forgiveness, you will discover a magical strength that helps you transform yourselves and your relationships with those around you.

In this section, I want to share with you some simple but highly effective methods to help you practice and nurture forgiveness each day.

You don't need to rush or try too hard. With small steps, persistence, and understanding, you will gradually see changes within yourselves. Let's start with the simple things in daily life, so you can realize that true strength lies not in anger but in the forgiveness we show each other.

Lac, you have entered adulthood, facing greater challenges in life. I know that sometimes you feel stressed and anxious about the future and academic pressures. However, in those moments, remember that forgiveness isn't just about being forgiving of others but also about forgiving and loving yourself. I hope you'll try some simple practices, and I hope they will help you develop forgiveness step by step, not only towards others but also towards yourself.

1. Looking Back at Your Challenges

Lac, when facing failure or difficulties, instead of blaming or being angry with yourself, try to view failures as valuable lessons. Ask yourself, “What have I learned from this failure?” “How can I do better next time?”

These questions and answers not only help you learn from your mistakes but are also a way to practice forgiveness towards yourself.

2. Accepting and Understanding Yourself

Lac, you're in a phase where you sometimes doubt yourself. You might feel that you're not good enough, not strong enough to face challenges. But Lac, don't be too harsh on yourself. You are a person in the process of growing and improving. Sometimes, just recognizing that you're not perfect is the way to begin practicing self-forgiveness.

3. Practice Silence when Angry

Lac, when anger flares up, try to pause, take deep breaths, and find a quiet space to think. Don't let anger control your actions. Look at the issue objectively, without rushing to judgment. This practice will help you maintain composure and not let negative emotions dominate and control you. This is an act of forgiveness you show toward yourself.

4. Empathize and Put Yourself in Others' Positions

Lac, when you feel hurt or dissatisfied with someone, try to put yourself in their position. Empathy is the key to practicing forgiveness. You can't fully understand everything others go through, but if you know how to listen and share, you'll find it easier to understand and forgive.

5. Building Habits of Reminding Yourself About Forgiveness

Lac, each morning when you wake up, take a few minutes to remind yourself about the value of forgiveness in life. You can write down a quote or words of encouragement to reflect on and use that as your compass for the day. This is a way to start each new day with a positive mindset and readiness to practice forgiveness.

6. Choose Gentle Words

Lac, sometimes when you face difficulties, it's easy to let emotions burst out through unkind words. But if you can choose gentle, tactful words in any situation, it will help you not only maintain forgiveness towards others but also help yourself feel more at peace. Words have power—use them to build, not to destroy, my child.

7. Apologize When Necessary

Lac, if at any moment you feel you've acted wrongly, don't hesitate to apologize. An apology not only helps you reconcile with others but is also an expression of self-forgiveness. Sometimes, forgiving yourself can be a great challenge, but it's an important step in the journey of growing up.

As for An, adolescence is a phase where you're going through many psychological and emotional changes. Sometimes, you might feel misunderstood, or perhaps lonely and sad. But An, in those moments, forgiveness is the key that helps you face your emotions and overcome difficulties. I hope you'll practice some simple methods below to nurture your forgiveness in daily life.

1. Finding Peace within Yourself

An, when you feel tense or anxious, find a quiet space and take time for reflection. Sometimes, silence will help you listen to your true emotions, and from there, you can face them with forgiveness, rather than letting them control your thoughts and actions.

2. Don't Compare Yourself to Others

An, never compare yourself to those around you. Each person has their own journey, and everyone develops differently. Accepting the differences between yourself and others will help you practice forgiveness towards yourself and those around you.

3. Be Ready to Forgive Small Mistakes

An, sometimes others will disappoint you or not meet your expectations. Instead of holding onto anger for long, try to forgive them. Forgiveness is knowing that no one is perfect, and everyone can make mistakes. You can give them a chance to make things right.

4. Practice Gratitude

An, each day, write down the good things you receive from life. When you feel grateful for the good things happening around you, you'll find it easier to be forgiving towards others. This helps you view life more positively.

5. Take Time to Listen

An, sometimes, just taking a moment to listen to others is already an act of practicing forgiveness. When you truly listen, without judgment, you'll understand others better and won't be easily controlled by angry emotions.

6. Help Others Without Expecting Anything in Return

An, when you help someone without expecting anything back, you'll feel joy and peace in your soul. That's a powerful way to practice forgiveness. Help those around you with all your heart, and you'll receive even more in return.

Lac and An, life will always have challenges, but if you know how to apply forgiveness in your daily lives, you'll feel lighter and more peaceful.

Forgiveness helps you not only overcome difficulties but also opens your hearts wider, understanding and loving more.

Always believe in yourselves, no matter how difficult life becomes. If each day, you practice forgiveness in your behavior, you will gradually build a strong soul full of love, and that's the most wonderful thing in this life.

With all my love,

Dad.

THE TRANSFORMATIVE POWER OF TURNING RESENTMENT INTO GRATITUDE

Dear Lac and An,

There are times in life when you both may feel stuck and lost, as if wandering in a dense forest with no way out. These challenges might come from studies, work, or relationship issues. And in such moments, you might feel like everything is working against you.

But do you know, in all these challenges, there is an invisible power that you can grasp—the ability to “transform resentment into gratitude.”? This is an important value that I want to share with you guys.

My dear children, when you look at the blue sky, you'll see clouds drifting lazily, sometimes dark and bringing storms. However, clouds aren't just dark masses—they're also the very clouds that can bring water to help plants grow and nurture life.

Similarly, life's challenges may make you feel weary, but these very challenges are opportunities for you to grow stronger and more resilient. And throughout this journey, if you can view everything with gratitude instead of resentment, these difficulties will become valuable lessons helping you shine.

My dear children, resentment is an emotion that easily flares up when you feel unfairly treated or face adversity. But if you remain trapped in this emotion, you'll never

see the light ahead. Only when you learn to let go of resentment and replace it with gratitude will you realize that everything has its reason, and every challenge can become an opportunity for growth.

I understand and want to emphasize to you both that transforming resentment into gratitude isn't easy, but it's a process that requires patience and deep understanding of life. And importantly, in this life, no one can live without facing difficulties, but those who appreciate and learn from these difficulties will become truly strong.

Lac, as you enter adulthood, you'll face many significant challenges. The university years, academic pressure, career decisions, or even self-doubt can make you feel very tired. Sometimes you might feel helpless when unable to meet your own and others' expectations. But you know what? In such times, instead of blaming life or yourself, look at these challenges as opportunities to learn and grow.

Life isn't always easy, but it's in these difficult times that you'll find your true strength. Try looking back at your past failures. Failure isn't the end but a step forward in your journey of growth. These failures help you recognize what you need to change and continue striving. More importantly, when you view them with gratitude instead of resentment, you'll understand that they're an essential part of your growing journey.

For example, in a difficult exam, if you don't achieve the results you hoped for, instead of blaming yourself, reflect on what you've learned from these experiences. It might be ineffective time management, lack of study methods,

or awkward ways of handling pressure. All these are valuable lessons you couldn't have gained without going through challenges. And when you're grateful for these difficulties, you'll find yourself much stronger.

Lac, remember that growth doesn't come from easy successes that you readily achieve; it comes from the challenges and difficulties you've overcome. When you view life from a perspective of gratitude, everything becomes more bearable, and you'll feel the strength within you.

And An, adolescence is a turbulent phase in life. You're going through major physical and psychological changes, and you might feel not strong enough when facing life's challenges. Pressure from friends, family, and yourself might make you feel lonely, lost, and anxious. But An, I hope you understand that these emotions are natural parts of growing up, and what's most important is how you face these negative emotions.

Never think that you're the only one facing these difficulties. Everyone has moments of feeling lost and confused. But instead of being swept away by feelings of resentment towards life, learn to be grateful, because these difficulties have taught you many things. Challenges help you understand yourself better and help you recognize the value of patience and the ability to overcome yourself.

For example, when you face difficulties in studying, instead of feeling resentful because you feel inadequate, try thinking about what you've learned from that effort. You might not have achieved the desired results, but

through this process, you've learned to work harder, learned how to seek help when needed, and most importantly, learned how to face failures calmly. That is growth.

When you face difficulties and challenges in life with gratitude, you'll realize that everything has its reason. Nothing is meaningless in this life. Every difficulty can become a precious lesson helping you grow. And when you can transform resentment into gratitude, you'll feel peace in your soul.

Lac and An, I know that life is never easy, and sometimes you'll feel confused and tired. But in such moments, remember that your greatest strength is the ability to transform difficulties into opportunities, and from there, learn to live with gratitude. When you can do this, your lives will become much lighter and more meaningful.

Always maintain faith in yourselves, no matter how difficult life or circumstances may be. Always remember that whatever challenges you're facing, these difficulties are part of your growth journey. These challenges and trials will help you guys become stronger and more confident in yourselves.

Dear Lac and An,

After understanding the power of transforming resentment into gratitude, you will need to practice making this power a part of your daily lives. This is not easy, but it is entirely achievable if you understand that it is a continuous process, starting from the smallest actions to major changes in how you view life.

In this section, I will share with you some specific practical methods that I believe will help you develop habits of gratitude in every moment of life.

I want to emphasize that these are not just methods to solve problems but ways to help you grow and recognize the true value of each challenge in life. Through this, each of you will find peace and joy from within yourselves.

Lac, as you enter adulthood, with greater life challenges such as studying, career orientation, or pressure from within, practicing gratitude can help you feel lighter and more easily overcome these obstacles. Below are the practical methods I want to share with you, hoping they will help you gradually form habits and discover the power of this gratitude.

1. Viewing Challenges as Learning Opportunities

Lac, whenever you face difficulties in studies or work, instead of feeling angry or sad, try to think of that difficulty as an opportunity to learn.

For example, when you encounter a difficult math problem, instead of thinking, “Why is it so hard?” you should think, “This is an opportunity for me to learn something new.” When you're grateful for challenges, you won't feel discouraged but will have more motivation to continue striving.

2. Practicing Gratitude Every Morning

Lac, each morning when you wake up, you can take a few minutes to list things you feel grateful for. These can be

small things like a beautiful morning, a good cup of coffee, or simply that you have the health to study. You can write them down in a gratitude journal. This will help you start the new day with a positive attitude and open yourself to receiving good things.

3. Being Grateful for Those Around You

Lac, never forget that the people around you contribute to making this life what it is. You can take some time to thank those who help you in your studies, work, or life. Just a sincere thank you is enough to create connection and spread positive energy.

4. Transforming Feelings of Failure into Lessons

Lac, you may have experienced failure in your studies or work, but instead of blaming or finding fault, transform those failures into valuable lessons. For instance, when you fail a test, instead of feeling desperate, think, “I will learn from these mistakes to do better next time.”

5. Finding Good in Every Situation

Lac, in every situation, whether difficult or favorable, try to find something to be grateful for. For example, when an incident occurs, like being late or losing documents, instead of getting angry, you can ask yourself, “Could this be an opportunity for me to learn more patience?” Finding positivity in everything will help you maintain an optimistic spirit.

6. Practicing Gratitude through Helping Others

Lac, take time to help those around you, like friends or family. When you help others, you will experience the

value of gratitude and sharing. This also helps you feel happier and makes life more meaningful.

7. Reviewing Failures Each Month

Lac, take time each month to look back at what you've experienced. Write down all the failures and incidents you've encountered, and then look back at what you've learned from them. This helps you realize that each failure contains a valuable lesson and is an essential part of your journey to maturity.

An, during puberty, you will face many psychological and emotional challenges. Sometimes, you might feel lost or confused about what's happening in your life. However, gratitude can be a key to helping you overcome these difficulties. Here are some practical methods to help you gradually form habits of gratitude in your daily life:

1. Being Grateful for Yourself

An, each morning when you wake up, take a moment to thank yourself for having a new day, for being healthy, and for what you've accomplished. Don't be too harsh on yourself. Even small things deserve gratitude, dear. For example, when you complete a difficult assignment, tell yourself, "I did very well!"

2. Focusing on the Good Things Around You

An, you might feel lonely when friends don't understand you, or you might feel insecure about your appearance or how you dress. But An, each day, try to look for positive things around you. For instance, when you go to school,

notice how people treat each other. You'll see that there are always beautiful things around you to be thankful for.

3. Being Grateful for Parents and Family

An, never forget that throughout your journey of growing up, family is always your solid foundation. Take time to thank your parents for always being there, loving, and supporting you. Sincere words of thanks will help you understand and appreciate more what you have.

4. Viewing Body Changes with Gratitude

An, during puberty, your body will undergo many changes, and sometimes you might feel anxious about these changes. Instead of being anxious or afraid, view your body as a gift. Thank your body for allowing you to go to school, play sports, and experience this world.

5. Sharing Joy with Friends

An, when you have happy moments, don't forget to share them with friends around you. Sometimes these small moments are the most precious things. For example, when you do something fun with friends, thank them for creating beautiful memories in your life.

6. Viewing Difficulties as Part of Life

An, sometimes you will face difficult situations that cannot be avoided. But instead of complaining or worrying, accept and learn from these difficulties. Each challenge will help you grow more mature, and you will realize that difficulties are just a natural part of life.

Lac and An, each passing day, you will face many challenges and difficulties. However, when you learn to view these challenges with gratitude, you will realize that everything happens for a reason and every difficulty brings a valuable lesson.

Keep faith in yourselves and face life with a heart full of gratitude. I believe that with your effort and perseverance, you guys will overcome all challenges to grow up in lasting happiness and peace.

With all my love,

Dad.

THE POWER OF TRANSFORMING DISAPPOINTMENT INTO MOTIVATION

Dear Lac and An,

Life is sometimes like a river, vast, ever-flowing, and never the same. There are times when the river is calm and gentle, but there are also times when it's turbulent, murky, and makes us feel lost.

When facing difficulties and challenges, people often feel tired, disappointed, and even desperate. But it is in these moments that I want to share with you both a powerful quality, the most important quality a person can possess: the ability to transform disappointment into motivation.

Lac, I know that at your age, you're facing many pressures and challenges. Surely, the pressures from studying, career direction, or self-doubt sometimes make you feel tired and discouraged. But Lac, remember that failure is inevitable. The difficulties you face are valuable lessons that help you grow. This is how you can learn things that books cannot teach you; this is how you can view life more deeply and thoroughly.

You probably still remember last year's exam, when you felt you had prepared very carefully, yet the final result wasn't what you had hoped for. Disappointment was a feeling you might have experienced very clearly. But through that, you learned many things. You learned how

to face failure, and more importantly, you learned how to stand up and continue moving forward. Each fall is a lesson in becoming stronger.

For you, disappointment is not the end but an opportunity for growth. When you fail, you will have even more motivation to strive harder because you know that no success comes without challenges. You have viewed failure as a teacher, teaching you valuable lessons and helping you continuously improve yourself. For you, each failure is just a step in your long journey, and this transformation will help you reach your destination more steadily.

As for you, An, adolescent life isn't easy at all. You will clearly feel the major changes in your physical and psychological state. Emotional instability and peer relationships sometimes make you feel not good enough, or not as good as others.

That's a feeling none of us can avoid during high school years, and in fact, sometimes these feelings make you feel lonely and out of place. But An, loneliness is not a bad thing. Loneliness is part of the growing process, and when you learn to face loneliness, you will realize that in that solitude, you will find yourself.

Surely, you have felt disappointed when you couldn't do something as you wished or when you had friends who you felt didn't understand you. But remember that in such moments, you can find strength within yourself. When you feel disappointed, you can use that as motivation to find solutions to problems. Disappointment is not an

endpoint but an opportunity to find new paths. The ability to transform disappointment into motivation will help you view these challenges as steps forward on your path to growth.

An, once again, you must remember that failure and disappointment are not bad things. These will be the driving forces that help you understand yourself better, help you grow, and help you become stronger. Use these failures as motivation, helping you rise up and achieve what you desire. Because, just as rain helps trees grow, failure will give you the strength to stand up more firmly.

Lac and An, I know that every path in life has its own difficulties and challenges. Even though you both encounter failures, or times when you feel insufficient. But remember that strength doesn't come from avoiding failure but from the motivation to face and learn from them. Each stumble is an opportunity, a motivation to help you grow, and help you both become more steady on that journey.

Believe that in every difficulty lies an opportunity, and with persistence and self-belief, you both will overcome everything. Every step you take, whether small or large, is a solid step toward growth. Never forget that disappointment will be the motivation, the source of strength that helps you both overcome everything.

Dear Lac and An,

I know that what I'm sharing today may not be easy to apply immediately, but I hope you understand that all big changes start with small habits. Transforming

disappointment into motivation isn't something we can accomplish in just one day—it's a long process that requires your persistence and awareness.

Therefore, in this section, I'll share with you practical methods that you can apply to your daily life to make the transformation from disappointment to motivation become a natural part of your lives.

These methods will not only help you face disappointment but also help you learn to become stronger and more resilient each day. I hope that you will find connection and strength from these methods, helping you overcome all the challenges that life brings.

Lac, I understand that at your age, there are many challenges, from career orientation to academic pressure to self-doubt. But I want you to understand that all these feelings are part of the journey of growing up. Disappointment is sometimes unavoidable, but what's most important is whether you know how to transform it into motivation in the process of helping you mature.

1. See Disappointment as Part of the Learning Process

Lac, when you face failure, don't rush to feel sad or discouraged. Disappointment is a natural part of learning and growing up. Think about a time when you faced difficulties in your studies. Instead of thinking you're not good enough, now look at the lesson you can learn from it. For example, when you get a test wrong, rather than criticizing yourself, try to analyze why you made mistakes and what you can do to improve. You see, each failure contains an opportunity for you to learn.

Remember, no one succeeds without experiencing failure.

2. Create a Habit of Recording your Feelings and Thoughts when Disappointed

Lac, when you feel disappointed, try writing down your feelings in a notebook. This will help you see more clearly what you're feeling and help you realize that disappointment isn't permanent. For example, if you feel overwhelmed with academic pressure, write down your thoughts, then look back and find solutions. Writing down your feelings will help release negative emotions and help you better understand yourself.

3. Focus on What You can Control

Lac, there are things in life you cannot change, but there are things you can completely control. When you face disappointment, focus on actions you can take to change the situation. If you're not satisfied with your academic results, seek help from professors or friends instead of just blaming circumstances.

4. Use Disappointment to Define Clearer Goals

Lac, each time you feel disappointed, you can look at that emotion as an opportunity to define your goals. Setting specific and clear goals will help you avoid feeling confused and not knowing what to do. For example, if you feel tired of studying, set small goals, such as, "I will study an extra 30 minutes daily on subjects I'm weak in.". Small goals will help you feel progress each day.

5. Create a Quiet Space to Reflect

Lac, when you feel pressured or disappointed, take time to be alone in a quiet space. This will help you think more clearly about the problems you're facing. Sometimes, just a little time to breathe and think about the situation will help you gain a new and more positive perspective.

6. Seek Encouragement from those Around You

Lac, remember that no one has to face difficulties alone. When facing disappointment, don't hesitate to share with your loved ones around you. Parents, mentors, or close friends are all ready to listen and help you see problems from different angles. For example, when you feel anxious about the future, share with close friends or professors about what you're thinking. Sharing will help you feel lighter and make it easier to find better solutions.

7. Repeatedly Face Disappointment Positively

Lac, each time you face disappointment, see it as an opportunity to learn and grow. With each failure and disappointment, you'll become stronger. Remember, there's no success without previous missteps. So, keep trying. Remember, each time you face disappointment is another step closer to your goals.

As for you, An, I know that adolescence is a turbulent time with many physical and psychological changes. You might feel lonely or pressured by friends or simply feel disadvantaged. But you need to understand that these are just emotions we all go through, and there's nothing wrong with that. What's important is how you transform these emotions into motivation for yourself.

1. Accept Your Emotions

An, whenever you feel disappointed or dissatisfied with yourself, don't try to deny these emotions. Instead, accept that these emotions are part of you, and there's nothing wrong with them. Look at these emotions and ask yourself, "Why do I feel this way?" Finding the cause and accepting it will help you no longer feel weak or lacking.

2. Find the Cause and Solution

An, when you feel disappointed, try to understand what's causing these emotions. Is it because you're not good enough, or because you haven't tried your best? Once you find the cause, you'll know what to do to change. For example, if you don't feel confident speaking in front of the class, try practicing in front of a mirror or participating in group discussions to improve.

3. Share Your Feelings with Loved Ones

An, when feeling lonely or disappointed, don't keep these emotions inside. Share with your parents or friends what you're going through. Sharing will help you not feel alone in life. Rest assured that parents will always listen and be ready to help you find solutions.

4. See Disappointment as an Opportunity to Grow

An, don't see disappointment as something bad, but rather as an opportunity for you to learn and grow. Each time you face difficulties, you'll learn something new, and that will help you become stronger. For example, if

you fail a test, ask yourself, “What have I learned from this to do better next time?”

5. Create Positive Daily Habits

An, habits are the key to maintaining motivation in life. Start each day with a positive thought, such as, “Today I will do my best.” When you practice these positive habits, it will help you maintain motivation and continue to overcome challenges and difficulties around you.

6. Don't Fear Change

An, change is inevitable in life. So don't fear change, because it's an opportunity for you to learn and develop yourself. If something doesn't happen as you wish, don't feel sad or disappointed, but see it as an opportunity to start a new direction.

Lac and An, what I have shared with you today are just small steps in your long journey. Each disappointment will be a stepping stone for you to become stronger and more mature people. Always remember that life isn't always smooth sailing, but it's these difficulties that will help you guys better understand yourselves and what you truly want.

Be persistent, stay optimistic, and remember that disappointment is just a part of life, so it doesn't determine your future. I believe you both will always find ways to overcome disappointments easily when you guys know how to transform disappointments into powerful motivations within yourselves.

With all my love, Dad.

THE TRANSFORMATIVE POWER OF TURNING FAILURE INTO OPPORTUNITY

Dear Lac and An,

There's something I want you both to always remember, life isn't just filled with sunny days but also includes sudden storms, bumpy roads, and challenging turns. Failure, therefore, is a natural part of the journey that every person must experience. But what makes the difference is not avoiding failure but how we face it and transform it into strength and opportunities for growth.

My dear children, failure is like a stream of water flowing through rough rocks, constantly changing shape, yet becoming stronger and clearer because of it. It continuously finds its way through obstacles, carving its own path forward. To me, failure is exactly like that stream—gentle yet resilient, accepting obstacles but never stopping.

In the light of transformation, failure is no longer something to fear but becomes a great teacher, helping you discover new aspects of yourselves that you might not have known before. And this is the gift I want to share with you today—how to turn failure into opportunity. This isn't just a lesson to help you overcome challenges, but an inner strength that helps you stand firm in the face of difficulties.

Lac, your twenties are a colorful phase, both brilliant and challenging. The pressures from studying, finding your passion, career direction, or self-doubt can make you feel tired and discouraged. I know that you're standing at important crossroads in your life, where you might sometimes feel lost, adrift, or unsure which direction to take. But Lac, remember, failure isn't a full stop but rather like a door closing to make way for another to open.

I remember once, in my early career years, I poured my heart and mind into a project that ultimately failed. The feeling was painful, as if the whole world had turned its back on me. But after many nights of reflection, I realized that failure wasn't just a loss but an opportunity to look at myself, learn from my mistakes, and become stronger. Without that failure, I wouldn't have gained the stability and experience I have today.

Lac, you might be facing pressures from studies or doubts about your abilities. But remember, pressure is what turns coal into diamonds. Each failure is an opportunity to learn, to explore new limits of yourself, and to get closer to the person you want to become.

Also, failure is a lesson in patience and forgiveness. So, don't be too harsh on yourself when you stumble. Tell yourself that it's just part of the journey and that every failure carries within it a precious gift—even if sometimes that gift is wrapped in rough layers. You may fall, but remember to get up, dust yourself off, and keep moving forward.

I believe that in every difficulty you face, there's a seed of opportunity waiting to be planted. Let each failure be

a drop of water, nourishing your tree of life to grow greener.

As for you, An, at fifteen, your world is a canvas of many colors, both innocent and bright yet also complex. Changes in body and mind, pressure from friends, or even loneliness can sometimes make you feel unsteady. But dear, failure isn't what makes you weak. Instead, failure is an opportunity to build inner strength and find yourself.

An, whenever you feel you're not good enough, remember that perfection isn't the most important thing. What's most important is this: daring to try, daring to fail, and daring to stand up and try again. Failure isn't a period but a comma in your life story. It gives you the chance to pause, reflect on yourself, and write new chapters with greater faith and confidence.

Adolescence is a phase where you'll experience many changes, both emotional and mental. Sometimes you might feel left behind or different from others. But I want you to remember that everyone has their own journey, and failure is a natural part of that journey. If you face difficulties in making friends, understanding yourself, or achieving your goals, remember that each challenge is an opportunity for you to grow.

An, think of failure like rain. Though it might make you wet and cold for a moment, it's because of that rain that flowers and grass can sprout and grow, making the earth greener.

Lac and An, life is a long journey full of surprises, and failure is an essential part of that journey. But what's important is how you view and face failure. Remember that failure isn't an ending but a new beginning, an opportunity to learn, to grow, and to become better versions of yourselves.

No matter how difficult life or circumstances may be, I hope you both always maintain faith in yourselves, always seeing light in the darkest days. Let failure become your guide, helping you discover new potential and create opportunities you never thought possible before.

Dear Lac and An,

In the previous section, I shared with you about the power of transforming failure into opportunity. But I know that to make this value a part of life, it's not enough for you to just understand it—you need to practice it to make it complete. So I believe that each passing day is an opportunity for you both to train and build habits of facing and overcoming difficulties. Every small step you practice today will help you grow more mature and have more confidence in yourselves.

In this section, I will share specific practical methods suitable for each of you. Lac—with the challenges of young adulthood—and An—with the emotional changes of puberty. These methods aren't rigid rules but suggestions for you both to explore, experience, and find your own paths.

Remember, failure isn't the end point but just a turn in life's journey. Now, let's begin!

Lac, I know that at your age, challenges come not only from academic pressure or career direction but also from the expectations you place on yourself. Sometimes, failure can make you feel lost, but it's also an opportunity to discover your potential. Here are some ways you can practice turning failure into opportunity:

1. Review and Learn

Lac, after each failure, take time to look back. You can write down what you did well and what needs improvement. For example, if you get a low score on a test, instead of feeling sad, review your mistakes, note what you need to study again, and make a plan for improvement.

2. Create a “Lessons from Failure” List

Lac, record your failures and the lessons you learned from them. This list will be a source of encouragement, reminding you that each failure helps you grow.

3. Build Patience

Lac, don't get discouraged quickly when things don't go as planned. You can practice patience by learning a new skill—for example, learning a language, playing an instrument, or improving physically. Each small success will help you understand that everything takes time.

4. Accept Imperfection

Lac, I want you to understand that no one is perfect, and perfection shouldn't be your goal. For example, if you don't achieve a goal you set, see it as a lesson rather than a failure.

5. Seek Advice

Lac, don't hesitate to talk with professors, friends, or even your parents when you feel stuck. Sharing your thoughts can help you find new perspectives, new directions, or optimal solutions to your problems.

6. Challenge Your Limits

Lac, try doing things you think you can't do. For example, join a competition, a new school project, or take on a part-time job. Failure might happen, but you'll be surprised by what you learn from the process.

7. Focus on the Journey, Not Just the Result

Lac, appreciate the process you're going through, regardless of the outcome. For example, when working on a group project, focus on learning from your peers rather than just thinking about the final grade.

As for you, An, at your age, everything around you can become complicated, friends, school, bodily changes, and emotions. I know sometimes you might feel not good enough, or like a failure in others' eyes. But you know what? All of these are natural parts of life. Instead of being afraid, see them as opportunities to explore yourself. Here are some ways I think will help you:

1. Write Self-Encouraging Letters

An, when you feel sad, write a letter to yourself, like a friend encouraging you. For example, if you don't get a position on the sports team, write: "Dear An, I'm really sad today, but that's okay; I tried my best, and I can try again next time and do better."

2. Practice Gratitude

An, each evening, write down three things you're grateful for, even on difficult days. For example, "Today, I'm grateful because Mom cooked my favorite dish, because Lan smiled at me, and because the sun was shining."

3. Learn to Accept Emotions

An, when you feel sad, angry, or disappointed, let these emotions pass through rather than trying to escape or suppress them. For example, if you argue with a friend, take some deep breaths and remind yourself, "Emotions are temporary, and this feeling will pass."

4. Focus on Your Strengths

An, list things you're proud of about yourself, even small things. For example, "I can draw beautifully," or "I always help friends when they need it."

5. Learn to Say "No"

An, don't be afraid to refuse when you don't want to do something. For example, if a friend invites you to do something you feel isn't right, just say, "No, I don't think I want to do this." That doesn't make you weak; it makes you stronger.

6. Take Time for Solitude

An, I know that loneliness can be scary sometimes, but solitude is also an opportunity to understand yourself better. Spend at least 10 minutes each day sitting quietly, writing in your journal, or drawing.

Lac and An, I hope these suggestions will help you both learn how to turn failure into opportunity, not just in studies but in your lives.

Remember, every failure is part of the journey of growing up; they are the stepping stones leading to success. Most importantly, you don't have to face difficulties alone. Life is a long journey, and on that journey, what defines you isn't the number of times you fail but how you get up after each fall. I always believe in you both and am ready to accompany you on every path.

With all my love,

Dad.

THE TRANSFORMATIVE POWER FROM JEALOUSY TO UNDERSTANDING

Dear Lac and An,

Today, I want to sit down and share with you about a value that I believe will accompany you throughout your lives—the power to transform jealousy into understanding.

In life, who hasn't felt jealous at some point? But within each instance of jealousy, if we know how to listen and look deeply, we can find profound lessons and an inner strength to overcome ourselves.

I want you both to think of jealousy like dark clouds in the sky. At first, these dark clouds make the sky gloomy, bringing with them a heavy feeling. But without dark clouds, how would we have rain to nourish the sweet streams? Just as rainwater cleanses the air and moistens the earth, understanding can transform jealousy into a source of strength that helps you grow, love more, and be more empathetic.

My dear children, jealousy, if not viewed properly, can be like a smoldering fire that burns away your own joy. But when you learn to listen to the jealousy within, you'll discover that behind those emotions lie your deepest aspirations, the things you yearn for or haven't yet achieved.

Understanding is the light within, helping you see more clearly the nature of emotions and find the path to inner peace.

Therefore, understanding isn't just a quality, but an inner strength, like bamboo roots that grip deep into the earth to stand firm against storms. I believe that if you know how to transform negative emotions into understanding, you won't just overcome difficulties but will grow from these very challenges.

Lac, I know you're at an age full of aspirations, but also many challenges. As a third-year university student, you're facing pressure from studies, future direction, and perhaps sometimes feeling jealous of those around you. Maybe your friends achieve higher grades, get better opportunities, or seem to succeed more “easily” than you. Having such feelings is natural, my child. But what's important is how you face and resolve these emotions.

Lac, try to think of jealousy as a mirror, reflecting what you truly desire inside. When you feel jealous of someone, ask yourself, “What am I longing for?” “Is this truly important to me?” If you can answer these questions, jealousy will become a tool for better self-understanding.

For instance, if you're jealous of a friend who received a scholarship, that could be a signal for you to focus more on your studies or seek new opportunities. You see? Jealousy isn't an enemy—it can be a teacher if you know how to listen.

Your life isn't a race, Lac. Everyone has their own journey, and jealousy often stems from comparing ourselves to others. But I want you to remember that your worth isn't measured by whether you're better or worse than others but by the efforts you've made. Understanding will help you realize that instead of being jealous of others' success, you can learn from them and use that as motivation to go further.

Lac, the biggest challenge of growing up isn't achieving more than others, but learning to accept and love yourself. When you can look at others' success with understanding instead of jealousy, you'll feel much lighter. Trust that every difficulty you face today is a building block in your path to maturity.

As for you, An, at fifteen, you're at an age where everything around you can easily cause turbulence. Perhaps sometimes you feel jealous of friends because they're prettier, more talented, or more popular. This is normal, my dear. But I want you to understand that jealousy isn't the end point. Jealousy is a doorway that leads to deep understanding.

An, have you ever seen sunlight filtering through leaves? Even when the canopy covers the entire sky, light always finds its way to touch the ground. Understanding is like that light—it will help you overcome negative emotions and see the true beauty in yourself and others.

An, at your age, physical and psychological changes and peer pressure can make you feel like you're not good enough. But I want you to know that your value doesn't lie in whether you're like anyone else but in your own

uniqueness and authenticity. When you're jealous of someone, try thinking, “What do I admire about them?” “What can I learn from them?” When you look at jealousy through the eyes of understanding, you'll see that everyone has their own struggles that you might not know about. Instead of jealousy, you can use understanding to empathize and build better relationships with them.

I also want you to remember that no one is perfect; therefore, you don't need to be perfect either. What you consider your flaws might be strengths in others' eyes. When you learn to transform jealousy into understanding, you'll feel more confident and appreciate yourself more.

Lac and An, life is a long journey, and there will be times when you feel jealous, dissatisfied, or even doubt yourselves. But I believe that if you know how to transform jealousy into understanding, you'll find the strength to overcome any challenge. Understanding not only helps you love yourselves more but also opens the door to deeper connections with those around you.

Always remember that every emotion, whether positive or negative, is a natural part of life. What's important is how you learn from these emotions and use them to grow. Life isn't always easy, but I always believe that with understanding, you'll find light even in the darkest moments.

Dear Lac and An,

I want to continue the story about “the power of transforming jealousy into understanding” by guiding you both to practice daily habits. These habits will not only help you overcome negative feelings but also build confidence and gratitude in your hearts. Each of us has moments of weakness when we see others being more successful or happier. This isn't wrong, but what's important is how we face and overcome it.

Lac and An, each at different stages of life, will have their own practices suitable for their circumstances and state of mind. Practice isn't something profound; it's simply small but persistent actions.

Like water drops falling on stone, change will come when you maintain daily habits. I hope these methods will help you view life with a more open heart, accepting yourselves and others with compassion.

Lac, as a young adult, you'll face constant pressures, from studies to future direction. Feelings of jealousy may arise when you see friends progressing further than you. But instead of letting those emotions control you, you can use them as motivation to understand and develop yourself. Here are 7 practices that I believe will help you become more steadfast:

1. Writing a Gratitude Journal

Lac, every night before bed, take 5 minutes to write down 3 things you're grateful for during the day, even if they're as small as a good meal or a meaningful conversation. This will help you focus on what you have, rather than what others have more of. For example, today you might

write, “I'm grateful for meeting an old friend and learning something new in class.”

2. Learning from Those You Envy

Lac, instead of letting jealousy make you feel small, use it as an opportunity to learn. Observe and understand why others succeed. For example, if a friend receives a scholarship, you can ask them about how they organize their study time and apply it to your life.

3. Compare with Yourself, Not Others

Lac, each day, ask yourself, “Have I improved from yesterday?” This helps you focus on your own journey. If you achieve a small goal like completing homework on time, reward yourself with words of encouragement.

4. Practice Compassion

Lac, think about the challenges that those you envy might be facing. Their success doesn't mean their life is perfect. This will help you understand that everyone has their own challenges, and they're trying to overcome them.

5. Taking a Break from Social Media

Lac, the beautiful images on social media are often just a small part of reality. You can try spending one day each week without social media to focus on yourself. This will reduce pressure and help you connect more deeply with yourself.

6. Sharing Others' Success

Lac, when you see someone achieve something, offer them sincere congratulations. This action not only brings them joy but also helps you feel lighter.

7. Creating Motivation From Jealousy

Lac, transform feelings of jealousy into motivation to improve yourself. For example, if you see a friend who excels in a particular field, start learning and practicing to become better in that area. This helps you focus on academic development, rather than “fueling” negative emotions further.

As for An, at fifteen, you'll face many emotional uncertainties, from peer pressure to physical and psychological changes. Sometimes you might feel not good enough compared to others. This is when these practices will help you transform negative emotions into inner strength:

1. Creating a “Love Box”

An, you can prepare a small box and write down the good things you receive or feel during the day. For example, a friend's smile or completing a test well. Whenever you feel inferior, open the box to read and remind yourself of the positive things you've done.

2. Self-Encouragement in Front of the Mirror

An, each morning, look in the mirror and say an encouraging phrase like, “I am good enough, and I'm doing my best.” This will help you start a new day with a positive spirit.

3. Learning to Share Emotions

An, when feeling jealous or sad, you can talk to Dad, Mom, or friends you trust. Sharing will help you understand that your emotions are natural and accepted.

4. Practicing Gratitude through Small Actions

An, each day, you can say thank you to someone who has helped you, even for small things. For example, thank Mom for a delicious meal, or thank a friend for sharing a book. This habit will help you focus on the positive things around you.

5. Observing Nature

An, you should spend time walking and observing trees, the sky, or the nearby park. Nature can help you realize that everything changes and nothing stays perfect forever.

6. Participating in Group Activities with Friends

An, join activities like sports or clubs where you can share joy and learn from friends. This helps build healthy relationships instead of feeling lonely or comparative.

Lac and An, life will always have challenges and mixed emotions. What's important isn't avoiding negative emotions but learning how to transform them into positive strength to grow.

The practices I've shared with you may not bring immediate results, but if you persist, they will become a solid foundation for your journey.

Remember, no one is perfect, and everyone has their own journey. Jealousy, if transformed properly, can become a great source of motivation leading to understanding and peace.

I hope you will always find peace in your hearts and know how to love life with all that it has given to you and others.

With all my love,

Dad.

THE TRANSFORMATIVE POWER FROM FEAR TO CONFIDENCE

Dear Lac and An,

Life is like a river, my children. Sometimes the surface is calm and clear like a mirror reflecting the sky, but there are also stretches of rapids and turbulent waves that seem impossible to cross. Fear is like those big waves, while confidence is the strong boat that carries us through these storms.

My dear children, fear is not the enemy. Fear is like darkness at night, not evil but merely the absence of light. When light appears, darkness dissipates. Similarly, when we learn to transform fear into confidence, every challenge becomes an opportunity for growth.

The bamboo in a storm is a testament to the power of flexibility and stability. The bamboo doesn't try to fight the wind, nor does it let itself be knocked down, but gracefully bends, using the wind's force to stand firm. That's what confidence is like, my children. Confidence isn't about being reckless or denying fear but about the ability to understand, face, and overcome fear with resilience and wisdom.

Today, I want to sit down and share with you about this magical power. It's an essential part of your journey of growing up and maturing, helping you not only overcome difficulties but also fully embrace the meaning of life.

Lac, you're at the threshold of adulthood, where there are countless things to think about, from academic pressure to career choices and future concerns. Sometimes, these things might make you doubt yourself, wondering if you're good enough or strong enough to face them. But I want you to know that fear isn't a sign of weakness; it's a natural part of growing up.

There's a story I once read about a blacksmith. He hammered red-hot iron under the flame, then plunged them into cold water to create sharp swords. It was that heat and forging that transformed raw iron into powerful weapons. Similarly, each challenge, each fear you face is like those flames, helping you become stronger and more confident.

Lac, remember that confidence isn't about always knowing you'll succeed but being ready to learn from failure. You might fail a test, or a plan might not work out as intended, but that doesn't define your worth. What matters is whether you dare to stand up after that failure and keep moving forward.

I know that sometimes you feel small compared to your peers. But don't compare yourself to others. You're like a growing tree, needing time to spread your shade. Trust in your journey, nurture your inner values, and you'll see yourself becoming steadier and stronger.

And when you feel afraid, remember the river. The water flows continuously, sometimes turbulent, sometimes peaceful, but always moving forward. The same goes for you—just keep taking steps, one at a time, and you'll

overcome all difficulties.

And, An, being fifteen is a tumultuous time, isn't it? You might be feeling pressure from friends, from physical and emotional changes, or sometimes loneliness when no one seems to understand you. These feelings are normal, my child, and I want you to know there's nothing wrong with feeling this way.

I think of kites flying in the wind. Strong winds might make the kite sway, but it's also what helps it soar high. Fear is like those winds. If you know how to hold your string steady, you can fly higher than you ever thought possible.

An, try to face the unsettled emotions within you. Instead of avoiding them, learn to listen to and understand these feelings. I once heard someone say, "Fear is like a lost child; just open your arms to embrace it, and it will become gentle." When you understand the source of your fear, you'll see it's not as frightening as you thought.

And An, don't let others' words or actions shake your self-worth. You are a precious gem, and only you know how to make that gem shine. When you feel not good enough, remember that everyone has their own unique beauty. Be confident in yourself, even when you make mistakes or aren't perfect.

Finally, An, confidence isn't about never being afraid but knowing that you can overcome that fear. Remember that you always have your family beside you, loving and supporting you in all circumstances.

Lac and An, fear and confidence are two sides of the same coin, like light and darkness that cannot be separated. What's important is that you learn to see fear as a friend and use confidence to move forward. Each time you face and overcome a challenge, you'll find yourself stronger and more mature.

Life will never run out of difficulties, but you will never run out of the ability to overcome them. Trust in yourselves, appreciate what you have, and walk forward with your brave hearts. No matter what happens, remember that you always have Dad, Mom, and family as your support.

Dear Lac and An,

After sharing about the power and value of transforming fear into confidence, now is the time for you both to begin practicing. Practice can be seen as the bridge between awareness and action, helping ideas and values become a natural part of daily life. Nothing changes overnight, but through persistence, small habits can create profound transformation, my children.

Lac, as you enter adulthood, you're facing bigger challenges, so your practice will focus on building self-trust through clear and steady steps. And An, as you go through adolescence, your practice is about nurturing self-confidence through self-discovery and self-acceptance.

Lac, your adulthood is like climbing a high mountain. There will be times when the peak seems distant, seemingly unreachable. But each small step, each deep

breath, will take you where you need to go. I want to share with you seven practices to build habits that transform fear into confidence.

1. Honestly Acknowledging Fear

Lac, fear isn't the enemy, but a part of life. Practice writing in your journal about what makes you anxious, from the smallest to the biggest concerns. For example, when you feel pressure about a test, write it down and ask yourself, "Is this fear really as big as I think it is?"

2. Acting Despite Fear

Lac, I hope you'll always remember that confidence doesn't come from being fearless but from acting even when you're afraid. For instance, when you're worried about presenting in class, start by practicing in front of a mirror or with a close friend. Small steps will help you see your capabilities.

3. Focusing on What You Can Control

Lac, there are things you can't change, like time or final outcomes, but you can control your efforts. When facing a big project, break it down into smaller parts, set clear goals, and focus on completing one step at a time.

4. Rewarding Yourself for Small Successes

Lac, each time you overcome a fear, even the smallest one, you've proven victory over yourself. Reward yourself with a walk, a good book, or a nice meal. This helps you value the journey rather than just focusing on the result.

5. Connecting with People You Trust

Lac, fear tends to grow when you face it alone. Reach out to close friends and trusted family members to share your feelings. Encouragement from others will help you feel less alone on this journey.

6. Learning from Failure

Lac, remember that failure isn't the end point but a lesson. Each time you fail, ask yourself, "What have I learned from this failure?" For example, if you don't score well on a test, review how you studied and adjust for next time.

7. Visualizing Yourself Overcoming Challenges

Lac, spend a few minutes each day closing your eyes and imagining yourself successfully completing something that makes you anxious. For example, you might envision yourself stepping onto the presentation platform with confidence, speaking clearly with focused eyes.

As for you, An, adolescence is an exciting but turbulent time. Physical and psychological changes, along with external pressures, might make you feel small. But An, this is also an opportunity to start building a strong foundation of confidence for your future. I want to share with you six practices to help nurture your confidence in daily life.

1. Practicing Gratitude

An, each night before bed, write down three things you're grateful for from the day. For example, it could be a compliment from friends, a delicious meal mom cooked,

or the peaceful feeling while reading. Gratitude will help you see the positive things around you and thereby strengthen your confidence.

2. Accepting Yourself

An, no one is perfect, and neither are you. Therefore, stand in front of the mirror each morning, smile, and tell yourself, “I am unique, and that makes me special.” Gradually, you'll learn to love and accept yourself.

3. Participating in New Activities

An, have the courage to try something you've never done before, such as joining a club, learning a new sport, or volunteering at school. For example, if you like drawing, try joining an art class after school. New experiences will expand your world and help build your confidence.

4. Dialoguing with Fear

An, when you're afraid of something, write a letter to that fear itself. For example, “Fear of speaking in front of the class, I recognize you, so I won't let you control me.” This action helps you see fear as a natural part of life, not something insurmountable.

5. Finding Joy in Small Things

An, sometimes, just enjoying an afternoon reading in the sunlight, listening to a favorite song, or looking at the trees around you will make your heart feel lighter. Confidence often starts from feeling comfortable with yourself.

6. Creating a “Confidence Box”

An, make a small box and put in it compliments, letters from friends, or achievements you've earned. Whenever you feel anxious or lack confidence, open that box and read those items to remind yourself of your own worth.

Lac and An, practice isn't just a tool to help you build confidence but also a journey of discovery and growth.

I hope that through these small steps, you both will feel the transformative power from fear to confidence within yourselves. Remember that no matter what difficulties you face, I'm always here to listen and share with you.

With all my love,

Dad.

THE POWER OF TRANSFORMING ANGER INTO CALMNESS

Dear Lac and An,

In life, we cannot avoid moments of anger. It's when our hearts are like rushing waters, carrying worries, discontent, and pain. But do you know, my children, that anger is not the enemy. Anger is just a natural part of our soul, like the clouds in the sky that sometimes gather and sometimes clear. What's important is not avoiding anger but how you transform anger into calmness—like how rushing waters eventually become gentle, clear streams.

My dear children, calmness is like warm light in the darkness, like a sturdy bamboo tree facing the storm. Calmness not only brings you greater peace but is also an inner strength to face life's difficulties.

Calmness is not weakness but great strength. Calm people don't try to fight against storms; they learn to flow with them, accepting storms as a natural part of life, and through this, they find their way forward.

Lac and An, imagine that calmness is like a river. That river never stops flowing. Even when encountering rocks or narrow passages, the river continues to flow, never breaking. Calmness is similar—it will help you find your way, even in the most difficult situations. This is why I want to share with you about the power of transforming anger into calmness—a precious value that I believe will accompany you both on your life journey.

Lac, at your age of maturity, you face many challenges. I know that pressure from studies, self-expectations, and concerns about the future sometimes weighs heavily on your heart. You might feel like a small leaf in a big current, not knowing where to go. But Lac, don't forget that it's in these difficult moments that you have the opportunity to learn how to become a stronger stream.

Lac, remember that anger is nothing to fear. Anger is just a signal showing that you're facing something important. Instead of trying to suppress or run away from anger, pause and observe. It's like standing beside a lake and watching the ripples on its surface. With patience, those ripples will dissolve, returning the lake to its peaceful state.

Lac, calmness is how you respond to anger without letting anger control you. You can start by taking deep breaths whenever you feel tense. Each deep breath is like a bridge, helping you return to yourself, helping your heart settle. When you master your breath, you'll also master the surging emotions.

I also hope you understand that difficulties and failures aren't your enemies or opponents, but rather your greatest teachers. Each time you stumble, you have the opportunity to learn how to rise stronger. Calmness will help you see things with more serene eyes, allowing you to find the hidden lessons behind each challenge.

Lac, remember that being calm doesn't mean pretending everything is fine. Because calmness is about being honest with yourself and accepting that things don't always go as you wish. When you can accept this, you'll

find strength from calmness to help you overcome difficulties.

As for you, An, at fifteen, the world around you is surely changing rapidly. Pressure from friends, physical and emotional changes, or even feelings of not being pretty enough might make you feel confused. I understand that adolescence is like a stormy season—there are days when the sky is gray, but the sun will shine again.

An, anger isn't wrong. Anger is just part of our emotions, like sunshine, rain, or wind. But what's important is not letting anger control you. When you feel angry, take deep breaths and count to ten. Each count is an opportunity to pull yourself out of the emotional storm and return to the peace within.

An, when you feel frustrated because friends don't understand you, or when adults' expectations create pressure, calmness will help you see things differently. Calmness will help you understand that no one is perfect, and everyone is trying in their own way. Instead of reacting quickly, you can now choose to listen and understand.

An, imagine that calmness is like a big tree. That tree may be blown by the wind, but its roots remain firmly in the ground. Calmness will be your roots, helping you stay steady through life's storms.

I hope you remember that no emotion lasts forever. No matter how angry or sad you might be, everything will pass. What's important is knowing how to embrace these emotions so you can find peace within yourself.

Lac and An, life is a long journey, and on that journey, you'll face many challenges. But I believe that with calmness, you'll always find a way through. Calmness not only brings you peace but is also the strength to help you reach the most beautiful things in life.

Always remember that difficulty is not the end but just a rest stop on your journey of growth. And with each challenge you overcome, you'll become stronger and more profound.

Dear Lac and An,

I want to continue sharing with you some specific practical methods that you can apply to your daily life, helping to develop the ability to transform anger into calmness more easily.

These are not complicated methods, but rather small habits that you can start practicing from today. These methods will not only help you face negative emotions but also help you become stronger and more mature in your journey of understanding yourselves and others.

With these habits, you will gradually build inner calm, so that when facing challenges, you will not only overcome them but become more resilient. Below are methods that I think will help you practice effectively in your daily life.

Lac, I understand that at your age of maturity, you are facing many challenges in life, from studies and work to important decisions about the future. Sometimes, these challenges can make you feel confused and easily swept away by negative emotions. Therefore, the methods

below will help you gradually train your ability to transform anger into calmness, gently.

1. Practicing Emotional Observation

Lac, before acting when you feel angry, pause for a moment and observe your emotions. Anger is a signal that something is bothering you. But instead of reacting immediately, take time to observe and clearly identify that emotion. For example, when you get a low grade on a test, instead of getting angry and blaming yourself, try sitting down, taking deep breaths, and identifying your emotions: “I feel disappointed with this result, but I will learn from it to do better next time.”

2. Focus on Breathing

Lac, when you're angry, your body becomes tense and your mind loses control. A simple but effective way is to focus on your breathing. Whenever you feel tense, stop and take several deep breaths. This helps reduce stress and regain calmness. For example, during tense meetings with professors or friends, if you feel irritated, take a few seconds to breathe deeply and gradually regain your composure.

3. Accepting Failure and Learning from It

Lac, an important part of transforming anger into calmness, is the ability to accept failure and see it as an opportunity to learn. Don't see failure as something shameful, but as part of the growth process. For example, if you work on a group project and the result isn't as expected, instead of blaming yourself or team members,

take time to analyze and learn from what didn't work well to do better next time.

4. Taking Care of Body and Mind

Lac, a healthy body will help maintain a clearer mind. Maintain reasonable eating and exercise habits to keep your body healthy. This will help you have enough energy to face challenges without being swept away by negative emotions. For example, each morning, you can walk or do light exercise before starting a day of study and work.

5. Making Time for Yourself

Lac, sometimes, just having time alone to rest and relax will help you feel much more comfortable and calm. Spend at least 30 minutes each day doing something you love, like reading, listening to music, or taking a walk. This helps you regain energy and avoid triggering feelings of frustration and stress.

6. Using Positive Language

Lac, your words can either reduce or increase your anger. When you feel you're about to lose your temper, talk to yourself with positive phrases like, "I can do this" or "Everything will be okay." These words not only help reduce stress but also promote the development of an optimistic spirit.

7. Meditation and Focusing on the Present

Lac, meditation is a very effective method to help your mind become peaceful and serene. You can try spending a few minutes each day meditating or sitting quietly,

focusing on the present and letting go of worries about the future. This helps you become more alert and reduce stress.

And An, adolescence is a challenging period, and you are no exception. During this time, you will experience many mixed emotions, from confusion and academic pressure to feelings of inadequacy when comparing yourself with peers around you. However, the methods below will help you find calmness amid these chaotic emotions.

1. Identifying Emotions

An, when you feel angry or sad, you can try stopping and asking yourself, “Why do I feel this way?” Identifying emotions helps you understand the cause and not let emotions guide your actions. For example, when you're angry because of criticism from friends, instead of reacting immediately, think about the deeper reasons that make you feel hurt, so you can resolve that issue more calmly.

2. Sharing Emotions

An, don't hesitate to share your feelings with others, like dear friends, teachers, or parents. Sharing not only helps you release emotions but also helps you feel you're not alone in difficult moments. For example, when you feel pressure in studying, you can share with parents or dear friends for encouragement and comfort.

3. Finding Peace in Nature

An, when you feel too stressed, you can find a quiet space, like a park or a garden, to relax and find peace

again. When you regularly commune with nature, it will help you feel lighter and find inner peace more quickly.

4. Setting Goals and Focusing on the Process

An, sometimes disappointment comes from not achieving goals immediately. Learn to set small, achievable goals, and focus on the process, rather than just looking at the final result. For example, instead of worrying about upcoming exams, you can break down your study plan into daily tasks, which will help you feel more confident.

5. Entertainment and Relaxation

An, you also need time to relax and recharge. Watching a good movie and listening to soft music help reduce stress and regenerate energy. Find yourself a hobby, so you won't feel pressured during these difficult times.

Lac and An, these methods are not magic but small steps, day by day helping you both gradually build calmness in life.

I always believe that if you both practice and persevere, you will see positive changes in yourselves. Every challenge is an opportunity for you both to learn and grow, and I believe that, with all love, you will always overcome everything.

With all my love,

Dad.

THE POWER OF TRANSFORMING SADNESS INTO JOY

Dear Lac and An,

In life, each of us must face challenges, difficulties, and sometimes sadness. But have you ever asked yourselves, in such moments, how you can transform these unhappy feelings into joy?

If you knew, there is a miraculous power in this transformation that not everyone easily recognizes. I believe that you will be ready to apply this power to face any difficulties in your lives with calmness and maturity.

My dear children, one could say that sadness is an essential part of life. Like unexpected rain showers. Rain comes and goes, and after the rain, there are always rainbows. When we're sad, we often feel lonely, tired, and sometimes even desperate. But when we learn to look at our own sadness without fear and learn to face it, we will discover valuable lessons.

The power to transform sadness into joy isn't something distant, but rather a natural part of growing up, my children. Just like the bamboo trees in a forest, even when struck down by storms, they still stand straight and grow tall. Sadness is like the wind, and joy is like the fresh green bamboo shoots that grow from it.

I want to tell you both that this power isn't just a quality we can learn from books or lectures, but it's also an inner strength within each of us, a strength that can help us rise

up, no matter how difficult life becomes. Let's explore this together.

Lac, at your age, the challenges you face are not small. As a third-year student, academic pressure, questions about the future, and sometimes feelings of insecurity can make you feel tired. You might feel you're not good enough, or not fast enough, or not as successful as your friends. But you know what? Maturity doesn't come from avoiding or never facing difficulties but from how you face and learn from these difficulties.

When you encounter failure, don't see it as the end. Instead, see it as a valuable lesson. You might feel sad about your unsuccessful efforts, but it's in these moments that you'll recognize the value of perseverance, humility, and the courage to stand up after each fall.

I remember when I was young, I once felt discouraged because of a terrible exam. I was very sad, but then, when I stood up, I realized that within that sadness was a strength that helped me improve myself. That's why every time I failed, I learned, adjusted, and became stronger.

Lac, you might think that facing academic pressure, finding career direction, or searching for self-confidence is too difficult. But actually, all of these things are just part of your bigger journey. Each difficulty will teach you valuable things about yourself, helping you grow more mature. This transformation from sadness to joy will be the key to helping you move forward more strongly. Remember, every difficulty has its reason, and every

challenge helps you discover potential you never knew you had.

And An, adolescence is a very special period, my child. This is a time when everything changes very quickly, from physical to emotional aspects. You might start feeling pressure from friends, family, and sometimes even loneliness that you can't share with anyone. You might feel like you're not good enough, not pretty enough, and not smart enough compared to those around you. But you know what? These are very normal feelings, and everyone goes through them.

So, during these times, you'll learn that sadness isn't your enemy, but rather a part of yourself that you need to understand and accept. Don't fear sadness; don't run from feelings of loneliness, but accept them as an essential part of your journey to maturity.

Look at each of these emotions as an opportunity to discover more about yourself. You might not see results immediately, but gradually you'll realize that this very sadness will help you become stronger and more confident in yourself.

An, sometimes you might feel weak, but remember that within each feeling of weakness, there's a strength waiting for you to discover. Each time you overcome a challenge, whether big or small, you'll realize that you're much stronger than you thought. And at that moment, sadness will gradually transform into joy, like gradually seeing light in the darkness.

Lac and An, life will always have its ups and downs, times of joy and sadness intertwined. But I always believe that if you understand the power of transforming sadness into joy, you will overcome all difficulties and challenges. Never lose faith in yourselves, because no matter how difficult life or circumstances may be, you always have the ability to overcome and become stronger.

Always remember that joy isn't a destination but a journey. Sadness is just a turning point, a part of life, and it's sadness that helps you grow and become stronger. I'm always here, beside you both, sharing and supporting every step you take.

Dear Lac and An,

Now that you understand the power of transforming sadness into joy, you'll need some practical methods to turn this power into a daily habit. These methods aren't difficult to implement, but they will take time and patience to become a natural part of your subconscious. I hope you will apply these techniques in your daily lives so you can clearly experience your own changes and progress each day.

Let's begin this new journey together. I believe these methods will not only help you overcome difficulties but also help you see the beauty in every moment, whether challenging or easy. I believe that, with time, these methods will become precious habits and a source of strength, helping you grow in both your current and future life.

1. Practice Mindfulness

Lac, mindfulness is an excellent method to calm your overwhelming emotions. When you feel pressure from studying, or when negative thoughts begin to occupy your mind, pause, take deep breaths, and focus only on the present. You can try taking three deep breaths, paying attention to each inhale and exhale, and letting your mind return to the present moment. When you can do this, anxiety and tension will gradually dissolve, and you'll find peace and joy within yourself.

2. Keep an Emotional Journal

Lac, you can record your daily emotions in a journal. When facing difficulties, write down your feelings, which will help you better recognize what's happening inside you. This will help you face your emotions instead of running from them, making it easier to find solutions and transform sadness into positive thoughts or joy. For example, if you feel you've failed a test, you might write, "I feel sad because my test score wasn't what I hoped for, but I know this is an opportunity to learn and help me improve." Writing this down will help you see the joy hidden behind each challenge.

3. Light Exercise or Yoga

Lac, physical activity is an effective way to reduce stress and bring happiness. You should spend ten to fifteen minutes each day walking, doing gentle yoga, or exercising. These activities help your body release endorphins, happiness hormones, helping you feel more relaxed and confident in life. Each morning when you

wake up, you can start your day with some gentle stretches to keep your body alert and improve your mood.

4. Find Good Friends and Share

Lac, one of the best ways to face sadness is to share it with trusted friends. Sometimes, just hearing a word of encouragement from dear friends can make you feel much better. You can try talking to close friends about the difficulties you're facing. Perhaps they're going through similar things, and you can share, help each other, and overcome together. The connection between you and close friends is an important part of helping you overcome sadness and find joy through empathy and sharing.

5. Find Joy in Small Things

Lac, sometimes we overlook small things that can bring great joy. Look for joy in simple things like watching the sunset, enjoying a cup of tea, or listening to a favorite song. Each day, spend some time doing something that brings you peace and happiness. These moments will be wonderful mental medicine to transform your sadness into joy.

6. Reflect on Lessons from Failure

Lac, when facing failure, instead of only looking at your weaknesses, now you should look at the lessons you can learn from it. Each failure brings you an opportunity to grow. Reflect on what you could do differently next time, and don't forget to encourage yourself that "Each failure is one step closer to success." This change in perspective

will help you transform sadness into motivation and joy to help you keep moving forward.

7. Set Goals and Self-Discipline

Lac, start each new day with a small, achievable goal. This will help you feel a sense of accomplishment and create joy. Don't set goals that are too high or too distant, but instead, break down your goals into steps and discipline yourself to accomplish each step. You can start with completing homework on time, or joining an online course, etc. Even small successes will help you feel more confident and happier.

1. Learn Deep Breathing When Feeling Stressed

As for you, An, one of the ways that can help you face stress and anxiety are deep breathing. When you feel pressure from friends or family, pause and take three deep breaths. This will help you regain calm and soothe your emotions. In just a few minutes, you'll feel your mind become lighter and ready to face any challenge.

2. Set Small Goals and Work to Achieve Them

An, setting small, achievable goals will help you create a sense of accomplishment and joy. For example, instead of thinking about a big exam, you can break down your goal into studying small portions each day. When you complete each small goal, you'll feel much more confident and happier.

3. Find Joy in Creative Activities

An, when you feel stressed or unhappy, a wonderful way to relax is to engage in creative activities. You can try

drawing, writing in a journal, or learning a new song. These activities will help you reduce stress and find joy in life again.

4. Seek Support from Loved Ones

An, don't hesitate to share your thoughts and feelings with your parents or close friends. They are always willing to share and help you overcome difficulties. Sometimes, just knowing you're not alone is already a great source of encouragement.

5. Read Books or Listen to Music to Relax

An, good books and your favorite songs can be wonderful mental medicine to help you relax and find joy again. You can read a book you love or listen to music that makes you feel comfortable. These activities help you temporarily forget your worries and bring a sense of ease and lightness.

6. Take Care of Yourself with Small Actions

Finally, An, always remember that taking care of yourself is also very important. Take time for small things like getting enough sleep, eating healthy, or simply spending a quiet afternoon in a park or by a lake. These things will help you feel happier and healthier to overcome any challenge.

Lac and An, all difficulties and challenges are opportunities that help you learn and grow. Practice these methods in your daily life, so you can build habits of transforming sadness into joy. I believe you will always

overcome challenges and live a happy life full of meaning and love.

With all my love,

Dad.

THE TRANSFORMATIVE POWER OF TURNING REGRET INTO ACCEPTANCE

Dear Lac and An,

Life never only has sunny days but also has days of wind and storms and sometimes difficult moments that make you both feel like you're standing at a crossroads, not knowing which way to go.

But it's precisely in times like these that you can understand the value of something important in life: the power to transform regret into acceptance. This power isn't just a quality but an inner strength that helps you overcome challenges and difficulties.

You must have heard about the bamboo tree in the forest. Though slender, it possesses an incredibly powerful life force. The bamboo may be blown by the wind, may fall down, but as soon as it accepts these blows, it continues to grow, reaching up tall and strong.

Like the bamboo, in this life, when you face difficulties, instead of dwelling on regrets about things past, you should learn to accept them and transform them into motivation to move forward, just as the bamboo accepts nature's impact to grow stronger each day. This is the strength I want to share with you both.

My dear children, it can be said that no matter who we are, we cannot avoid regret. Therefore, instead of trying to run away from or suppress regret, we should learn to

transform it into acceptance. And when we can do that, nothing can stop us from walking life's journey with peace and serenity.

Lac, I know that at your age, the challenges in studies and life can make you feel tired. You're preparing for your future, and sometimes, the pressure, self-doubt, or past mistakes can make you feel like you're facing an insurmountable wall. You may have felt regret about wrong decisions, missed opportunities. But my child, these things are part of the journey of growing up, and instead of regret, you need to learn to accept them.

For example, when you face a difficult exam and the results aren't what you hoped for, you might feel very sad. But if you only focus on regretting what's passed, you won't be able to find the path forward. However, if you accept that failure, recognize what you haven't done well, and learn from it, you'll become stronger and more mature. Remember, a good student never only learns from what they've done right but also from their mistakes and knows how to correct them. You need to do the same.

Lac, sometimes, maturity doesn't come from always being right but from being able to accept that you can be wrong and learning from those mistakes. You must understand that each challenge, each failure, is an opportunity for you to grow and help you walk more steadily on the path ahead.

And An, I know that your adolescence brings many changes in psychology, body, and relationships around you. You might feel pressure from friends, feel emotionally inadequate, unaccepted, and sometimes, you

might feel lonely and isolated in these thoughts. These feelings are very natural at your age, but what's important is that you need to learn how to transform them into acceptance, rather than letting these negative emotions control your life.

For example, when you feel misunderstood by friends, or when you feel you can't meet others' expectations, making you sad and disappointed. But if you can accept these feelings, instead of running away or denying them, you'll find ways to face and overcome them.

In these moments, you'll realize that no one is perfect, and everyone has their own difficulties. Accepting your own imperfections will help you build confidence, make you stronger, and not get lost in these negative emotions.

Remember that your growth comes from the ability to accept yourself, accept imperfections, and learn from mistakes. You will never have to face loneliness if you know how to love yourself, whether others understand you or not.

Lac and An, I want to remind you once again that in life, we cannot avoid difficult times, failures, and regrets. But these emotions are not insurmountable. True maturity isn't about the absence of suffering but the ability to transform that suffering into strength. And this strength comes from accepting what has passed, not to forget, but to learn and continue moving forward.

Dear Lac and An,

Each day, you both face situations that may cause you to feel regret or discomfort. However, if you can train

yourselves to view these situations from a different, more positive perspective, that is when you truly grow up. I hope that the practices below will be the first steps to help you build positive living habits, rather than letting regret control your emotions.

Lac, I know that at your age, you are going through many challenges in your studies, career orientation, as well as daily life issues. Sometimes, you may feel tired of the difficulties ahead and wonder “if you've done enough.” To transform feelings of regret into acceptance, I will share with you some practical methods that you can apply in your daily life.

1. Viewing Mistakes as Learning Opportunities

Lac, one of the things we often regret most is our wrong decisions. However, instead of letting that regret control you, you can learn to view that mistake as an opportunity to learn. Every time you face failure, ask yourself, “What have I learned from this experience?” For example, if you don't achieve the results you want in an exam, instead of blaming yourself, you can sit down and analyze your weaknesses to improve for next time.

2. Accepting the Past and Living in the Present

Lac, the truth is, we cannot change the past, but we can choose how to live with it. This practice will help you let go of regrets about things past and focus on what you can do in the present. Each day, you can journal about what you did well, what made you happy, and what you can improve. This helps you view life more positively and reduces feelings of regret.

3. Accepting Your Emotions

Lac, regret or any negative emotion is just a part of human emotions. This practice will help you learn to accept these emotions instead of denying them. When you feel regret, allow yourself to feel it, but don't let it control your actions. For example, if you feel regret for not completing a project well, instead of tormenting yourself, acknowledge that feeling and think about how you can do better next time.

4. Living in the Moment

Lac, this practice helps you learn to focus on the present and not let regrets about the past or worries about the future trouble you. Take time to appreciate the little things around you, from a peaceful morning to a relaxing evening with family. You can try meditation or simply focus on each breath to live in the moment.

5. Making Decisions from the Heart

Lac, sometimes regret comes from not daring to decide based on what you truly want but instead following others' expectations. This practice encourages you to make decisions from your heart, based on your values and passions. For example, when choosing a field of study or career, think about what you truly love and are passionate about, rather than just seeking safety.

6. Sharing Emotions with Loved Ones

Lac, one way to reduce feelings of regret is to share emotions with loved ones. You can spend time talking with Mom, Dad, or close friends about what you're

thinking, emotions you may not fully understand. This sharing will help you feel relieved and understand that these feelings are normal in life.

7. Setting Small Goals and Taking Steps

Lac, when facing difficulties or feelings of regret, you may easily feel overwhelmed and not know where to start. To overcome these feelings, set small goals and take steps to achieve them. For example, if you want to improve your grades, you can start by making a daily study plan instead of just focusing on the final result.

As for you, An, adolescence is a tumultuous time, with many physical and psychological changes. Difficulties in adapting to yourself and your surroundings can make you feel confused and sometimes lonely. To transform regret into acceptance, I'll share with you some simple but effective methods for you to practice in daily life.

1. Viewing Everything as a Lesson

An, when you face difficulties or failures, instead of feeling regret, view them as lessons. Every experience, whether good or bad, brings you something valuable. For example, if you have a conflict with friends, instead of feeling sad about losing friendship, you can learn better communication skills to avoid misunderstandings in the future.

2. Accepting Your Imperfect Self

An, at your age, sometimes you might feel you're not good enough, not pretty enough, not smart enough compared to others around you. However, this practice

will help you understand that no one is perfect, and it's precisely these imperfections that create each person's unique beauty. You can write down things you like about yourself, even small things, to learn to love yourself.

3. Living in Harmony with Your Emotions

An, you may experience unstable emotions, anger, or disappointment. This practice will help you learn to recognize and live in harmony with these emotions. You can draw a picture or write in a journal to express feelings you can't put into words.

4. Finding Peace in Each Moment

In your youth, you might feel you always need to be busy to keep up with demands from friends or family. However, this practice helps you find peace in life's simple moments. You can spend time listening to music, reading a favorite book, or simply enjoying quiet moments to regain balance.

5. Expressing Gratitude

An, gratitude is a wonderful method to change how you view life. Each day, you can write down three things you're grateful for. This helps you focus on positive things, rather than things you regret.

6. Making Time for Yourself

An, to reduce loneliness and feelings of regret, you need to learn to make time for yourself. Create a habit of having some time each day just for you, whether it's reading, drawing, or simply taking a walk. Taking care of yourself helps you feel peaceful and reduces anxiety.

Lac and An, I hope that through these practices, you will begin to feel a change in how you view life, from regret to acceptance.

No matter what life brings, remember that each day is an opportunity for you both to renew yourselves, to learn, and to grow. Always believe in your abilities and live fully in each moment you have.

With all my love,

Dad.

THE TRANSFORMATIVE POWER FROM DOUBT TO FAITH

Dear Lac and An,

I want to share with you another value that is also very important in life, which I have learned through years of growth and experience. It is “the transformative power from doubt to faith.”

This transformation is not just a quality but an inner strength that helps you overcome life's challenges and is the key to achieving success.

My dear children, when we doubt, we only see barriers, but when we have faith, we see opportunities and strength to rise up. Faith not only helps you face difficulties but also helps you believe in yourselves, even when things don't seem easy.

I want to compare faith to light in darkness. When you feel lost and uncertain, faith is like a torch, illuminating the path ahead. Faith isn't as bright as sunlight, but rather a steady, gentle yet powerful force that helps you through the dark. When you doubt yourselves, faith is like a gentle breeze encouraging you to keep going, even though the path ahead may be hot and difficult.

Lac, I know you're going through a very special phase of life. You've entered adulthood, being a third-year university student, and naturally, you face many challenges. Academic pressure, career decisions, and sometimes self-doubt. You might feel anxious about the

future, wondering if you can succeed or feeling lost among all the things you need to do. But Lac, you need to remember that these are the challenges everyone must face while growing up.

When you feel tired, when you doubt your abilities, remember that these feelings are completely normal. Every step on your journey comes with difficulties. But it's in these moments that you'll learn the true power of faith. Faith isn't something that comes ready-made but a state you must build day by day. Faith is the result of perseverance and determination, the ability to stand up after each fall.

I don't believe you'll never fail, but I do believe that from those failures, you will learn and grow. Don't let doubt control you. Look at each challenge as an opportunity to prove yourself and improve. You'll understand that no failure is permanent, but the valuable lessons you learn from these stumbles are lasting. When you believe in your abilities, difficulties will no longer be solid walls but small mounds you can easily overcome.

Lac, remember that faith in yourself is the key to unlocking the door to success. When you have faith, you'll see that each step you take, no matter how small, is a victory. Don't be afraid when facing difficulties, because that's when you're strongest.

As for you, An, I know that adolescence is never an easy time. You might be facing many insecurities, feelings of inadequacy, or sometimes peer pressure. Adolescence is a challenging time when your psychology and body change daily. Sometimes, you might feel like you don't

fit in with those around you or can't live up to society's expectations. But An, understand that all of this is just part of your growth journey.

An, when you feel lonely or confused, remember that everyone goes through such times. Loneliness isn't a sign of weakness but an opportunity to better understand yourself. Faith is the light that helps you overcome this darkness of loneliness. When you believe that you have value, when you believe that you deserve good things, you won't feel insecure anymore. Faith in yourself will help you confidently face all difficulties, whether from friends or society.

An, when things don't go as planned, never give up. Remember that everything happens for a reason, and you can always learn from these experiences. Feelings of insecurity will gradually pass when you focus on positive things and always believe in your own abilities. Don't let negative thoughts dim your faith. Remember, only when you have enough self-confidence will everything around you change in a positive direction.

Lac and An, life will never be without challenges. But one thing is certain: faith will help you overcome everything. No matter how difficult the circumstances, you will find a way through. Always believe in your abilities, because only when you have faith can you find the best way to rise up strongly.

Dear Lac and An,

In this section, I want to share with you guys some daily practices that will help you guys build habits to transform

doubt into confidence. These habits will not only help you both overcome difficulties but also help you both better understand yourselves and gradually build self-confidence in all circumstances.

My dear children, practicing is not a simple process, but each small step will bring great changes to your lives. I hope that through these methods, you will find your own way to face challenges and develop yourselves more strongly and resiliently each day.

Lac, throughout your journey of growing up, challenges will constantly come your way, and creating habits that help you maintain self-confidence is extremely important. I want to suggest some practical methods. I hope these methods will help you build strong confidence, which can help you overcome difficulties in both studies and life.

1. Discover New Things Every Day

Lac, try to do something new each day. This could be a new subject, a different learning method, or simply trying to read a book outside your favorite field. This practice not only helps broaden your knowledge but also creates confidence when you discover your own capabilities. For example, you can learn a new skill each week, such as essay writing or presentation skills. When you accomplish this, you'll feel more confident in your ability to overcome any challenge.

2. Building Creative Habits and Learning from Failure

Lac, failure is not the end but a part of the growing process. When you face failure, never feel completely

defeated. Instead, take time to examine why the failure occurred and find ways to learn from it. For example, when you encounter a difficult assignment, instead of giving up, examine how you can improve and learn from your mistakes. Always remember that each failure is a valuable lesson that helps you progress and see deeper into the problem.

3. Setting Daily Goals

Lac, each morning when you wake up, ask yourself, “What do I want to achieve today?” Set a specific goal and work towards it that day. Goal setting will help you maintain motivation while creating confidence that you can accomplish important things each day. For example, if you have a presentation at the end of the week, break down the work into smaller daily goals like research, preparation, and practice.

4. Evaluating and Celebrating Small Achievements

Lac, don't forget to evaluate your achievements whenever you complete a task. Every victory, no matter how small, whether in studies or life, deserves recognition. For example, when you complete an essay, take time to look back and be proud of what you've done. This helps you feel more confident, and your self-belief will be strengthened.

5. Developing Time Management Skills

Lac, knowing how to manage time effectively is one of the important factors that help you complete work more easily and with less stress. Start by planning for each day or week, and clearly divide time for each important task.

This not only helps you control your work but also helps maintain confidence in your abilities.

6. Self-Reminders of Inner Strength

Lac, whenever you feel doubt about yourself, remind yourself of your strengths and achievements from the past. You can write them down and post them on your desk, so whenever you see them, you'll remember that you've accomplished many things in the past. This will help maintain your confidence and help you realize that you can overcome any challenge.

7. Finding a Mentor or Companion

Finally, Lac, find yourself a close friend or mentor with whom you can share difficulties when you face them. An encouraging word, a sincere sharing can help you realize that you're not alone in this journey. Of course, that person could be a close friend, a teacher, or even me.

An adolescence is a time full of changes, and sometimes you might feel like you can't overcome difficulties in both studies and relationships. But I believe that with self-confidence, you can face any challenge and become stronger each day. Below are the practical methods I want to share with you, hoping they can help you build habits of self-belief.

1. Reminding Yourself of Good Things

An, start each morning with a positive thought. It could be gratitude for the good things happening in your life or something you feel proud of about yourself. For example,

when you feel anxious before a test, remember your past successes, even if they were small achievements.

2. Building Independent Habits

An, to believe in yourself, you need to learn to be independent. Start with small things like preparing your own breakfast or organizing your study schedule. This will help you feel more confident about your ability to manage and operate your life.

3. Accepting Failure

An, no one is perfect, so when you fail, it's normal. But An, don't just dismiss it because it's normal—what's most important is what you learn from these failures. When you realize that failure isn't the end but part of the learning journey, you'll begin to build confidence in your abilities. For example, when you don't achieve a high score on a test, accept the reality as an opportunity to learn and improve.

4. Making Time for Yourself

An, create a habit of making time for yourself each day. It could be an afternoon walk or simply spending time reading a book you love. When you feel relaxed and confident in yourself, everything around you will become lighter.

5. Helping Others

An, one of the wonderful ways to build confidence is knowing that you can help others. Start with small actions, like helping friends with their studies or doing

housework. The feeling of being useful will help you clearly sense your own value.

6. Seeking Advice and Listening

An, don't hesitate to seek advice from others when you face difficulties. Listening will help you broaden your perspective and learn from others' experiences. Finding advice and knowing how to listen will help you realize that you're not alone, and you always have support from those around you.

Lac and An, these practical methods aren't quick steps or short-term practices, but if you persist in practicing them, you'll feel changes in your way of thinking and living.

Self-confidence doesn't come naturally but must be built day by day, hour by hour. Believe that no matter how difficult life becomes, as long as you maintain faith in yourselves, overcoming challenges will no longer be an issue for you.

With all my love,

Dad.

THE TRANSFORMATIVE POWER OF TURNING REGRET INTO SERENITY

Dear Lac and An,

I write these lines to you both with a deep conviction that each of you will understand the importance of the value I'm about to share—that is, “the transformative power of turning regret into serenity.”

This is a theme that, throughout my life, in moments facing difficulties, suffering, or moments of uncertainty about what to do, has helped me find peace, hope, and inner strength to keep moving forward.

My dear children, life is never easy, but if you know how to perceive and face challenges, difficulties, even pain and regret, there will always be a way to transform these emotions into inner peace.

Imagine, children, that your lives are like flowing water. Although there may be rocks blocking the way, water will always find a path to flow through. Similarly, within each of you, no matter what pain you face, if you learn to let go and accept, these emotions will become part of the flow, gentle and free. This transformation helps you grow stronger, more resilient, and find serenity even in life's storms.

Lac, I know you're at a crucial age, when life's challenges begin to interweave in complex ways. You might be feeling pressure from studies, worried about your future and career, or sometimes doubting your own abilities.

These feelings are completely normal, and I want you to understand that facing regret, failure, or uncertainty about the future isn't a bad thing. It's simply part of the journey of growing up.

Remember when you didn't score well in your recent exam? You felt very sad and wondered if you were smart enough, capable enough to achieve your dreams. I understand those feelings, child. But what's important is how you faced that failure. Did you allow yourself to be overwhelmed by sadness, or did you seek to learn from those mistakes? I hope you can see failure not as an endpoint, but as an opportunity to learn, grow, and become stronger.

The serenity I want to share with you is the ability to accept difficulties as a natural part of life. When you no longer fear failure but instead embrace and learn from it, you'll feel the inner strength you possess.

You'll no longer feel pain or endless regret about things past but instead find gentleness in your soul. Remember, you're not alone on this journey. Each challenge is a step that brings you closer to the person you want to become.

As for you, An, I know adolescence is always a challenging time. You might be feeling pressure from friends, or even feeling that you're not smart enough and can't measure up to others. The changes in your body and mind might make you feel confused, sometimes lonely. But I want you to understand that loneliness and not fully understanding yourself are all very natural emotions at your age. No one, not even adults, can always feel certain about everything.

When you feel you're not good enough, unable to keep up with friends, remember that we all go through phases where we must face ourselves. Transforming regret into serenity is the ability to view yourself with kindness, without judgment.

You may encounter situations that make you feel sad or disappointed, but instead of blaming yourself or feeling helpless, try to pause and think about what you might learn from these emotions. Most importantly, don't let these negative emotions control and cloud your judgment. Consider these emotions as lessons, helping you discover stronger aspects of yourself.

I hope you will gradually build confidence in yourself, because each of us has our unique value. Don't let difficulties make you lose your self-confidence. Remember that growth isn't a straight path but a process full of challenges, and each challenge will help you become more resilient.

Lac and An, life will sometimes present us with great challenges, but I always believe you have the strength to overcome them. No matter where regret comes from, no matter how exhausting loneliness might feel, always remember that serenity isn't a destination but a state that you can find even in life's most difficult moments.

Keep your hearts open and be ready to embrace challenges, not as burdens, but as opportunities for growth. No matter how difficult life may be, never forget that you never have to walk alone. I am always here, ready to share and accompany you every step of the way.

Dear Lac and An,

In the previous section, I shared with you both about the power of transforming anxiety into serenity, and I hope that these values will become a part of your lives.

However, having a life philosophy is one thing, but for it to truly become part of daily life requires specific habits and actions. Therefore, today, I want to share with you some practical methods that you can apply in your daily lives to cultivate the habit of transforming anxiety into serenity.

These methods are not formulas that can instantly change everything, but they will be small, sustainable steps helping you both develop the ability to accept, learn, and grow each day.

Lac, as a grown person facing many challenges in studies and life, you will need tools and methods to help maintain peace of mind, especially when feeling under pressure. Below are practical methods that you can apply to your daily life to create habits of transforming anxiety into serenity.

1. Accepting Difficult Emotions

Lac, when you feel anxious, stressed, or uneasy, it's important not to rush to avoid these feelings or force yourself to be happy. Learn to accept your emotions. If you feel pressure from studies or self-doubt, instead of criticizing yourself, you can tell yourself, "This is a natural part of the growth journey." When you accept these emotions without judgment, you'll feel lighter and can more easily transform them into valuable lessons.

Example, if you don't achieve the results you expected in an exam, instead of blaming yourself, view it as an opportunity to learn and improve. You can ask yourself, "What can I learn from this failure?" and find ways to do better next time.

2. Focus on the Present

Lac, one of the reasons you feel anxious is because you keep worrying about the past or future. However, the only way to find peace is to live fully in each present moment. When you feel tired or overwhelmed by work or studies, stop and focus on what's happening around you. Take deep breaths, feel your body, and find a quiet space to regenerate your energy. Example, when studying, instead of worrying about whether you can complete everything on time, focus on each question, each small lesson. Each time you solve a part of the work, you'll feel serene, lighter, and less stressed.

3. Set Clear Goals

Lac, you may have felt confused about not knowing your study or career goals. Without clear goals, it's easy to get caught up in anxiety and insecurity. I think you should take time to identify both small and large goals in your life. Setting clear goals will help give you motivation and confidence in each decision. Example, if you want to improve your test scores, you can set specific goals like, "I will study for 2 hours every evening." Clear goals will help you focus better and reduce anxiety.

4. Find Balance Between Work and Rest

Lac, one of the best ways to avoid feeling pressured and anxious, is to create balance between work and rest. If you only focus on studying without adequate rest, your mental and physical health will be affected. Take time to relax, go for walks, listen to music, or even spend time with close friends. These moments of rest will help you regenerate energy and maintain peace of mind. Example, if you feel tired after a long day of studying, spend at least 30 minutes doing something you enjoy, like reading or listening to music, instead of continuing to study.

5. Practice Gratitude

Lac, gratitude is a powerful method to transform anxiety into serenity. When you feel pressured, remember the good things happening in your life, even if they're small things. Gratitude will help you change your perspective, and you'll feel more peaceful. Example, after a stressful day of studying, you can write down three things you're grateful for, like, "Today I learned something new," "I had time to relax," or "I have good health."

6. Seek Support

Lac, no one can overcome all challenges alone. When you feel overwhelmed or stuck, don't hesitate to seek help. Share with close friends, family, or mentors who can help you see issues more clearly and find better solutions. Sometimes, just one conversation is enough to help you feel relieved and find your way forward. Example, when you feel stressed before an important exam, instead of keeping everything inside, you can

share with me or your teachers. Sometimes, a small piece of advice can bring big changes.

7. Cultivate Patience

Finally, Lac, it's important to be patient with yourself. Serenity doesn't come immediately but is the result of persistence and effort. When you face difficulties, instead of rushing for results, remember that transformation always takes time. Patience is a quality that helps you overcome all challenges. Example, if you feel you haven't achieved your desired study goals, don't rush to give up. Continue trying and be patient with your learning process.

As for you, An, adolescence is a period full of changes and challenges; you may experience anxiety, lack of confidence, or difficulty in shaping your identity. The methods below will help you transform inner anxiety into serenity and build confidence in your journey of growth.

1. Embrace Change

An, at this age, your body and mind are changing every day. These changes can make you feel confused or insecure. However, remember that this is a natural part of growing up. Accepting these changes will help you feel more peaceful and comfortable with yourself. Example, if you feel uncomfortable with your changing appearance, instead of worrying, try to view yourself with more love and acceptance. Remember that everyone goes through changes in life.

2. Create Positive Habits

And, habits are the foundation for building a peaceful life. Create healthy habits like waking up early, exercising, or studying regularly. These habits will help you feel more in control and secure in life. Example, you can start your day by waking up early and spending some time exercising, helping keep your body healthy and your mind relaxed.

3. Share with Loved Ones

And, when you feel anxious or unsettled, don't hesitate to share with your parents, siblings, or close friends. Sharing will help release your worries and help you find solutions. Sometimes, just having someone listen is enough to make you feel much better. Example, if you're having difficulties with studies or feeling insecure about yourself, share with your parents or a close friend. They will offer helpful advice and help you feel more secure.

4. Practice Patience

And, being patient with yourself is very important. When you face difficulties in studies or relationships, don't rush to disappointment. Remember that everything needs time to develop. Patience will help you overcome challenges without feeling pressured. Example, when learning a difficult subject, don't feel disappointed if you can't understand right away. Be patient, take it slowly, and gradually you will master the knowledge.

5. Care for Mental Health

An, mental health is a very important factor in having a peaceful life. Don't let stress and anxiety occupy your mind. You can practice meditation or participate in activities that help you relax, like listening to music or drawing. These activities will help release stress and make you feel more relieved. Example, you can spend 10 minutes each day meditating, taking deep breaths, and relaxing your body. This will help you feel peaceful and more focused in studies and life.

6. Seek Support When Needed

Finally, An, if you feel overwhelmed or face difficulties, don't hesitate to seek help. There's nothing wrong with this; it shows you're growing up and know how to face life's challenges. Example, if you're having trouble with math, instead of feeling confused, ask teachers or friends for help. Remember, not knowing something isn't bad, but trying to hide your lack of knowledge is what becomes problematic.

Lac and An, through these practical methods above, I hope you both will find peace in your hearts and build positive habits in life.

Remember that each day is a new opportunity for you both to grow and develop yourselves, living in lasting happiness and peace. By being patient and loving yourselves, you will overcome all challenges and find more genuine serenity, peace, and happiness in your lives.

With all my love, Dad.

THE POWER OF TRANSFORMING STRESS INTO RELAXATION

Dear Lac and An,

Life is full of challenges, and sometimes we cannot avoid feelings of stress. I know that both of you, whether in adulthood or as students, have times when you feel tired, anxious, and confused. It could be due to studies, work, or pressures from your surroundings. But in every situation, remember that stress is not a bad thing. Stress can be a sign of hidden strength that we need to understand and learn to transform so we can view life in a more positive way.

If we compare life to a stream of water, you two are boats floating along that current. Sometimes, the water will surge powerfully, causing the boats to be pushed and rocked. But just like the water, when you know how to steer and create relaxation within yourselves, you can navigate your boats through the waves gently. Transforming stress into relaxation is an art that helps you become more resilient and able to face life's challenges without being overwhelmed.

I hope you both understand that strength doesn't always come from grand things or overcoming challenges in spectacular ways. Sometimes, true strength is the ability to stay calm and find relaxation in moments of stress. This will not only help you overcome difficulties but also help you mature and become more stable in the future.

Lac, I know that at your age, you face many challenges, especially pressures about studying and career choices. There must be times when you feel tired, worried about the future, or even doubt yourself. These feelings are completely normal, and I understand they can cause significant stress. But Lac, if you can understand and transform these stresses, you'll realize that this stress consists of valuable lessons that help you grow and become stronger.

When facing difficulties, don't let those stressful emotions control you. Remember that each failure or challenge isn't the end but a step forward to better understand yourself and the world around you. I always believe you can learn from mistakes and continue to grow. The beauty of life isn't that everything always goes smoothly, but that in difficult times, you always find opportunities to grow. The important thing is not to let stress make you lose your composure.

For example, when facing a difficult exam, if you keep thinking about the pressure and grades, that stress will make you lose your ability to concentrate. But if you realize that the exam is just one part of your learning journey, you'll feel lighter and can enter the exam room with more confidence and a relaxed mindset. Thus, through each challenge, you'll see that your ability to maintain mental relaxation is the greatest strength you can possess.

You can also learn to view difficulties in studies or careers from a different perspective. Think about whether these challenges are opportunities for you to prove

yourself. Certainly they are, because these difficulties are like exercise for your mind and soul. Each time you overcome them, you become stronger and more confident. So stress will become a part of you, but stress won't make you fall; instead, it helps you learn and grow.

Lac, your maturity comes not only from solving problems but also from how you face these problems. Let these stresses become companions in your life, helping you learn and develop. Accept stress as an inevitable part of life, and you'll see that when you can transform stress into relaxation, you'll become more peaceful and stronger than ever.

As for you, An, I know that at your age, during puberty, everything can become very difficult. Changes in your body, emotions, and expectations from friends and family sometimes make you feel stressed and unsure what to do. You might feel tired, anxious about whether you're good enough, or feel lonely when unable to share with anyone. But An, these emotions are natural, and you're not the only one going through these negative emotions.

When you feel stressed, try to pause for a moment and breathe. Breathe deeply and slowly, and you'll feel your body relaxing bit by bit. I know that in such moments, you feel confused and don't know what to do, but remember that these emotions will pass quickly. And if you know how to transform these emotions, you'll see they no longer negatively impact your life.

An, stress is something we all must face, not just in studies but also in relationships with friends and family.

When you feel you can't take it anymore, think that everything can change. The situation might not be perfect right now, but if you maintain patience and ask yourself, "What can I do to make my mind more peaceful?" you'll find the answer. Sometimes, just a small change in thinking is enough to make you feel relieved.

An, when you feel lonely, remember that it's just a temporary emotion. You always have loving people around you, and you can share everything in your heart with them. I believe that if you learn to face feelings of stress and loneliness, you'll see that these emotions no longer make you feel weak. Instead, these emotions will become opportunities for you to better understand yourself.

Lac and An, I always hope that what I've shared with you will help you view stress and relaxation differently. Stress is not your enemy but a companion and part of your journey to maturity. If you can learn to transform stress into relaxation, you'll overcome life's challenges peacefully and steadily. Remember that no matter how difficult life becomes, always believe in yourselves and find peace and happiness in your hearts.

Dear Lac and An,

Now that you understand the meaning and importance of transforming stress into relaxation, in this section, I want to take some time to explore with you simple but effective practical methods that will help you build this positive habit in your daily lives.

These methods will not only help you face stress calmly but also help you develop patience and self-care abilities. I believe that if you practice persistently, a little each day, you will gradually build this inner strength and feel the change in your soul.

1. Practice Deep Breathing when Feeling Stressed

Lac, when you feel stressed, the first thing you need to do is breathe deeply. Find a quiet space, sit up straight, and take a deep breath, hold it for 4 seconds, then slowly exhale. This action not only helps calm your nervous system but also brings you back to the present moment, reducing stress immediately. Example, when you encounter a difficult assignment or feel anxious during an exam, try taking a few minutes to breathe deeply. You will feel peace spreading throughout your body and mind.

2. Create a Journaling Habit

Lac, journaling is a wonderful way to release stress. You can write about your worries, thoughts in your head, or simply emotions you're experiencing that you can't share with anyone. Writing things down will help you see problems more clearly and feel less pressured. Example, after each stressful day of studying, take 10 minutes to record your feelings. This will help you understand yourself better and feel much more relaxed.

3. Practice Morning Meditation

Lac, morning is the golden time to start your day in stillness. Spend at least 10 minutes each morning practicing meditation. You can sit quietly, close your

eyes, and focus on your breathing. This will help you start a new day with a light mood and peace in your soul, which can help you overcome daily challenges more easily.

4. Reduce Comparing Yourself to Others

Lac, at your age, you might sometimes feel pressured comparing yourself to friends or those around you. Remember that everyone has their own path, and others' successes are not a measure of your worth. Instead of worrying or stressing about what others are doing, focus on what you're doing well and improve each day. Example, when you see friends doing well in their studies, think about how everyone has their own pace and learning method—what's important is that you feel comfortable and confident with your way of learning.

5. Exercise Regularly to Release Stress

Lac, your body also plays a significant role in reducing stress. Physical activity, whether walking, running, or participating in any exercise class, will make your body produce endorphins, hormones that create feelings of happiness and relaxation. Spend at least 20 minutes each day exercising. You can choose an activity you enjoy, such as swimming or soccer, to reduce stress and improve your health.

6. Listen to and Understand Yourself

Lac, sometimes in life, most of us rarely pay attention to our emotions. So when you feel stressed, take time to ask yourself, “What am I feeling?” “Why am I feeling this way?” Recognizing present emotions will help you avoid

being swept away by stressful feelings, and instead, you'll find ways to face and resolve those emotions. Example, if you feel tired from too much homework, you might realize you need rest or adjust how you manage your time.

7. Connect with Nature

Lac, nature always has a magical power to soothe the soul. Spending time walking in the park, observing surroundings, or simply sitting under a tree, breathing fresh air, can help you relax and reduce stress. Whenever you feel tired, try spending a few minutes looking at the sky or flowers and leaves, and you'll find your soul becoming lighter and more relaxed.

1. Learn to Accept Anxiety

And An, in this life, everyone will have times of feeling anxious and unsettled, especially when you're going through puberty, where emotions often change very quickly. The important thing is that you don't need to chase away or deny these feelings but learn to accept and face them. Example, when you're anxious about not being good enough, instead of drowning in that emotion, you can remind yourself that “this feeling is temporary, and you can overcome it through observation and deep looking.”

2. Find Joy in Simple Things

An, sometimes in life, small things can bring great happiness. You should seek simple pleasures each day, like enjoying a cup of tea, listening to a favorite song, or

drawing a picture. These activities will help reduce your stress and create relaxation in your soul.

3. Practice Self-Listening

An, when you feel stressed, pause for a moment and listen to yourself. You can ask yourself, “How am I feeling?” “Why am I feeling this way?” Asking these questions will help you better understand your emotions, and you'll have appropriate ways to cope. Example, when you feel anxious before a test, remind yourself, “I've prepared well for this test, and I just need to do my best.”

4. Open Communication with Family and Friends

An, don't hesitate to share your worries with family or friends. Sometimes, just sharing a bit about what you're going through will make you feel much better. I am always ready to listen, and you can also find comfort from friends. The feeling of sharing will help reduce your loneliness and stress.

5. Set Small Goals and Achieve Them Step by Step

An, setting small goals and achieving them step by step will help you feel easier about overcoming life's challenges. Start with achievable goals, such as studying one chapter in 30 minutes, then continue to complete larger goals like finishing an entire book. When you accomplish this, it will help you feel more confident and relaxed through completing each small step.

6. Practice Daily Mindfulness

An, no matter how busy you are, spend at least 5 minutes each day being mindful. You can close your eyes and just focus on your breathing. This will help calm your mind and reduce stress in daily life.

Lac and An, these methods aren't grand lessons, but rather small yet crucial steps that will help you transform life's stresses into states of relaxation in your souls.

I hope you will practice persistently every day, even if they seem like small things. Because these habits will help you become stronger, more stable, and better able to overcome life's difficulties.

With all my love,

Dad.

THE TRANSFORMATIVE POWER OF TURNING FEAR INTO COURAGE

Dear Lac and An,

In life, I believe that none of us can escape moments of fear. It might be that feeling of uncertainty when facing the unknown or the anxiety when confronting major challenges. But my children, fear is not the enemy—it is a silent teacher that helps us discover the hidden strength within.

I want to share with you about “the power of transforming fear into courage”—a power that not only nurtures your souls but also makes you stronger with every step.

Lac and an, you guys can think of fear as a heavy gray cloud drifting across the sky. At first, that cloud might make you feel gloomy, but if you look carefully, a cloud is just a cloud—it can never block out the light forever. Similarly, the worries in your hearts cannot bind you forever if you know how to light the flame from within.

Courage, as I see it, is the lamp that guides you through darkness. Courage isn't about the absence of fear but the ability to look straight at fear, accept it, and then move forward.

My dear children, life will never be short of storms, but I believe you can become like sturdy bamboo trees—flexible in the face of challenges but never breaking. The

power of transformation isn't just a quality of the strong but a gift that everyone can find within themselves.

Lac, I know that being twenty is a threshold full of pressure and opportunity. You're facing big questions about career direction, dreams, and anxious feelings about whether you're capable enough to achieve what you desire. Sometimes, these difficulties might make you feel like you're swimming in rapid waters. But Lac, don't forget that this river is where you can learn to navigate and find your strength.

Lac, courage isn't something grand or distant—it starts with small actions each day. I hope you remember that every time you dare to face a problem, no matter how small, you've already laid a brick in building your courage. For instance, when you receive a difficult assignment at school and feel stuck. Allow yourself to pause, take deep breaths, and break down the problem to solve it piece by piece. Courage isn't about never being afraid but about moving forward even when fear remains.

Lac, when you feel pressure from comparing yourself to others around you—those who seem to know exactly what they want and are moving ahead—tell yourself, “Everyone has their own path, and my path may be different, but that's what will create my unique value.” Remember, the difficulties you face aren't obstacles but steps leading you to maturity.

Lac, life is a long journey, and what matters most isn't how quickly or slowly you reach the destination but what you learn along the way. Remember that the light of

courage is always within you—you just need to believe in it and keep moving forward.

As for you, An, being fifteen is a special phase, full of changes and emotions. I understand that sometimes you might feel lost amid pressures from friends, school, and even yourself. You might wonder if you're good enough, pretty enough, or worthy enough. But An, you don't need to become someone else to be loved. Your true strength lies in accepting yourself, with everything you have.

Courage for you right now might simply be speaking up when you feel something is unfair or daring to step out of your comfort zone to try something new. Don't be afraid of making mistakes, my child. Mistakes aren't failures but opportunities to learn and grow.

When you feel pressured by society's standards or others' expectations, remember that you don't need to live to please everyone. You just need to be true to yourself. Like a flower in the garden, you don't need to compete with anyone to prove your worth—your beauty is unique.

An, your youth will have its moments of sadness, days when you feel you don't belong anywhere. But I hope you remember that loneliness isn't something to fear. Loneliness is just a quiet moment that helps you listen to your inner voice, to realize that you are stronger than you think.

Lac and An, this life cannot avoid storms, but I always believe that you will find your own light. Fear isn't something we need to run from, but something we need to embrace and transform. Courage isn't about being

fearless but about loving yourself and trusting that everything will be alright.

Keep faith in yourselves, no matter where you are on your journey. I always believe that you can overcome any challenge, because the power of transformation lies within your hearts.

Dear Lac and An,

After we shared together about transforming fear into courage, I hope that you not only understand the great value of this power but also know how to apply it in your daily lives.

For this power to truly become an internal part of you both, I believe you not only need to understand it clearly, but you must also practice regularly. Through the practical methods I'm about to share with you, I hope you will find concrete ways to cultivate courage in your hearts and discover peace and strength from within.

Lac, coming of age brings you many opportunities, but also no shortage of challenges. Studies, career choices, or even self-doubt can make you feel afraid. However, it is in these moments that practicing these methods will help you transform fear into courage to move forward more confidently.

1. Clearly Identify What You Fear

Lac, when you feel afraid, take time to write down what worries you. For example, if you're worried about a difficult test, write, "I'm worried because I'm not prepared enough, or because I'm afraid of failing." When

you can name your fear, it becomes less vague, and you'll find more specific solutions.

2. Focus on What You Can Control

Lac, instead of trying to control everything around you, ask yourself, “What can I do right now?” If you're afraid of not getting good grades, focus on studying one section at a time, rather than thinking too far ahead. When you focus on what you can control, you'll feel less overwhelmed.

3. Cultivate Positive Thinking through Emotional Journaling

Lac, each day, write down three things you did well, no matter how small. For example, “Today I read one more chapter of a book.” These positive acknowledgments will gradually help you build self-confidence and reduce fear.

4. Learn to Face Failure

Lac, don't be afraid of failure, dear. If you don't achieve a goal, take time to reflect, “What have I learned from this failure?” For example, if you fail in a group project, you might realize you need to communicate more clearly. From there, you'll grow stronger.

5. Build Supportive Relationships

Lac, remember, you don't have to face difficulties alone. Share your feelings with friends, mentors, or family. For example, if you're having academic problems, parents or professors can offer practical advice. The loved ones around you are always ready to help.

6. Develop Patience through Brief Meditation

Lac, spend 5-10 minutes each day closing your eyes and focusing on your breath. If you feel afraid, imagine your breath like gentle water washing away your fears. Meditation helps keep your mind peaceful and clarifies your thoughts.

7. Reward Yourself When Overcoming Challenges

Lac, when you accomplish something you were previously afraid to do, reward yourself. For example, if you successfully presented in front of the class, you might buy yourself a book you love. These small rewards will motivate you to keep moving forward.

As for you, An, at your age, physical and psychological changes, along with peer pressure, can make you feel lost. But fear isn't something you need to avoid; instead, it's an opportunity to learn how to face challenges and grow. The following practices will help you build self-confidence and navigate through puberty with a stronger spirit.

1. Recognize Your Emotions

An, whenever you feel unsettled, take time to write or draw what you're feeling. For example, if you feel sad because of an argument with friends, you might write, "I feel lonely and don't know what to do." When you clearly see your emotions, you'll feel less confused.

2. Don't Compare Yourself to Others

An, when you see friends achieving something you haven't yet, don't blame yourself. Think, "Everyone has

their own journey, and my path is unique.” For example, if a classmate gets high marks in a subject, use that as motivation to try harder, rather than feeling inferior.

3. Practice Self-Encouragement

An, stand in front of the mirror and speak words of encouragement to yourself. For example, “An, you can do this! You've tried so hard.” These simple words will help you build self-confidence.

4. Build Positive Daily Habits

An, each morning, spend 5 minutes taking deep breaths and thinking about something good you want to do that day. For example, you might think, “Today I will complete my math homework on time.” These small habits will help you create a positive day.

5. Find Joy in Simple Things

An, if you feel stressed, find a gentle activity to relax, like drawing, reading, or tending to plants. For example, caring for a small plant can help you feel more optimistic and less anxious.

6. Share with Parents or Someone You Trust

An, when you feel troubled, don't hesitate to share with Mom, Dad, or someone you trust. For example, if you're worried about a test, you can ask, “Dad, I'm really worried. Can you help me?” Sharing your feelings will help lighten your heart.

Lac and An, life isn't always easy, but I believe that with regular practice, you will gain the strength to transform

fear into courage, and from there, build a life with more value and meaning.

No matter where you are on your journey, always remember that I am here to listen and walk alongside you.

With all my love,

Dad.

THE POWER OF TRANSFORMING DISSATISFACTION INTO CONTENTMENT

Dear Lac and An,

In life's flow, sometimes we feel our hearts heavy with unfulfilled desires, incomplete dreams, or challenges that make us hesitate. These feelings of dissatisfaction are like dark clouds blocking the sunlight. But do you know, it's because of these clouds that we learn to cherish the light, and from there, we learn to transform darkness into clarity.

I want to share with you an image of water flowing silently through rocky crevices. This stream never stops, never complains about the obstacles in its path. Instead, it gently flows, embracing the rocks and continuing its journey.

Dissatisfaction, my children, is like large rocks blocking your path. If you stand still and complain, the water will stagnate. But if you learn to accept and overcome, like water bending to flow onward, these challenges will help you grow stronger.

Transforming dissatisfaction into contentment isn't about denying difficulties or pain, but about finding strength within them to rise above and live more fully with what you have. This isn't just a necessary quality, but an inner strength that helps you face all of life's ups and downs.

Lac, at your age, I understand there are days when you feel pressure weighing on your shoulders like a mountain. You might be anxious about exams, your future, your career, or expectations from yourself. Lac, have you ever felt that you need to be perfect, that you only have value when you achieve something significant? If so, you must feel very lonely, and you should know that many young people experience these same emotions.

But Lac, life isn't a race where only winners are recognized. Life is like a long journey where every step holds meaning. On days when you feel dissatisfied because you haven't achieved what you wanted, remember that failure isn't the end. Failure is just a lesson, an opportunity to learn how to do better next time.

I remember once, when I was your age, I had placed too many expectations on a job I was pursuing. When I didn't succeed, I felt lost, as if the whole world had turned its back on me. But then, I realized that this very moment taught me patience, acceptance, and how to find a new path. What I want to tell you is that dissatisfaction doesn't diminish your value; rather, it helps you discover your true inner strength.

Look at difficulties like the rocks in the stream I told you about. These rocks don't stop the water from flowing; they create pleasant rippling sounds. Don't let difficulties stop you; instead, learn to transform them into motivation to move forward.

And An, at fifteen, you're in a special phase where you're just beginning to understand yourself, but everything

around you seems overwhelming and hard to control. Peer pressure, bodily changes, or sometimes negative emotions that dominate your mind make you feel lost. But An, these feelings aren't bad. They're like sudden summer rain—sometimes wet, but afterward bringing clear skies and fresh surroundings.

An, do you know that dissatisfaction is sometimes just a sign that you're yearning for something better? But what's important is learning to accept dissatisfaction with a peaceful heart. When you feel not good enough, remember that you don't need to be perfect to be loved. Your value isn't in being better than others, but in who you are—your effort, kindness, how you treat others with respect, and how you overcome challenges.

I want to tell you a little story. There was a boy who always felt inadequate because he couldn't draw as well as his friends. One day, he decided to draw a picture for no one else to see, just for himself. That picture, though imperfect, became his most treasured possession because it was the crystallization of his true feelings. An, sometimes what's important isn't what others think of you, but how you see yourself.

Therefore, when you face difficulties, remember that all emotions, including dissatisfaction, are natural parts of life. Accept your dissatisfaction and use it as motivation to grow. Like water flowing through rocks, let challenges make you stronger, not discourage you.

Lac and An, life, though sometimes challenging, is incredibly beautiful. The challenges you face will not only make you stronger but help you appreciate what you

have more. I believe that if you learn to transform feelings of dissatisfaction into contentment, your lives will become more meaningful, peaceful, and happier.

Remember that contentment doesn't come from everything around you being perfect but from how you view and accept this life. Don't fear failure; don't fear difficulties. You have, and always will have, the strength to overcome everything.

Dear Lac and An,

As I shared in the previous section, “transforming dissatisfaction into contentment” is not only an inner strength but also a personal journey that each person needs to discover. It's not something that happens in a day or in a moment, but rather the result of small, consistent efforts and perseverance in training our mind, attitude, and perception.

In this section, I want to take a step further with both of you. Instead of just understanding the values, we'll discuss how to turn these values into practical habits in daily life. The methods I'm sharing with you aren't fixed formulas but rather like seeds—if nurtured and practiced regularly, they will bloom and bear fruit in your hearts.

Remember, children, each person's journey is unique. Therefore, these practices are merely suggestions, not standards. The key is to always be honest with yourselves and mindfully listen to what you truly need.

Lac, as a young adult, you're entering a journey filled with countless opportunities, but also challenges and pressures. Sometimes, feelings of dissatisfaction or

discontent might make you doubt yourself or feel lost. To help you practice transforming dissatisfaction into contentment, I want to share with you some practical methods you can apply in your daily life.

1. Writing a Gratitude Journal

Lac, every day before bed, take 5 minutes to write down 3 things you're grateful for. They don't need to be significant—being thankful for a fresh morning, a fragrant cup of coffee, or help from a friend are all worthy of appreciation. This habit helps you recognize the positive things, however small, that exist around you.

2. Practicing “Slowing Down” When Stressed

Lac, when you feel overwhelmed by academic or work pressure, practice slow and deep breathing for 1-2 minutes. Place your hand on your chest, close your eyes, and let your breath bring you back to the present. You can silently repeat this: “Everything happens for a reason, and there's always a solution. Most importantly, I'm doing everything within my power and doing my best.”

3. Analyzing the “Positive Perspective”

Lac, when facing failure or difficulties, instead of focusing only on the sadness, ask yourself, “What can I learn from this situation?” “If given another chance, how would I do things differently to achieve better results?”

4. Gifting Yourself Small Moments of Happiness

Lac, each week, set aside a little time to do what you love—like reading, listening to music, or taking a walk.

This is a way to recharge and experience simple joys in life.

5. Setting Small Goals and Celebrating Progress

Lac, instead of feeling pressured by big goals, break them down into smaller steps, and celebrate when you achieve them. Example, if you need to complete a big project, divide it into specific tasks, complete them one by one, and reward yourself with a favorite meal or something you enjoy.

6. Learning to Say “Enough”

Lac, when you feel you haven't met your own or others' expectations, tell yourself, “I've done well enough with everything within my reach. What's beyond my control isn't mine to decide.” Accepting your limitations isn't failure but a step toward understanding and loving yourself.

7. Connecting with Inspiring People

Lac, spend time with people who have positive energy, those who make you feel heard and understood. Meaningful conversations will help you learn many things and feel lighter.

And An, at fifteen, everything in your life might be changing rapidly—from friendships and studies to inner emotions. Adolescence is a special journey, but not without its challenges. Here are some practical methods to help you practice transforming dissatisfaction into contentment and to face challenges more gently.

1. Practicing Emotional Recognition

An, when you feel sad, angry, or dissatisfied, take a moment to identify your emotions. You can ask yourself: “What am I feeling?” “What caused me to feel this way?” “Why do I feel like this?” These questions help you understand your emotions and will help you face them more calmly.

2. Drawing or Writing to Release Emotions

An, when you feel uncomfortable or don't know how to share with others, try drawing or writing your thoughts on paper. This is a temporary way to release conflicting emotions within you without needing words. When these emotions are “expressed” externally through your drawing or writing, their power to create conflict diminishes, making you feel lighter.

3. Finding Beauty in Nature

An, when you feel tired or disappointed, spend time outdoors observing nature—the tree canopies, flower petals, or the sky. Nature always brings tranquility and helps you see the beauty in life as well as in yourself.

4. Building Confidence through Small Things

An, focus on what you do best, even if they're the smallest things. For example, if you complete homework on time or help a friend, tell yourself, “I did very well with what was within my reach.” This will help build your confidence bit by bit.

5. Learning to “Rest Your Mind”

An, each day, spend ten to fifteen minutes doing something you truly enjoy—like listening to music, reading, or simply sitting quietly. This is a way to reconnect with yourself and recharge positive energy for your upcoming activities.

6. Practice Asking Yourself, “Is This Important?”

An, when facing criticism or peer pressure, ask yourself, “Is this truly important to me?” “If it's important, in what way is it important?” “Why is that aspect important to me?” These questions will help you realize that not everything needs to worry you.

Lac and An, through these practices I've shared with you, these are just initial steps to help you become familiar with transforming dissatisfaction into contentment. The most important thing to remember is that “everything takes time.” Your maturity doesn't come from being perfect in everything but from accepting yourself and continuously practicing until it becomes a habit.

Stay confident that each day is an opportunity to learn and become better. When facing difficulties, don't hesitate to come to me or anyone you trust to share. I'm always here, ready to listen and accompany you on this journey.

With all my love,

Dad.

THE POWER OF TRANSFORMING TRAUMA INTO HEALING

Dear Lac and An,

Today, I want to share with you another important topic, one that may help you discover new perspectives in life and, above all, a power that each of us can possess: the power to transform trauma into healing.

This topic isn't something unfamiliar, but rather an inherent ability within each of us. No matter how difficult or challenging life becomes, when we learn to transform our wounds into opportunities for learning and growth, these wounds no longer remain as pain but become an invisible force helping us rise stronger.

Imagine, children, that life is like a flowing river—sometimes calm, sometimes turbulent, but it's the rough waves and hidden rocks beneath that make the river vibrant, powerful, and full of life. Pain, like these waves, may hurt you, but through this, you'll learn to maintain balance, learn to stand firm against challenges, and after each wave, you'll emerge more steadfast.

Remember, trauma isn't an endpoint but part of the healing process. When you learn to accept and face your pain, that's when you begin your healing journey.

Therefore, transforming trauma into healing isn't just a quality but an invisible strength that helps you overcome life's difficulties. And I believe you can learn this strength, regardless of what stage of life you're in.

Lac, you're at the age of maturity, when challenges sometimes make you feel tired and doubtful about yourself. You're facing academic pressures and major decisions about your future, and sometimes you might feel lost in a world full of expectations and competition. I understand this because I've been through these feelings too. But Lac, trauma isn't something to fear, but rather an essential part of everyone's journey to maturity.

When you encounter failure, don't see it as the end. View failure as an opportunity to learn and grow. Every failure, every difficulty brings you a valuable lesson. It's in these challenging moments that you'll discover the hidden strength within yourself.

Lac, I hope you understand that no one can avoid pain or failure, but you can choose how to face and learn from them. Only when you accept that you're not perfect can you truly be free to rise, change, and grow.

Lac, I hope you'll see trauma not just as pain, but as part of the growth process. When facing pain, never forget that true growth comes from accepting and learning from our wounds. Your perseverance and courage will be the foundation helping you overcome all pain in this life.

As for you, An, you're in adolescence, a period full of physiological and emotional changes. You're beginning to feel changes in your body, in your soul, and sometimes you might feel lost, unsure of who you are or where you're going.

Pressure from friends, relationships, or sometimes just negative emotions like feeling inadequate can make you

feel insecure. I know that loneliness can be an uninvited guest, making you feel left behind.

But An, loneliness isn't as scary as you might think. Sometimes, it's an opportunity to better understand yourself. In loneliness, you'll see the hidden things in your heart—your dreams, your desires, and even the fears you've never faced.

Therefore, don't fear this loneliness, because it will help you grow and become stronger. Surely, there will be times when you feel not good enough, but I want you to understand that no one is perfect, and these imperfections and inner wounds will be the building blocks that make you become a more resilient person.

An, remember, whenever you feel sad or lost direction, that's when you're facing an opportunity to understand and love yourself. Transforming trauma into healing and inner strength is a wonderful ability you can learn. Just believe that after every storm, the sky becomes brighter, and what you go through will make you more resilient and stronger.

Lac and An, finally, I want to tell you that life isn't always easy, and trauma is an inevitable part of your journey. But if you know how to transform them into opportunities for growth and learning, you'll find that trauma is no longer a burden. Wounds will become part of who you are, helping you walk more steadily and confidently through all challenges.

Remember that no matter how difficult things get, you always have me by your side, ready to share and

accompany you. Believe in yourselves, and believe that you can overcome everything. And when you feel tired, remember that each time you fall is another time you rise up stronger.

Dear Lac and An,

I know that only when we truly practice and persevere will values like transforming trauma into healing truly take root in your lives. Therefore, theories or shared wisdom, no matter how meaningful, if not applied to daily life, can hardly create real change.

So, in this section, I want to share with you some practical methods to help you nurture this strength in your everyday life. These habits will be small but incredibly important steps, helping you grow stronger on your journey to maturity.

1. Viewing Challenges as Learning Opportunities

Lac, in the challenges you're facing, from academic pressure to important career decisions, you sometimes feel stuck. But remember that each difficulty contains a valuable lesson.

The first practice is, when you encounter difficult situations, instead of focusing only on feelings of frustration or disappointment, look at the difficulty or frustration from a learning perspective. Each time, write down your feelings and thoughts in your journal, then ask yourself, “What can I learn from this situation?” “How can these lessons be applied in different aspects?” “Why are these emotions present, and what issues are they connected to?” These questions will help you shift your

focus from just dwelling on discomfort and frustration to considering different perspectives. This way, you won't let negative emotions control your consciousness.

2. Accepting Failure and Not Fearing Setbacks

Lac, of success is an inevitable part of growing up. I hope you understand that there's nothing shameful about failing; what matters is how you face it. Lac, you must remember that each failure is an opportunity for you to grow stronger. To practice this, whenever you fail, take a moment to remind yourself that “Failure isn't the end, but a lesson for growth.” A simple example is if you don't make it onto the swim team you wanted, instead of feeling disappointed, you can look at what you've learned through the training process and challenge yourself next time.

3. Finding Peace Within Yourself

Lac, in your third year of university life, you'll face many pressures, from school to relationships; therefore, finding a quiet space for yourself is very important. This practice helps you calm your mind, reduce distractions, and regain balance.

For example, each day, you can spend at least 5 minutes meditating, breathing deeply, and focusing only on your breath. These moments will help you regain inner peace and renew your energy, helping you face challenges more easily.

4. Feeling and Accepting Emotions

Lac, never hide your emotions, even when feeling sad or afraid. This practice will help you accept emotions as a part of life and help you master your emotions rather than being controlled by them.

When you feel angry or sad, instead of trying to avoid, escape, or push them away, ask yourself, “What am I feeling?” “Why am I feeling this way?” If you don't have answers, you can share these emotions with Dad or write them in your journal. This not only helps you release your emotions but also helps you understand yourself better.

5. Making Time for Yourself

Lac, in your busy life, it's easy to overlook taking care of yourself. You know what? An important part of healing from hurt is knowing how to love and care for yourself. Take time for your hobbies, passions, or little things you enjoy. It could be reading, taking walks, or simply enjoying a good meal. These moments will help you feel more positive about life and heal the wounds in your heart.

6. Building Healthy Relationships

Finally, Lac, build relationships that make you feel comfortable, loved, and valued. A good friend, a dedicated teacher, or simply people around you whom you feel safe sharing emotions with. These relationships not only help you feel less lonely but are also great sources of encouragement, helping you overcome life's difficulties. Remember, no one can walk alone on the journey of growth.

1. Accepting Changes in Yourself

As for you, An, puberty is a phase when your body and psychology undergo many changes. Sometimes these changes might make you feel confused or uncomfortable. Remember that change is natural, and you don't need to be afraid or worried about it. When you feel uncomfortable about something in your changes, take some time to write down those feelings. Accept that you're growing up and each stage in life has its own meaning.

2. Finding Peace through Creative Activities

An, there will be times when you feel stressed and want to release negative emotions. One helpful way to find peace is through creative activities. You can try drawing, writing, or doing something you love. For instance, drawing a picture that expresses your emotions or journaling about what you're going through. These activities will help you realize that you can heal yourself through creativity.

3. Learning to Forgive Yourself

An, sometimes you'll make mistakes, make wrong choices, but don't be too hard on yourself because of them. The most important thing is to learn to forgive yourself, because no one is perfect. When you feel sad about something you've done, instead of tormenting yourself, remind yourself that, "I can do better next time." Example, if you feel you've treated friends poorly, you can apologize and learn to behave more kindly in the future.

4. Practicing Gratitude

An, one way to heal is to always look for the beautiful things in life. Make it a habit to write down at least one thing you're grateful for each day. Even if it's something small, like a good meal or words of encouragement from friends, gratitude will help you appreciate life and face difficulties more gently.

5. Creating Exercise Habits to Calm the Mind

An exercise isn't just good for the body but also has great effects on the mind. Create a habit of exercising daily, even if it's just a light workout like walking or yoga. These moments will help you relax, release stress, and renew positive energy for a new day.

6. Seeking Support When Needed

An, sometimes in life, we feel tired and unable to face things alone. Don't hesitate to share your emotions and be ready to seek help when you need it. You can talk to Dad, Mom, or close friends or mentors. Their encouragement and sharing will help you feel much more relieved.

7. Finding Joy in Simple Things

An, learn to find joy in simple things, from sitting relaxed under a tree's shade to sharing a good meal with family. These moments will help you feel peaceful and calm amid this busy life.

Lac and An, the methods I've shared with you are just small steps, but very important in your journey of growing up.

If you both practice a little each day, gradually, they will become habits and a source of strength helping you overcome all challenges.

I hope that these things will help you both find lasting peace and happiness while also helping you become more steadfast on your path to maturity.

With all my love,

Dad.

THE POWER OF TRANSFORMING LOSS INTO APPRECIATION

Dear Lac and An,

I want to share with you another important life lesson that I've learned over the years. It's about “the power of transforming loss into appreciation.” You may not fully grasp this concept yet, but as you grow older, you'll understand that within the difficulties and challenges we face, there's always a greater lesson, a hidden strength that can help you grow and become more resilient.

I want to begin this story with an image familiar to nature. Have you ever paid attention to rivers? A river starts as a small stream, but it can flow through arid lands, sharp rocks, and rough rapids. Throughout this journey, the water cannot avoid being buffeted, flowing through difficult passages, and at times becoming so murky that we can't see our reflection in it.

But then, after overcoming everything, the water becomes clear, cool, and transforms into a mighty river. It's those very obstacles that have made the water stronger and purer. Similarly, in life, we don't always travel on smooth paths, but the challenges we face are opportunities for us to grow and appreciate what we have.

This is the power of transforming loss into appreciation. This power isn't just a quality but a capability that each of us can nurture and develop. I hope that no matter what challenges you face in the future, you both will see that

after each difficulty, you'll grow stronger and learn to love and appreciate this life more.

Lac, you're at the age of growing up, and I know you're facing considerable pressure. School lessons, friendships, and career direction—all of these are creating anxiety and sometimes self-doubt. I understand these feelings because I've been through them myself, but I want you to remember that these challenges aren't negative things; they're opportunities for you to develop and affirm yourself.

In life, you'll sometimes face failure, and I want you to understand that failure isn't the end but a necessary part of the journey to maturity. Remember, these stumbles will help you grow stronger and more resilient. For instance, when you face a difficult exam, you might feel disappointed if you don't achieve the results you wanted. But in each of these moments, you'll learn to be more patient, to analyze problems more thoroughly, and most importantly, you'll learn how to get back up and keep moving forward.

I hope you'll always remember that true growth doesn't come from constant winning but from accepting failures, understanding their causes, and learning from them. When you learn to see failure as an opportunity, you'll never feel discouraged or hopeless. You'll develop a strong mental fortitude, ready to face any challenge.

An example I want to share with you is the story of a great artist. This person spent a lot of time perfecting their work. During the creative process, they faced many failures and feelings of helplessness. But instead of

giving up, they continued to contribute and experiment tirelessly. Finally, their work became a masterpiece, recognized by the world. It was those losses and failures that helped them become more complete, leaving a deeper mark on human culture.

Lac, I believe you'll face similar difficulties, and you'll overcome them in your own way. Never be afraid to face challenges, because each time you overcome one, you'll find yourself stronger. Loss won't weaken you; it will be the resource that helps you appreciate more of what you have.

And An, adolescence is a time of great change. The changes in your body, emotions, and how you view the world around you might make you feel confused and lonely. You might feel like you're not good enough or not accepted by your friends, and these feelings might sometimes make you feel insecure.

I understand these feelings because I've been through this phase myself. It's a stage that every child and person must face. But don't worry; all of these things are a natural part of growing up. It's during times like these that you'll learn to see yourself and learn to accept your imperfections and love yourself more.

An, remember that the difficulties you're going through aren't something to fear. You should see them as opportunities to discover your true self, to better understand what you need, and what you can contribute to this world. There will certainly be times when you feel lonely and sad, but remember that loneliness isn't always bad. Sometimes, it's in these moments of solitude that

you realize what you need and want, and that will help you grow and appreciate the true values in life.

A small story I want to share with you is about a flower. This flower only bloomed one single blossom each day. Sometimes, it didn't receive attention from people because it wasn't a large plant with brilliant flowers like others. However, its patience and simple beauty helped it find appreciation from those around it. Similarly, you'll find strength from within yourself, from accepting your imperfections, as well as learning from the challenges you're facing during your growth.

Lac and An, this life isn't easy at all, but that's exactly why we must learn to appreciate every moment, whether it's difficult or successful. Always remember that every loss has its meaning, and each loss will help you grow more mature. Never give up on yourselves, no matter how difficult life becomes. Trust in your ability to overcome any difficulty, even if it's loss, because I always believe you can do this if you know how to transform loss into appreciation.

Dear Lac and An,

In this section, I want to continue sharing with you practical methods that I believe will help you transform your understanding of the power of transformation into daily living habits. You not only need to understand the value of “the power to transform loss into appreciation,” but you also need to practice and live with this power every day.

This is the way to help you become more mature, stronger, and gain a deeper understanding of life. I know that everyone will have different ways to practice, but with these simple methods, little by little each day, you will create significant differences in your souls.

Below are practical methods that I think will be suitable for each of you at your ages. Consider these methods as keys that will help you open new doors in your lives.

Lac, I know you're standing at an important turning point in life—the age of maturity, with many challenges and pressures. I will share with you specific practical methods, and I hope they will help you apply “the power to transform loss into appreciation” in your life.

1. Accepting Loss as Part of Growing Up

Lac, I know that right now, you're facing big challenges in your studies and career direction. Sometimes, you feel you're not good enough, or not as smart as your friends. This can make you feel insecure and easily discouraged. However, remember that loss isn't about disadvantage or defeat, but rather an opportunity for you to learn and develop. For example, if you don't achieve the high score you wanted on a test, instead of feeling sad, seeing it as losing points, and blaming yourself for not doing well—rather than regretting your lost points, try to understand why you didn't do well on this test and see it as a valuable lesson learned. Look at failure with an open mind, and don't be afraid of loss. It's precisely this loss that reminds you to appreciate what you have more.

2. Finding Appreciation in Daily Simple Things

Lac, one way to transform loss into appreciation is to recognize the value of small things around you. You can start with simple things like feeling peace when having a meal with family or having close friends who are always ready to share your joys and sorrows. Example, when you feel tired, instead of blaming work, you should appreciate the moments of rest to regenerate your energy.

3. Solving Problems instead of Blaming

Lac, when you face difficulties, it can be easy to blame circumstances or things that didn't go as planned. However, I hope you'll learn to look at problems from different angles. Remember that each challenge is an opportunity for you to become stronger. Example, if group work in class isn't successful, instead of criticizing others, ask yourself, “What can I do to improve this situation?” “What can I do to help my group overcome this difficulty?” “Which perspective might best solve this problem?”

4. Taking Care of Your Mental and Physical Self

Lac, you might not realize that self-care is also an important part of transforming loss into appreciation. When you feel stressed and tired, don't let yourself sink into that exhaustion. You can spend time on activities you enjoy, like reading, listening to music, or simply walking in the park. These moments will help you find peace in your soul.

5. Practicing Gratitude

Lac, each day before you sleep, you can spend a few minutes thinking about things you're grateful for in life. It might be help from a friend or family support during a difficult time. This helps you realize that although you have challenges, there are always good things surrounding you, and that's the source of strength for you to move forward.

6. Sharing Good Things with Others

Lac, one of the most powerful ways to transform loss, is sharing with those around you, especially when you realize that giving always brings joy to yourself. Help friends in difficult times, or participate in volunteer activities. When you help others, you'll feel appreciation for what you have, and from there, loss won't be something to fear.

As for you, An, I understand that at your age, life's difficulties can be truly uncomfortable emotions that easily make you feel lost. I want to share with you some practical methods to help you transform the challenges of adolescence into opportunities for growth and cultivating appreciation for life.

1. Accepting Change

An, at your age, your body and psychology are changing a lot. You might feel strange with new emotions and sometimes lonely. Instead of running away or trying to deny it, learn to accept these feelings as a natural part of life. Example, if you feel misunderstood by friends, don't

see it as something terrible, but rather as an opportunity to understand yourself better and learn to communicate more effectively.

2. Discovering Your Own Interests and Passions

An, sometimes you might feel lost among others' expectations, feeling like you're experiencing loss. However, one of the best ways to transform loss into appreciation is to find your own interests and passions. Spend time exploring things you love, like drawing, writing, or playing sports. These things not only help you develop yourself but also make life feel more meaningful.

3. Building Self-Confidence

An, self-confidence is an important factor in overcoming feelings of loss. One way to help you build confidence is to focus on what you've done well, rather than shortcomings. You can spend time each day recording small successes, even if it's learning something new or helping someone. This will help you realize that each passing day is an opportunity for progress, and losses such as time or material things are just means to help you implement your self-confidence, which is itself an expression of appreciation. You appreciate the loss of time or material things to accomplish more meaningful things.

4. Facing Loneliness Positively

An, loneliness can sometimes be quite an uncomfortable emotion, dear. Because when we're lonely, the problems

or painful emotions we've suppressed have a chance to surface in our consciousness, causing conflict and making us fall into a state of anxiety. However, An, remember that the value of loneliness is bringing up unresolved issues for you to address. Therefore, loneliness gives you opportunities to look back at yourself. Instead of being afraid or sad, spend time practicing journal writing. This is the best way to face those emotions and find positive solutions to resolve them.

5. Respecting Your Own Emotions

An, sometimes you might feel misunderstood by others or feel that you're not good enough. Remember that each of your emotions has value. Don't hide or ignore these feelings. You can talk with your closest friend or with Mom and Dad when you feel the need to share. Understanding and respecting emotions will help you transform the loss of being misunderstood by others or not understanding yourself into self-appreciation.

6. Sharing Positive Things

One wonderful way to help your soul feel less gloomy is sharing positive things with those around you. You can start by praising friends, family, or participating in volunteer activities. Giving always brings you happiness and a sense of fulfillment.

7. Daily Gratitude

An, each day before sleep, you can ask yourself, "What am I grateful for today?" This not only helps you relax but also helps you view life with appreciation. Example,

if today you met a good friend or received love from family, these are wonderful things you can thank life for.

Lac and An, you might feel that practicing these things is sometimes difficult, but remember that good habits take time to build.

Be patient with yourselves and never stop trying each day. Although life sometimes has difficulties and challenges, as long as you learn to appreciate each moment, each opportunity, you will feel growth and lasting happiness. I hope you both stay strong on this path!

With all my love,

Dad.

THE TRANSFORMATIVE POWER FROM BETRAYAL INTO FORGIVENESS

Dear Lac and An,

I want to share with you a topic that I believe will help you tremendously in life, especially during difficult and challenging times.

The topic I want to discuss is “the transformative power from betrayal into forgiveness.” It may sound like a difficult concept, doesn't it? But I believe this is one of the most important values you can cultivate throughout your journey of growth.

My dear children, betrayal can come from many directions—from close friends, from lovers, from those we once trusted. When we're betrayed, it feels like a great wave washing away the peace in our souls. But if we know how to perceive and overcome it, we'll see that it's in these moments that our true human strength is awakened. Forgiveness isn't just an act for others, but also a liberation for ourselves.

Imagine betrayal as a heavy rain in life. The rain can soak us and make us feel cold, but after that rain, the sky will brighten, and the water droplets remaining on leaves will reflect light, creating an incredibly magical beauty. Forgiveness is how we calm that rain and allow the light in our souls to shine again.

This journey isn't easy at all, but if you learn to forgive, you'll gain immense strength to overcome any difficulties in life.

Lac, I understand that you're at a crucial stage in life—age twenty, when everything around you seems to be changing. The pressures from studies, future careers, and even feelings of uncertainty about yourself can make you feel confused and sometimes desperate. But Lac, through all these difficulties, the power to transform betrayal into forgiveness will help you overcome many things.

When you feel betrayed, whether it's due to a lack of recognition from professors or failure in an important exam, you'll feel pain and might feel very lonely. In such times, you might feel angry and sad, but instead of letting these emotions control you, look at them as part of your growth journey.

Lac, forgiveness is how you learn from failure, from betrayal, and see things from a fresh perspective. Therefore, forgiveness isn't weakness but a great strength, a way to avoid being stuck in the past and continue moving forward.

Lac, in university life, sometimes you might feel not good enough, not smart enough to succeed in studies and career, and feel as if you've been betrayed by your own abilities or beliefs. But I want you to understand that not succeeding isn't the end point; it's just an opportunity to learn and start again. If you forgive yourself, you won't feel guilty and disappointed anymore but can stand up and continue fighting.

Lac, remember, forgiveness doesn't mean ignoring wrongdoings but accepting that you cannot change the past, though you can change how you face it. Only when you learn to forgive yourself and others can you find freedom in your soul and continue on the path ahead.

And An, you know, being fifteen isn't easy at all. Adolescence is a time when you'll face many changes, both physical and psychological. Negative emotions like not being good enough, not being accepted by friends, or being hurt by loved ones can make you feel lonely and painful. But remember, each challenge, each pain, is part of the growing process.

You might encounter times when you feel betrayed by those around you. It could be friends you once trusted, or sometimes misunderstandings from family. But An, it's in these moments that you can learn the power to transform betrayal into forgiveness.

An, forgiveness doesn't mean you agree with what others did wrong, but accepting that life isn't always fair, and sometimes, forgiveness itself will help you escape the pain in your heart.

You'll find that when you learn to forgive, you'll no longer be controlled by anger or hurt. You'll feel lighter, freer. An, remember, forgiveness isn't about forgetting mistakes but allowing yourself to continue living and loving. And in such times, you'll realize that these challenges are opportunities for you to become stronger, more mature.

I know there will be times when you feel everything is difficult and tiring. But remember, when you look at these difficulties through the eyes of forgiveness, everything will become much lighter.

Lac and An, forgiveness is an extremely important value in everyone's life. It's not just an act of kindness toward others, but above all, forgiveness is a gift you give to yourself. Forgiveness helps you find peace in your soul, helps you overcome challenges, and helps you see light, even in the darkest times.

No matter how difficult life becomes, no matter how betrayed or hurt you might feel sometimes, remember that the power to transform betrayal into forgiveness will always help you overcome all difficulties. And when you can forgive, you'll find yourselves stronger and freer than ever before.

Dear Lac and An,

In the previous part, I shared with you about the profound values of transformative power from betrayal into forgiveness.

My dear children, in life, you not only face challenges, but you also need to learn how to cultivate qualities that help you overcome difficulties, maintain your spirit, and find peace within your hearts.

My dear children, forgiveness is not an easy thing to practice, but it is a process that we can practice every day. I want to share with you some practical methods so you can absorb this value into your daily life.

Practice is the way to help you develop habits, and gradually, forgiveness will become an indispensable part of your lives.

Lac, I know that being twenty is an age full of challenges. You're beginning to build the foundation for your career, sometimes feeling tired and under pressure. In such times, you might feel disappointed or hurt, especially when facing betrayal from those you once trusted. But Lac, forgiveness is the key that helps you unlock the sadness from that betrayal. Here are some practical methods that I think will be very useful for you:

1. Recognizing and Accepting Emotions

Lac, whenever you feel hurt or angry because of betrayal from others, take some time to recognize and accept your emotions. Don't force yourself to immediately let go of those feelings of betrayal. Remember, these painful emotions are a natural part of being human, and they will help you understand yourself better. You can write these feelings in a diary or simply talk to a trusted friend. When you acknowledge your feelings of betrayal, you will find it easier to transform them.

2. Focus on Self-Forgiveness

Lac, sometimes you might feel unhappy with yourself because you feel you made a mistake in certain situations. Forgiving yourself is an important step. Remember that each of us can make mistakes, and what's important is what you learn from those mistakes and not letting them become a burden in your heart. You can start by writing down what you've learned from those

mistakes and promising yourself, “I won't make that mistake again, and I will do better in the future.”

3. Finding Inner Peace

Lac, to forgive, you need a space to relax and find inner peace. Sometimes, life around you can make you feel stressed, but you need to take time to find this necessary stillness. You can choose an afternoon walk, meditation, or just a relaxing evening reading a book you love. Peace of mind will help you more easily accept and forgive the hurt that others have caused you.

4. Learning to See Others Through Generous Eyes

Lac, people around you don't always act the way you expect. However, they also have their own worries and pain. Sometimes they betray or hurt you not because they want to hurt you, but because they themselves are experiencing some kind of pain. You should learn to look at them through generous eyes, to understand that everyone has their own story, and their actions are sometimes just the result of their own difficulties.

5. Setting Goals for Learning and Growth

Lac, every experience, whether painful or happy, can be an opportunity for you to learn and grow. Look at life's difficulties not as obstacles, but as lessons to help you become stronger and more resilient. Focus on what you should learn from every situation, rather than dwelling too much on the hurt.

6. Maintaining Gratitude

Lac, gratitude will help you develop a generous spirit and make forgiveness easier. Each day, take a few minutes to think about the beautiful things in your life, the people you love, and the opportunities you've had. Gratitude will make your heart lighter and help you more easily forgive those who have hurt you.

7. Don't Fear Betrayal

Lac, often you might feel you cannot forgive because you're afraid you'll be hurt again. However, don't fear betrayal. Forgiveness is not weakness but strength. You must believe that when you forgive, you're not just liberating others, but also liberating yourself. Betrayal is an inevitable part of your journey to maturity, and forgiveness is an important step that helps you become stronger in the future.

As for An, I know that at fifteen, your life is full of changes. Your emotions can change quickly, and sometimes you feel lost or misunderstood. But An, you should know that we all have times like this. Learning to forgive will help you overcome these difficulties and maintain your self-confidence. Here are some practical methods I want to share with you:

1. Accepting Yourself

An, sometimes you might feel you're not good enough compared to your friends or feel abandoned in relationships. However, you must know that you deserve to be loved and valued. Accepting yourself with all your

imperfections is the first step to being able to forgive others and yourself.

2. Finding Ways to Release Emotions

When feeling sad or angry because someone has betrayed you, don't keep those emotions inside. Find ways to release those emotions, like writing in a diary, drawing, or talking to Mom, Dad, or close friends. Releasing emotions helps you better understand what's happening inside you and makes it easier to forgive when things are resolved.

3. Taking Time to Stay Calm

An, when you feel confused or angry because of betrayal, don't act hastily. Take time to calm down. You can take deep breaths, go for a walk, or do something that helps you relax. Taking time to calm down will help you think more clearly and make better decisions.

4. Learning to Put Yourself in Others' Positions

An, sometimes, others might betray and hurt you unintentionally. Try to put yourself in their position to understand what they're thinking and feeling. This not only helps you forgive more easily but also helps you mature in how you view people and yourself.

5. Maintaining an Optimistic Attitude

An, no matter how difficult things get, always keep an optimistic attitude in your heart. Every challenge will help you grow, and if you look at things positively, you'll find it easier to forgive. Optimism helps you see that all difficulties can be overcome.

6. Creating Space for Forgiveness

An, forgiveness isn't something you do once and it's over. Create a space for yourself each day to practice forgiveness. Perhaps before bed, you can think about those who hurt you that day, put yourself in their position, understand their emotions, and forgive them. This will help your soul become lighter.

Lac and An, forgiveness isn't easy, but it's a process that takes time and patience. Through these practices, I hope you will gradually absorb the value of forgiveness and make it part of your daily lives.

Always remember that the path to maturity is never straight, but if you know how to forgive, each step you take will be lighter. I always believe in you both and know that you will overcome all life's challenges to achieve lasting peace and happiness.

With all my love,

Dad.

THE POWER OF TRANSFORMING HELPLESSNESS INTO MOTIVATION

Dear Lac and An,

The life you are going through is not always easy. The challenges you face, from academic pressure to big questions about the future and the inevitable changes of growing up, have surely made you feel like you're sinking in darkness. I understand that, and I want to share with you another important value in this life, which is “the power of transforming helplessness into motivation.”

This power, like a cool stream of water, can be found in places that seem most barren. It doesn't come from avoiding difficulties but from how we face and learn from those difficulties.

Imagine yourselves as bamboo trees bending in strong winds. When the wind blows, the trees don't fall but stand firm. A bamboo tree cannot become stronger if it doesn't experience these strong winds. The same goes for you. You cannot find your strength if you don't go through challenges. And these challenges will become motivation when you know how to transform them.

The topic I want to share today is part of the journey of growth that each of you will go through. The transformation from helplessness to motivation isn't easy, but if you learn to accept and persistently practice, those feelings of helplessness will become an invisible force,

bringing you closer to yourselves, to what you want, and to what you deserve in this life.

Lac, I know that your youth hasn't always been easy. As a third-year student, you're facing many challenges. Stressful exams, self-doubt, and even questions about your career path can make you feel tired and confused. But Lac, these are the important moments that help you understand that failure or feelings of helplessness are an essential part of your growth journey.

When you feel you can't continue, when your feet seem unable to take another step, or when you feel helpless, that's precisely when you need to look back at yourself and see challenges as an inevitable part of life. Remember that each time you stumble or feel helpless is an opportunity to become stronger if you know how to get up and learn from those mistakes or moments of helplessness.

Lac, don't fear failure or helplessness. We often think that failure or helplessness is the end, but in reality, it's a turning point for us to start again with new strength. Think about the successful people you admire. They aren't people who never failed or felt helpless, but people who knew how to turn failure or helplessness into motivation. The same goes for you. Difficulties in studies and work are just challenges to help you find ways to overcome them. Only when you realize you're not perfect will you be able to move forward more easily.

I always remember a story about a bamboo tree. The tree was planted in loose soil, but it couldn't grow tall without strong winds. Those winds didn't destroy the tree but

made it grow even taller. Similarly, difficulties or helplessness cannot defeat you if you know how to learn from them.

For instance, there are times when you can't complete an exam as you wished, and you feel like you've failed or feel helpless. But if you look at it from a different angle, considering what you've learned from this failure or helplessness, then you're transforming your helplessness into motivation. Instead of giving up, this new perspective will motivate you to identify mistakes, correct them, or make adjustments for the better. These are the valuable lessons that help you grow.

Lac, remember that you might not see changes immediately, but with persistence and the ability to accept failure, you'll walk more steadily. I believe you can do it because you have inherent strength within you; you just need to know how to find it.

And An, adolescence is an age when everything around you can change quickly and unpredictably. Friends, family, and relationships can all make you feel pressured. Psychological and emotional changes sometimes make you feel lost and lonely. But dear, don't think that loneliness or feelings of insecurity are something only you experience. These emotions are something all of us, as humans, have gone through, and if you learn to face these emotions, you'll become much stronger.

An, sometimes, loneliness can make you feel helpless, as if you can't connect with those around you. But loneliness isn't an enemy; it's a companion that will help you discover yourself. In these moments of solitude, you'll

find your inner strength and realize you can overcome all challenges on your own. Don't let loneliness make you feel inadequate. In fact, loneliness is an opportunity to befriend yourself and better understand what you truly want and need in life.

An, certainly in life, you'll encounter physical and mental changes that you can't avoid. Sometimes these changes will make you feel lost or helpless. But in such moments, you'll realize that the power to transform helplessness into motivation is the key to helping you continue to rise. Look at the small things in life: from unhappy days, you can still learn something new. Or in times when you feel not good enough, you find new strength to stand up and move forward.

Therefore, you don't need to become someone else; you just need to be yourself and learn to overcome difficulties through persistence and self-love. Remember that each difficulty is just part of your growth journey, and you'll grow stronger after each challenge. Everything will be fine, dear, if you completely trust in yourself.

Lac and An, life will never be easy. But it's in these difficult times that you'll find your true strength. Remember that difficulties aren't negative things but opportunities for you to learn and grow. Even when you feel helpless, never give up. Your inner strength is infinite; you just need to dare to face and overcome challenges.

Dear Lac and An,

In life, sometimes we need time to reflect and look within ourselves. Challenges will always be present, and understanding how to transform helplessness into motivation will help you overcome everything. But as you know, understanding alone is not enough; you need to practice cultivating this strength every day.

That's why I want to share with you some simple but effective practical methods. These aren't just theories, but habits that I believe will help you build inner strength to overcome any difficulties or challenges in life.

We'll take it step by step, from awareness to action, so you can feel the transformation from within.

Lac, as you enter adulthood, many complex issues will begin to emerge. Challenges come not only from studies but also from finding your career path and facing self-doubt. To practice transforming helplessness into motivation, I hope you'll pay attention to some methods that I believe will help you overcome these difficult phases.

1. Viewing Failure as a Learning Opportunity

Lac, when you encounter failure, instead of feeling helpless, try to see failure as an opportunity to learn. Failure isn't the end, but rather a part of the growth process. Example, when you don't do well on a test, don't rush to judge yourself as not being good enough. Instead, review the test, examine your weaknesses, and think about ways to improve. This way, each time you fail, you learn something new—that's the power of transforming helplessness into motivation.

2. Building Patience

Lac, at your age, wanting everything to happen immediately is natural, but patience is one of the most important lessons. Try applying this simple method: whenever you face difficulties in studies or work, take some time to relax and think calmly. This practice will help you build inner strength and understand that everything takes time to perfect.

3. Setting Small Goals and Taking Steps

Lac, feeling overwhelmed when facing a big task, is natural. But if you break down your goals into smaller steps, everything becomes more manageable. Example, if you want to master a difficult subject, don't think about becoming excellent right away; instead, set daily goals, like learning one concept each day. You'll gradually feel your progress, and motivation will naturally follow, rather than feeling increasingly overwhelmed and helpless with the subject.

4. Making Time for Self-Reflection

Lac, I notice that sometimes you might feel lost among life's choices. That's very normal at your age. So, create a quiet space each day to sit, reflect on yourself, and think about what you want for your future. This not only helps relieve stress but also helps you see your goals and life choices more clearly.

5. Exploring Personal Interests and Passions

Lac, you might feel uncertain about your career path, but remember that exploring your interests and passions is an

excellent way to overcome helplessness. Try participating in activities outside of academics, like sports, music, or volunteering. This not only helps develop skills but also broadens your perspective and finds new motivation in life.

6. Building Positive Relationships

Lac, the people around you greatly influence your mood and motivation. Therefore, spend time connecting with sincere friends who can share both joys and challenges with you. I know that when you feel helpless, genuine encouragement from friends will help you see the light ahead.

7. Finding Strength in Solitude

Lac, solitude can sometimes be a big challenge for you, but it's also an opportunity to find yourself. Sit alone in a quiet space and take time to reflect on what matters most to you. Sometimes, in these moments, you'll realize what you truly want and need. From there, you can find the motivation to move forward.

As for you, An, at your age, physiological changes and peer pressure can make you feel uncertain about yourself. However, you need to understand that all emotions and challenges you face are part of the growing-up journey. Below are some practical methods that I think will help you build motivation and feel more confident in life.

1. Accepting and Facing Solitude

An, anxiety and loneliness sometimes appear during puberty, especially when you feel abandoned or unable

to connect with others. However, loneliness isn't something terrible or bad. In fact, solitude can be an opportunity to learn self-love and understand yourself better. Create some time for yourself to do things you enjoy, like reading, drawing, or simply walking in the park. This will help you feel peaceful and reconnect with yourself.

2. Learning to Love Yourself

An, sometimes you compare yourself to others and feel not good enough. Dear An, remember that everyone has their own value and no one is perfect, including you. So, start each day with self-praise. It can be something simple like, "I did really well on that test this morning" or "I'm doing the best I can with what I have." Such self-affirmations will help you feel more confident and reduce feelings of helplessness in difficult situations.

3. Learning Problem-Solving

An, when facing problems, don't let anxiety overwhelm you. Break the problem into smaller parts and find solutions for each part. Example, if you're struggling with a subject, instead of feeling helpless, plan to study it part by part, from simple questions to more difficult ones. When you see that you can solve small problems, motivation will naturally increase.

4. Developing Patience

An, you might feel frustrated when things don't go your way, but patience is crucial for overcoming these difficult times. Try practicing patience exercises like counting from 1 to 10 whenever you feel frustrated or pressured.

This will help you stay calm and view problems more clearly.

5. Finding Encouragement from Family and Close Friends

An, during difficult times, don't hesitate to share with family and close friends. An open conversation will help relieve anxiety and see problems from a different perspective. The care and encouragement from those around you will be strong motivation to help you overcome challenges.

6. Setting Small Goals and Rewarding Yourself

An, whenever you achieve a small goal, don't forget to reward yourself. Example, if you complete a difficult assignment or finish a book chapter, take some time to relax, like watching your favorite movie or enjoying a good meal. This will help you feel proud and continue striving forward.

Lac and An, on your journey to growing up, there will be times when you feel you can't overcome difficulties. However, just remember that the power to transform helplessness into motivation isn't something far-fetched—it's patience, self-confidence, and inner strength within each person.

Always maintain faith in yourselves and never give up. Life becomes beautiful when you know how to maintain motivation and believe in your own abilities.

With all my love,

Dad.

THE TRANSFORMATIVE POWER FROM EXPECTATION TO FREEDOM

Dear Lac and An,

As I write these lines, my heart is filled with love and a touch of wistfulness. You might wonder why I want to share with you such a seemingly vast and profound topic, “The transformative power from expectation into freedom.”

My dear children, these words may not be something you can easily understand right away, but I believe that one day, when you look back, you'll see that this is the key to living a life of freedom and fulfillment.

You know, in life, we often tie ourselves to expectations—not just expectations from others, but often from ourselves as well. Why? Because expectations are motivating forces, flames that illuminate our belief in our abilities, but sometimes, if we don't know how to transform these expectations, they can become burdens, making us feel tired and confused when we face them.

At such times, what we call “freedom” seems to become something distant, like a dim light we cannot reach. But if you learn to transform expectations into positive energy, freedom will become part of who you are. Freedom isn't about having no commitments or responsibilities but about the ability to live true to your nature, freedom in your own choices and thoughts.

The image I want you to envision is that of flowing water. Water can be turbulent or flow quietly, but it always knows how to follow its path, even when blocked by rocks or obstacles. Expectations are like these obstacles that water might encounter, but water always finds ways to overcome them. When you learn to transform expectations, you'll learn to become like that water—flexible yet strong, resilient but not forced. That's when freedom will come to you.

Lac, as you enter adulthood, you'll likely face many challenges. The college years are difficult, not just in terms of studies but also in career orientation and finding your identity—none of it is easy. The pressure from studies, family, and society's expectations, questions about the future... all these things will make you feel tired and sometimes doubtful about your own abilities.

I know sometimes you feel like you're not capable enough, unable to meet expectations from yourself and those around you. But Lac, remember that expectations aren't burdens but motivations for your growth.

True freedom isn't about always achieving every goal but about the ability to accept that failure is part of life. Failure isn't frightening, as long as you don't let it control your mindset. You will see that failure is just a lesson, an experience that makes you stronger and more resilient on the path ahead.

Lac, look at the difficulties you face not as walls blocking your way but as opportunities helping you find new directions. So don't fear failure, because when you can accept failure, you'll have more freedom to seek creative

and fresh paths. Remember, it's the maturity in thinking, the ability to learn and transform expectations into action, that will help you realize that freedom is the ability to live true to yourself, and you're no longer bound by anything except yourself.

Lac, sometimes you might feel helpless and lonely, but never forget that these are the times for you to discover the strength within yourself. Freedom isn't about running away from difficulties but how you face them and learn from them. Remember that every challenge contains seeds of growth, and you can choose to nurture those seeds.

And, An, adolescence is always a turbulent time in everyone's life. You begin to notice changes in your body, in your thoughts, and sometimes feelings of insufficient confidence. I know you might feel confused and puzzled by the emotions you're experiencing. Sometimes you might feel like you're not good enough, or that you can't please everyone, or you might feel surrounded by loneliness.

But An, remember that loneliness, though it may be uncomfortable, is an opportunity to look within yourself. It's time to understand that you don't need to live up to anyone else's expectations; what matters is living true to yourself. Others' expectations can be burdens, but they can also be motivations to help you try harder. Freedom is the ability to realize that you have the right to choose how you'll respond to these expectations and how you'll learn to transform them into motivation for your growth.

I hope you understand that even though you might struggle with fitting in or finding self-confidence, An, this is normal; it's part of your growing process. An, remember that freedom doesn't mean you won't feel any anxiety, but rather it's the ability to accept those feelings without letting them control you. Learn to love yourself, accept your imperfections, and know that true growth comes from perseverance in overcoming these difficult feelings.

Lac and An, life will never be without difficulties and challenges, but with the power to transform expectations into freedom, you'll be able to face any difficulty without feeling pressured or limited.

Always believe in yourselves, because you have the ability to take charge of your lives. Don't let outside expectations diminish your self-belief. Learn to accept and transform them into strength so you can develop freely.

Dear Lac and An,

We have shared together about the transformative power of turning expectations into freedom, a value that not only helps you both overcome difficulties but also creates a solid foundation for moving forward in life.

However, understanding theory alone is not enough. What I share in this section will be practical methods that you can apply in your daily lives to gradually build the habit of this transformation.

You will see that, over time, these habits will not only help you face difficulties more strongly but also create

peace and freedom within your consciousness. I hope you can practice these things and see the change from within.

1. Recognizing Your Own and Others' Expectations

Lac, one of the first important steps is to recognize the expectations you're carrying, whether they come from yourself or from those around you. These expectations might come from your own ambitious goals or from the expectations of family, friends, or mentors. Take a moment to sit down, write down all these expectations, and ask yourself, "Are these things I truly want, or am I just trying to please someone else?" Once you can recognize these expectations, it will be easier to transform them into the freedom to act according to what you truly desire.

2. Accepting Failure and Learning From It

Lac, at your age, you will face many challenges. You might feel like you're failing when you don't achieve the academic results you expect or when making difficult decisions about your future. However, remember that failure is not the end. A truly mature person is not someone who never falls but someone who can get up after each fall, learn from it, and continue moving forward. Therefore, failure is just a natural part of life and an opportunity to build resilience. Turn your failures into valuable lessons, and use these lessons as solid stepping stones to make your path more stable.

3. Focus on the Process Rather than Just Results

Lac, in your journey of learning and professional development, you will face pressure to achieve excellent results. However, if you only chase results while forgetting the process, you'll feel exhausted and unable to enjoy the journey. Learn to focus on each small step, each specific task, each day. When you focus your mind on the process of learning and improving, that's when you'll feel free and happy, rather than just waiting for the day you achieve success.

4. Listening to and Understanding Yourself

Lac, during times of stress, listening to your body and mind is extremely important. Take time to pause, close your eyes, and ask yourself “how you feel.” Feelings of tiredness or anxiety can be signs helping you realize that you need to change your approach to problems. Listen to yourself; this not only helps you adjust your own pace of life but also helps you find more effective methods in learning and work.

5. Daring to Let Go When Necessary

Lac, there will be times in life when you'll have to face letting go. It might be giving up a career choice that's not suitable or letting go of a relationship that doesn't bring happiness. When you dare to let go, you're choosing freedom. Don't be afraid to do this. Letting go isn't failure but wisdom in choosing a better path. Sometimes, this very act of letting go will open new opportunities, helping you become stronger and freer.

6. Creating Space for Yourself

Lac, in busy life, sometimes you forget that you need personal space to recover and regenerate energy. Create time for yourself to rest, read, take walks, or simply sit quietly. These moments of silence not only help you relax but also help you think more clearly about your goals and personal expectations. When you have space for yourself, you'll feel lighter and more free.

7. Practicing Gratitude

Lac, one of the wonderful habits you can practice daily is writing down something you feel grateful for. Whether it's something small or big, this will help you view life from a more positive perspective. Gratitude helps reduce feelings of lack and focuses on what you already have and currently possess. When you practice gratitude daily, you'll feel life becomes easier and more free.

1. Learning to Love Yourself

And An, during puberty, you might be experiencing many difficult emotions, from confusion about self-image to feelings of insecurity. However, loving yourself is the first step to creating freedom in your soul, dear. Look in the mirror each day and tell yourself, "I deserve to be loved and valued, not because I'm perfect but because I am myself." Loving yourself properly will help you feel free, and you won't need to compare yourself to others.

2. Don't Fear Change

An, youth is a time of discovery and change. You might feel strange and scared when everything around you changes, from new friends to social relationships.

However, don't fear change. Each change brings new opportunities for learning and growth. Accepting change as a natural part of life will help you feel more free in exploring yourself and the world around you.

3. Learning to Accept Negative Emotions

An, puberty is a stage where emotions can change rapidly. There will be times when you feel sad, anxious, or disappointed. But don't fear these emotions. These feelings are just part of life and how your body and soul react to challenges. Accept these emotions without judgment. When you learn to accept the negative emotions within you, you'll no longer be controlled by them, and you'll find peace in your soul.

4. Finding Joy in Small Things

An, sometimes, you forget that the small joys in life are actually the biggest motivators. A beautiful morning, an interesting book, or a pleasant conversation with a close friend—these are all precious moments. Make it a habit to seek joy in these simple things, as this is the way to help you experience freedom in life.

5. Setting Goals and Taking Steps

An, even though life is full of challenges, you can still find freedom when setting goals for yourself. These goals don't necessarily have to be grand; they can be small things in life. Learn to set specific goals, then take steps one by one to achieve them. When you see yourself getting closer to your goals, you'll feel strength and freedom in that very journey.

6. Practicing Daily Gratitude

An, like what I shared with your brother Lac, practicing gratitude is a wonderful way to view life positively. Every night before bed, write down three things you feel grateful for. This will help you see life as more fulfilling and meaningful while helping reduce feelings of lack or anxiety. When practicing gratitude, you'll feel free and happy in each moment.

Lac and An, each of us will have our own challenges and paths to walk. However, with these practical methods, I believe you will have enough strength to transform expectations into freedom, not only in your learning journey but also in your own lives.

Always remember that freedom isn't something distant, but the ability to live true to yourselves, according to the values and dreams you've chosen.

I hope you both always maintain faith and continue striving forward on this path.

With all my love,

Dad.

THE POWER OF TRANSFORMING PAIN INTO LOVE

Dear Lac and An,

Life is always a journey full of challenges, and there are times when you both may feel like you cannot overcome the pain, sorrows, or setbacks. But within each difficulty, each moment of pain or failure, lies an invisible strength that can help you grow and emerge stronger. That is the “power of transforming pain into love,” my children.

When you look at the sky during summer rain showers, you will see that although the rain may drench the earth, after each rainfall, the air becomes fresher and more renewed. Rain is like the pain we experience in life. The rain may soak you, make you uncomfortable, but it is that same rain that brings freshness and revival to everything around.

Similarly, in every hardship and pain that you experience, you can find love, hope, and strength to begin anew. Transforming pain into love is not easy, my children, but it is an ability that each of us can learn and develop.

My dear children, pain is not something to fear if you can see it as a part of life or as an opportunity to better understand yourselves and what matters to you. Therefore, the value of transforming pain into love is an incredibly important strength in life that will help you overcome challenges without losing your true self.

Lac, you are at the age of maturity, where the greatest challenges begin to appear. Pressure from studies, career direction, or sometimes, just self-doubt. I understand that sometimes you feel not good enough, not strong enough to face life's difficulties. But you know what? These difficult times are opportunities that help you grow, and you'll realize that pain isn't the end but rather the beginning of growth.

Lac, when you encounter failure, whether in studies or life, don't rush to feel sad or blame yourself. Failure isn't a bad thing, but a natural part of everyone's journey. If you never fail, you won't learn the valuable lessons that life has for you. These are lessons about patience, humility, and knowing how to get back up after falling. Consider these difficulties as grinding stones of challenge, helping to polish you until you shine brighter.

Lac, remember, never fear your moments of weakness. Do you know that sometimes these moments of vulnerability help you recognize greater values in life? That's when you learn to love yourself. You learn to see your life from fresh perspectives. Remember that nothing in this world lasts forever. Therefore, no pain is permanent, and it's just a necessary part of your growth process.

As for you, An, you're in adolescence, a turbulent period of life. Your emotions change daily, from joy and excitement to anxiety and sometimes, loneliness. You might feel not good enough. You might feel lost in relationships, unable to find connection with others. But

you should know that these feelings are natural and nothing to be ashamed of.

An, when you feel lonely, that's when you need to listen to yourself. Don't fear loneliness, because that's when you learn to love yourself and recognize your value without comparing yourself to anyone else. The pain, whether from emotional needs or communication difficulties, can become an opportunity to help you better understand yourself and discover what you truly want in your life.

I know that you might find it difficult to face physical and psychological changes and peer pressure. But remember that these difficulties will help you better understand true love. True love isn't about harmony with others, but harmony with yourself; it's about knowing how to love and cherish yourself in all circumstances. Sometimes, self-love also means learning to forgive yourself, especially when you feel you haven't done your best.

An, face each difficulty you encounter, rather than letting these difficulties defeat you. Remember that hardships and challenges are opportunities for growth. Therefore, don't fear difficulties or feelings of loneliness, as they're just small parts of your journey to maturity. These difficulties only make you stronger if you know how to transform them into love and self-belief.

Lac and An, this life will never be free from pain and loss. You will have to face pain, loss, and sometimes failure. But I hope you'll always remember that these wounds are not insurmountable. These pains are valuable lessons, opportunities for you to develop and grow. Most

importantly, you need to accept that these pains are inevitable parts of life, and from there, you'll find the strength to stand up and continue moving forward.

Remember that the path to maturity is never smooth, but every step on that path can be illuminated by your love and faith. Always maintain faith in yourselves, believe in the power of love, and never cease striving to overcome challenges.

Dear Lac and An,

In this life, every hurt or loss can become an opportunity for both of you to grow and change. Therefore, the practice of transforming hurt into love is an essential journey.

These are not just theories or words, but practical actions that you both can apply in your daily lives to nurture your inner strength and transform suffering and hurt into motivation for personal growth. In this section, I want to share with you some specific practical methods that will help you live with this strength every day. Along with these are real examples to help you easily visualize and apply them in your life.

Lac, at your age, there will certainly be times when you feel lost, doubt yourself, and don't know what to do next in life. This is a natural part of growing up. However, you will also realize that these hurts and losses can become a solid foundation for building yourself. Here are some practical methods that will help you turn hurt into opportunities for learning and growth:

1. Accept Pain as Part of Life

Lac, each time you face pain, don't let it defeat you. Pain is not the end but the beginning of a new path. Sometimes, it's through mistakes and stumbles that you learn the most valuable lessons. Example, if you don't do well on a test, instead of feeling sad and pain, ask yourself, "What can I do to improve for the next test?" This way, you won't see pain as something to fear but as an opportunity to learn and improve yourself.

2. Remind Yourself That You Deserve Love

Lac, sometimes you might feel lonely and undervalued, causing you to feel hurt. However, remember that everyone has their own worth. Therefore, you don't need to become someone else to be loved. Each morning when you wake up, remind yourself, "I always deserve love and respect." This reminder will help you build self-esteem and love for yourself.

3. Be Grateful for Life's Difficulties

Lac, when life brings hurt, instead of feeling resentful, try to look deeply into what that hurt might bring you. A great hurt might cause you suffering, but when you observe and look deeply into that hurt and find the root cause to solve it completely, you will become much stronger. Example, when you face a lecturer who always criticizes you, causing you hurt, instead of feeling angry or hateful, you can think that this is an opportunity to enhance your patience, resilience, and academic improvement skills.

4. Finding Peace in Busyness

Lac, in today's society, things are constantly changing, making you feel stressed. However, no matter how busy you are, remember that peace is always within your reach. You can spend a few minutes each day calming your mind, like sitting alone and breathing deeply or walking outside to feel the fresh air. These quiet moments will help you find strength to face any hurt that might occur during the day.

5. Share With Those Around You

Lac, when you're hurt, just sharing with someone is often enough to help you feel better. Practice sharing your feelings with close friends, family, or even mentors. This not only helps you feel less lonely but also helps you receive useful advice. The feeling of being heard and understood will help you overcome hurt more gently and smoothly.

6. Create a Positive Space Around You

Lac, your living environment has a great influence on your mood and emotions. Lac, create for yourself a positive space where you feel comfortable and peaceful. Example, if your study room is always messy, clean it up and add some plants, because a clean and relaxing environment will help you better focus on any recent hurts and help you better observe and look deeply into the causes of those hurts.

7. Create Self-Motivation

Lac, in life, not everyone around you can always encourage you. Therefore, you need to learn how to motivate yourself. Whenever you feel hurt, think about the bigger goals you want to achieve. Remind yourself that “each hurt today will be valuable lessons, helping me understand myself better and bringing me closer to my dreams.”

As for you, An, at your age, psychological and physiological hurts are inevitable. Puberty is a phase full of emotions and changes, which can make you feel very hurt in your self-esteem. However, it's during these times of hurt that you will learn a lot about yourself and life. Here are some methods to help you practice transforming hurt into love each day:

1. Accept Yourself with All Your Strengths and Weaknesses

An, during this phase, you might feel hurt about your appearance or academic performance. But An, you need to understand that everyone has their own characteristics, and these are what make you special. So don't compare yourself to others, because everyone has a different journey. Learn to love yourself and view yourself with compassion and forgiveness.

2. Learn to Face Loneliness

An, loneliness can be an uncomfortable feeling, easily bringing back past hurts. Instead of avoiding loneliness, try to face it. Sometimes, loneliness is an opportunity for you to reflect on yourself and understand more deeply what you truly want. When you feel prolonged loneliness

with hurts, instead of drowning in those emotions, try to find an activity you love, like drawing, reading, or writing in a journal to release those negative emotional energies from your consciousness.

3. Find Joy in Small Moments

An, instead of just focusing on big goals, learn to appreciate the small joys in life. It might be an afternoon playing with friends, a good meal with family, or just some relaxation time. These moments will help you feel happier and reduce the stress or small hurts that occurred during your day.

4. Build Healthy Relationships

An, your relationships with friends and family are very important. Make sure you always seek close friends who can share and support each other during times of hurt. If you face difficulties in friendships, try to have honest conversations to understand each other better. These relationships will be a solid foundation helping you overcome misunderstandings that cause unnecessary hurt.

5. Maintain Patience With Yourself

An, during puberty, there will be times when you feel tired and hurt because of psychological and physical changes. However, An, remember that change is a natural part of life. Be patient and forgive yourself whenever you feel unwell or hurt, because this is a process you need to go through to grow up.

6. Focus on Learning and Personal Development

An, learning is not just about doing homework or getting good grades but how you develop life skills. Seek learning opportunities every day, whether through books, conversations with adults, or extracurricular activities. The knowledge you gain will help you become more confident and stronger, thus helping you have enough courage to face any hurt you might experience.

Lac and An, life will always have challenges and hurts, and only when you both know how to transform hurt into love can you truly grow up.

I hope you both always remember that no matter how difficult life gets, you can find strength within yourselves, just by knowing how to love and accept yourselves.

With all my love,

Dad.

THE TRANSFORMATIVE POWER OF TURNING FEAR OF LONELINESS INTO INDEPENDENCE

Dear Lac and An,

Today, I want to share with you another important lesson that I've learned throughout my adult life, which is “the transformative power of turning fear of loneliness into independence.”

My dear children, this path isn't always easy, but I firmly believe that when you understand and apply this principle, your lives will become much more enriched and meaningful.

I think about this topic like clouds drifting across the sky. They appear and disappear, neither fixed nor bound, yet they're always present, providing shade and coolness amid the harsh midday sun.

You know, children, I often compare the fear of loneliness to dark clouds that make us feel heavy, uncertain, and afraid. But if we learn to accept them, these clouds will pass, leaving behind the clear blue sky of freedom and independence. That's when we truly understand that loneliness isn't something to run from, but rather a part of growing up, something that can transform into motivation for us to walk more steadily.

I want you to understand that independence isn't just about doing everything alone but about the ability to accept and overcome loneliness, to master your

emotions, and to live life on your own terms. Only then can you be truly free in life, unburdened by anxieties and insecurities.

Lac, I know that at your age, you're facing many challenges. You're on the path of finding your career, entering a world of important decisions about your future, and perhaps sometimes feeling lost in relationships, or even in your own thoughts. This is a natural part of growing up, but it can make you feel tired and sometimes lonely.

You've heard me talk about not fearing failure, but you might still feel anxious about potential future failures. Lac, I want you to remember that failure isn't the end. Failure is just part of the learning process, and true maturity doesn't come from brilliant successes but from the ability to stand up after falling. The independence I'm talking about is the ability to stay strong when things don't go as planned and to see each difficulty as an opportunity for learning and growth.

For example, if you feel you can't do well on a test or can't achieve the expected results in a school project, you might feel disappointed, and sadness might come, but don't let those emotions consume you for too long. You can choose to see these failures as lessons to help you improve and become more resilient. When you learn to take responsibility and pick yourself up from mistakes, you'll feel stronger than ever before.

Of course, you don't have to fight alone, and you can lean on others for help. But always remember that you are the

one who determines your path. And remember, independence isn't isolation but rather knowing how to make your own decisions and live by your own values while not letting the judgments or expectations of others influence you.

As for you, An, I know that adolescence is a challenging period when you have to face many changes in your body, psychology, and self-perception. Negative emotions like feeling not good enough, different from your friends, or anxious about things you don't fully understand can sometimes make you feel lonely, as if you don't belong anywhere.

But An, the independence I want you to understand is self-confidence. Independence doesn't mean you have to solve everything by yourself, but rather learning to accept yourself, love yourself, and not needing to compare yourself to others. Feeling lonely during this phase is natural, and what's important is not letting that loneliness rob you of your confidence.

For example, if you feel you don't fit in with your classmates, you might think, "I'm an outsider," but try to look at it from a different perspective. Perhaps you're on your own journey of self-discovery, and not everyone needs to follow the same path as others. Trust in your values and passions, and know that you can create your own space without feeling afraid or insecure.

An, don't worry when you feel different from others. Remember, everyone has their own path, and these differences create strength. Your independence begins

with loving yourself, recognizing that you are unique and valuable. When you can do this, you'll see that all feelings of loneliness become part of growing up, and from there, you'll feel much stronger.

Lac and An, I hope that through these shared thoughts, you'll understand the value of independence in life. It's not about isolation or separation from others, but about learning to stand firm, make your own decisions, and love yourselves even when facing difficulties or failures. Life will always have challenges, but what's important is that you always believe in your abilities and know that you can overcome everything.

You will never be alone, because I'm always here to accompany you, but the path to maturity and independence is a journey that you must walk yourselves. Keep faith in yourselves and never forget that loneliness is just a small part of the process of finding true freedom.

Dear Lac and An,

In life, when facing challenges and difficulties, each person will find their own methods to help them overcome hardships and grow. “The power to transform loneliness into independence” is not something easily achieved instantly. But if you both can practice these values daily, starting with small habits, the change will come to you naturally. In this section, I will share with you some simple, practical methods to help you build positive habits in your daily life. These habits will help you create an independent space for yourselves while helping you overcome loneliness to find your inner strength.

1. Accepting and Facing Loneliness

Lac, the first step to transform the fear of loneliness into independence is accepting loneliness. Don't be afraid when you feel alone because loneliness is natural in life. Instead of avoiding that emotion, take time to understand yourself in moments of solitude. When you feel lonely, sit in silence, listen to your heartbeat, and find peace within yourself. This will help you see that loneliness isn't something to fear but an opportunity to befriend yourself and develop inner independence.

2. Setting Clear Personal Goals

Lac, one way to grow independence is to build a clear system of goals for yourself. You can start by writing down small goals, like completing a difficult assignment or improving a certain skill. When you achieve these goals, you'll feel independence through your accomplishments. Remember, goals don't need to be grand, just small steps that help you move closer to freedom in thought and action.

3. Finding Freedom in Learning and Work

Lac, do you know that independence also comes from being proactive in your studies and work? Instead of just following others' instructions, try to actively research and learn. You can create personal projects or find ways to solve problems, rather than waiting for help from others. When you practice this initiative, you'll feel your own strength and independence in every action.

4. Practicing Patience with Yourself

Lac, in the process of growing up, there will be times when you face failure or difficulties that you can't overcome immediately. However, don't let failure discourage you. Practice patience with yourself, and remember that every difficulty is a lesson. You can ask yourself questions like, "What did I learn from this?" or "What can I do differently to avoid making the same mistake?" When you learn to be patient and love yourself, you will gradually grow more mature and live independently.

5. Exploring Personal Interests and Passions

Lac, one way to liberate yourself is to explore your own interests and passions. Take time to discover things you love, like drawing, reading, or playing sports. These activities not only help you relax but also help you experience freedom and independence through these interests. The time spent on yourself in activities you love is a way to find joy in solitude, transforming it into independence.

6. Focusing on Building Genuine Relationships

Lac, although independence is important, you still need genuine and deep relationships. Remember, independence doesn't mean completely isolating yourself from others. You can learn to build healthy relationships where both sides respect and support each other. These relationships will help you be more stable in your journey to find independence because you understand that independence doesn't mean living alone but having the ability to stand firm even when facing challenges and

difficulties.

7. Living in the Present and Embracing Every Moment

Lac, a wonderful way to become independent is to live fully in the present. Don't worry about the past or future. When you live in the present moment, you won't get lost in anxiety or feelings of loneliness. Learn to enjoy the small things around you, like a gentle breeze or birdsong. When you feel life in each moment, you won't feel alone; instead, you'll feel truly alive and truly free.

1. Self-Confidence

As for you, An, at your age, there will be many times when you feel insecure, especially when comparing yourself to friends or those around you. However, remember that confidence comes from accepting and loving yourself. You can start by finding what you do best and focusing on developing those abilities. When you recognize your value, confidence will come naturally.

2. Building Reading Habits and Learning about the World Around You

One way to become independent is to always seek to learn and discover. Spend at least 30 minutes each day reading, not just about school subjects, but also about areas that interest you. Reading doesn't just expand knowledge but also helps you form independent viewpoints, uninfluenced by surrounding opinions.

3. Sharing Emotions with Trustworthy People

An, independence doesn't mean keeping all your emotions and thoughts to yourself. If you feel sad or

anxious about something, share it with Mom, Dad, or a trustworthy friend. Sharing emotions is a way to release tension and also helps you better understand yourself. When you learn to express emotions in a healthy way, you'll feel more free and relieved.

3. Learning to Solve Problems Independently

An, in life, there will be many situations that require you to make your own decisions. Learn to solve problems by yourself, whether they're related to studies or emotions. You can ask yourself, "What's best for me in this situation?" "Are my decisions within my reach?" "Why am I choosing this decision?" These questions and answers will help you make your own decisions, and when you make decisions, even if there are mistakes, you'll learn how to rise from these mistakes and grow more mature.

5. Finding Joy in Simple Things

An, sometimes, simple things bring great joy. You don't need to do big things to feel happy. Find joy in small activities like walking in the park, listening to your favorite music, or chatting with friends. These simple moments will help you feel more free and happy while also helping you establish your own independent way of living.

6. Setting Personal Goals and Courageously Pursuing Them

An, starting now, you can begin setting small goals for yourself. Whether they're goals about studies or personal

interests, always set clear goals and persistently pursue them. Each time you achieve a goal, you'll feel your growth and independence.

Lac and An, remember that no matter how difficult life becomes, independence and the ability to overcome fear of loneliness always lie within you. You can start with small daily habits, and gradually, these habits will help you grow stronger and more mature.

Trust in yourselves and what you can do, regardless of the world around you. I always believed you guys would find your own paths.

With all my love,

Dad.

THE TRANSFORMATIVE POWER OF TURNING ATTACHMENT INTO LETTING GO

Dear Lac and An,

In everyone's life, we all face challenges and difficulties, moments that seem impossible to overcome. It is in these times that the profound values we have learned become our strength to persevere. One of the most important values I want to share with you both today is “the transformative power of turning attachment into letting go.”

My dear children, letting go doesn't mean giving up or avoiding but rather learning to release what we cannot control, allowing our minds to become freer and lighter.

Imagine your mind as a stream of water, sometimes blocked by large rocks in its path. When you hold too tightly to your fears, expectations, or suffering, it's like those rocks preventing the water from flowing freely. But if you learn to let go, to remove those rocks, the water can flow smoothly, passing through all obstacles, bringing peace to yourselves.

My dear children, this topic is not just about sharing a necessary life quality with you, but it's also about your inner strength. When you learn to let go, you'll unlock the hidden power within yourselves, helping you overcome all challenges. This will help you become stronger, more mature, and happier individuals on your life journey.

Lac, you have entered an important phase in life—young adulthood. I know you're currently facing many pressures from studies, future concerns, and possibly self-doubt. At times like these, you might feel trapped by things you can't escape from, like the rocks in the stream I mentioned earlier.

In fact, on your journey to maturity, you'll always face unavoidable challenges. These might be difficult tests, important career decisions, or even feelings of inadequacy or lack of talent. But I hope you'll always remember that in all these difficulties, “letting go” is what helps you grow. Letting go doesn't mean giving up, but rather accepting failures and mistakes as learning opportunities and not letting them hold you back.

You can imagine that each time you face difficulty, you need only see it as a lesson, a step in your journey. What's important is learning to let go of anxiety and self-doubt. Don't cling to unchangeable past events; let them flow away like water so you can move forward.

For example, if you don't achieve the test results you hoped for, don't let those scores make you feel inadequate. Instead, think of it as an opportunity for self-improvement. Every failure contains opportunities to learn more about problem-solving and reaching optimal results. Lac, remember that maturity doesn't come from success, but from your ability to let go and keep moving forward even when results aren't perfect.

As for you, An, you're also in a phase where your psychology and emotions can easily become turbulent.

Adolescence is a challenging time, with both physical and mental changes. You might feel confused, lacking in confidence, or feel different from those around you. But these emotions sometimes make you feel lonely, like a stream that doesn't know where to flow.

I hope you understand that all these emotions are a natural part of growing up, my child. There's nothing wrong with feeling this way. But what's important is learning to let go of these negative emotions, the feelings of wanting to do everything alone without help. Remember that strength doesn't come from facing everything alone with rigid determination but from recognizing that you can learn from those around you and knowing when to let go of unnecessary pressure.

For instance, if you feel pressure from friends or others' expectations, don't let these pressures or expectations rob you of your confidence. You can let go of thoughts like “I must do what others want.” An, seek your true self-worth and be brave enough to live authentically. When you don't cling to others' expectations, you'll feel more free and happy.

Moreover, you need to learn how to let go of negative emotions in difficult situations. For example, if you feel hurt by something, don't hold onto those feelings forever. Letting go of pain will help you feel lighter, and you can continue walking forward with more confidence.

Lac and An, I hope that through these shared thoughts, you'll understand the true power that “letting go” brings to you. Remember, letting go doesn't mean you're weak

or failing. On the contrary, it's a powerful ability, a way for you to create space for growth, learning, and becoming better versions of yourselves. When you let go, you're no longer bound by fears, others' expectations, or your own self-doubt.

Life will always have difficulties and challenges, but it's in these times that I believe true growth and strength come from knowing how to let go of unnecessary things or things that no longer hold value. Believe in yourselves, and believe in your ability to overcome any challenge, no matter how difficult life becomes.

Dear Lac and An,

Now that you both understand the meaning of transforming attachment into letting go, the next important step is to practice these values in your daily lives. Every small action, every habit that you build, will gradually create significant changes in your way of life, helping you become mature, strong, and happy individuals. Below are some practical methods that I want to share with you both. I hope you can apply them to your lives, helping make each of your days more stable, gentle, and natural.

Lac, I know you are going through a challenging phase, facing pressures from studies and important decisions about your future. Here are some methods that can help you practice “letting go” in your daily life.

1. Creating Space to Breathe and Be Still

Lac, when you feel stressed or under pressure, take time

each day to be still. You can sit quietly for 5-10 minutes, focus on your breathing, or walk in a quiet space. This will help calm your mind, separate from worries, and help you see all issues more clearly. Example, each morning when you wake up, you can spend 5 minutes taking deep breaths and listening to your body's rhythm, letting this space help you enter the new day more gently and alertly.

2. Accepting Failure and Learning from It

Lac, practicing letting go means not clinging to failures for too long. When you encounter failure in studies or work, instead of blaming yourself, accept the failure as an opportunity to learn and improve. You can write down what you've learned from each failure. Example, after each exam that doesn't meet your expectations, instead of dwelling in disappointment, you can ask yourself, "What have I learned from this failure, and what perspective or study method can I change to improve my results next time?" This question will help you stop clinging to poor results and help you let go of negative emotions about that outcome.

3. Making Time to Nurture Relationships with Family and Friends

Lac, relationships with loved ones will be the foundation helping you overcome many life challenges. Practice making it a habit to share your emotions and thoughts with those around you, especially with family. If you feel anxious about the future, don't hesitate to share with Mom, Dad, or close friends. This helps you let go of

feelings of loneliness and anxiety, making your spirit lighter.

4. Letting Go of Unrealistic Expectations

Lac, sometimes you easily cling to expectations that society or you yourself create. But Lac, remember that everyone has their own path to walk, and you don't need to pursue others' models of success. You can set your own goals and adjust them to fit your circumstances, instead of forcing yourself into a certain mold. Example, if you feel pressure to achieve high grades in all subjects, ask yourself, "What's truly important to me at this stage?" "When I achieve high grades, do I truly understand everything I'm learning, or am I just repeating knowledge to get good grades?" These questions and answers will help you know if you're attached and whether you need to let go or not.

5. Practicing Gratitude Daily

Lac, gratitude will help you recognize more clearly the beautiful things in life and help you let go of feelings of lack and insufficiency. You can write down one thing you feel grateful for each day, even if it's something small like having a good meal or meeting an old friend. Example, today you could write, "I'm grateful because today I had time with family."

6. Taking Care of Yourself and Your Body

Lac, letting go also means knowing how to care for and love yourself. When you feel stressed or tired, don't forget to listen to your body and take appropriate rest time. Practicing letting go is also about reducing tension

in your body, helping you stay healthy to face all challenges. Example, when you feel overwhelmed with studies, allow yourself to rest a bit, perhaps reading, listening to music, or taking a walk. That's how you know to let go of busyness and live fully with yourself.

7. Being Flexible and Expanding Your Mind

Lac, life is always changing, and to let go, you need to be flexible in how you approach and solve problems. Sometimes, the way you view a problem can be different if you change your perspective. You can challenge yourself with new thoughts, instead of holding onto old ways of thinking. Example, when you encounter a difficult problem, instead of just focusing on finding an immediate solution, you should look at the issue from different angles to find more creative solutions.

As for An, adolescence is a phase full of changes, with strong emotions and changes in both physical and mental aspects. Below are the practical methods I want to share with you. I hope you can apply them to your daily life, helping your spirit become stronger and freer.

1. Focusing on the Present

An, in difficult moments, you should live in the present, instead of worrying too much about the future or dwelling on the past. Whenever you feel anxious, pause for a moment and remind yourself, "I am living in this moment." This will help you worry less and focus on what truly matters to you. Example, when feeling stressed about a test, you can stop, take a few deep breaths, and think, "I'm doing the best I can."

2. Accepting Changes in Body and Emotions

An, during puberty, your body and mind will change very quickly. Instead of clinging to uncomfortable feelings or anxiety about these changes, learn to accept these emotions as a natural part of development. Knowing how to accept and love yourself during all stages will help you more easily overcome these insecure feelings. Example, if you feel confused about your appearance, remember that everyone goes through changes, and it's part of the growing-up process.

3. Not Comparing Yourself to Others

An, comparing yourself to others will only make you feel less confident. Remember that everyone has their own path, and everyone has their own strengths and weaknesses. Instead of comparing yourself to others, focus on what makes you proud of yourself and what you've learned. Example, if you feel your friends have better academic achievements, remind yourself that “everyone learns at different speeds, and I can gradually improve through new learning methods.” This self-reminder helps you stop clinging to comparative feelings and helps you let go of those emotions while guiding you to a different perspective. A perspective on finding more effective learning approaches.

4. Learning to Forgive Yourself

An, sometimes you might make mistakes or do something that makes you feel guilty. Don't cling to that feeling of guilt. Learn to forgive yourself, because mistakes are part of learning. What's important is that you

learn lessons from those mistakes and don't let them hold you back. Example, if you lose something important belonging to someone else, instead of feeling guilty forever, acknowledge the mistake, apologize, and learn from it.

5. Practicing Gratitude

An, gratitude will help you recognize more clearly the beautiful things in life and help you let go of feelings of lack or insufficiency. Take time each day to think about things you feel grateful for, even if they're small things. Example, after each school day, you can write a line of thanks about good things from the day, like learning something new or having an enjoyable time with family.

6. Making Time for Yourself

An, sometimes you need time to relax and do things you love, like reading, drawing, or listening to music. Don't forget to take care of yourself and give yourself space to recharge. This helps you let go of stress and find balance in life. Example, you can spend an afternoon drawing or listening to favorite music without worrying about other tasks.

Lac and An, practicing these methods of letting go in your daily lives is not an easy process, but it is a meaningful and valuable journey. The positive habits you build today will become a solid foundation for the development of your spirit and intellect in the future.

Through each small action, from accepting failure to practicing gratitude and sharing emotions, you will

gradually form a strong and peaceful attitude toward all challenges.

Remember that letting go doesn't mean giving up but rather the ability to gently release what's no longer useful, helping you create space for better things.

I hope that through daily practice, you guys will notice changes in your spirit, becoming mature, confident, and full of compassion. With persistence, you will feel the power of letting go in every step of your lives.

With all my love,

Dad.

THE POWER OF TRANSFORMING HATRED INTO LOVE

Dear Lac and An,

Today, I want to share with you a topic that not only holds great value but also possesses an invisible power that can completely transform your perspective and way of life. That is “the power of transforming hatred into love.”

This can be said to be a value that I have learned through my years of living and working, and I believe that with each step you take, what I share will become a guiding light, helping you overcome the challenges that life sometimes brings.

My dear children, you might think that when you are hurt or feel injustice, the emergence of hatred in your heart is natural because it's an emotion that anyone can easily fall into. But I hope you understand that hatred is like a heavy stone—when you carry hatred in your heart, it means you are hurting yourselves.

Meanwhile, love is like light, gentle and warm, capable of dispelling the darkness of hatred, helping you find peace again. This image is like a pure stream of water washing away everything that hinders the freshness of life. Love not only helps heal others but is also for yourselves. Love is an essential element in your journey, and love can help you continue on your path to maturity in a gentler and more peaceful way.

Lac, I know at twenty, you're standing amid important life decisions. Pressure from studies, career direction, and sometimes self-doubt can all make you feel tired, and sometimes you wonder, “if you're heading in the right direction or not?”. These feelings are natural for anyone your age to experience.

But there's one thing I hope you always remember clearly: hatred—whether towards yourself or your circumstances—only makes you more stressed and tired. You might feel like a failure; you might feel not good enough, but instead of letting these negative emotions control you, you should accept these feelings as part of the growing process.

Lac, in life, hatred can come from many sources. Sometimes it's from unrealistic expectations you set for yourself or failures you can't accept. But I want you to understand that failure isn't bad—it's just part of life.

It's from failure that you learn valuable lessons. What's important is how you face these failures. Instead of nurturing self-blame or self-hatred, find ways to love and accept yourself, which will help you see opportunities in every failure.

Lac, let love replace hatred, not only towards others but also towards yourself. Remember, when you've tried your best, and what's important is that you never give up, then self-blame or self-hatred are just meaningless emotions. Observe and look deeply into those feelings, and when you realize that each passing day, you've learned something new, whether small or large. That is

growth. If any hatred arises within you, let love be the guiding light helping you overcome that hatred.

As for you, An, I understand that in adolescence, you're facing many psychological and physical changes. Negative emotions like feeling not good enough, peer pressure, or even feelings of alienation and loneliness can sometimes feel overwhelming. These emotions are unavoidable during the growing-up phase. However, I hope you understand that in life, we will always encounter these negative emotions, but what's important is how we learn to face them.

So if you feel angry and hateful towards yourself or those around you because of unfair things you've experienced, you should reconsider. Because when you harbor such hatred in your heart, you only make yourself more tired and cause relationships between you and those around you to gradually become cold.

Instead, you should change your perspective. Look at the good things happening around you, things you can still learn from others. Everyone has their own problems, and we can't know their whole story. Only when you forgive others can you truly free yourself from psychological burdens.

An, look at the situations you encounter as opportunities to learn how to love and empathize, not only with others but also with yourself. We cannot change the past, but we can change how we face problems. Love is the source of strength that helps you overcome hatred and find peace in your soul.

Lac and An, life isn't always as easy as we plan. There will be times when you feel disappointed, tired, and possibly overwhelmed with feelings of hatred. But remember that in every problem, letting go of hatred and replacing it with love is the great power that helps you grow and become stronger. When you know how to love yourselves and those around you, you will feel peace in your souls, and from there, all hatred will become lighter and easier to dissolve.

Remember that love is not just a feeling but an inner strength that helps you overcome all difficulties in life. No matter how difficult life becomes, you can overcome it if you choose love over hatred. I always believe that with love in your hearts, you will always find the right and best path in life.

Dear Lac and An,

I know that transforming hatred into love requires not only clear awareness from both of you but is also a long journey that demands patience and regular practice. What's important is that you can develop good habits, which will help you live a life with more peace and lasting happiness.

These habits aren't always easy to apply, but when you begin practicing them daily, they will become a natural part of your lives. Therefore, I want to share with you some simple, practical methods that you can apply right away in your daily lives. Through these methods, I hope you will find strength and peace from within yourselves.

1. Self-Reflection

Lac, the first step in the journey of transformation is learning to recognize and accept yourself. When you face difficulties, challenges, or even mistakes that cause hatred, take time to look back and realize that all of these are part of life and part of your growth journey. Don't rush to judge or blame yourself. Example, if you don't achieve the grades you wanted in a project, instead of getting angry, blaming yourself, or harboring hatred towards others, think about why you didn't do well and find ways to improve for next time. This is self-love and self-acceptance, which helps you let go of hatred and move towards love.

2. Practice Forgiveness

Lac, forgiveness is a crucial part of the process of transforming hatred into love. Forgiveness isn't just for others, but also for yourself. When you feel angry with someone, try sitting down and thinking about why they acted that way. Perhaps they're facing their own difficulties, and their actions weren't intended to hurt you. Forgiveness will help free you from negative emotions like anger and hatred. Example, if someone makes you sad, instead of letting anger dwell in your heart, you could write them a letter (even if you don't send it) to release your feelings and forgive them. This action is choosing love over hatred.

3. Finding Beauty in Misunderstandings

Lac, in every misunderstanding there's a valuable lesson if you know how to look for the beauty in it. If you

encounter major misunderstandings, instead of only seeing pain and hatred, look at what you've learned from that misunderstanding and hatred. Example, if you have problems in group work, instead of getting angry and harboring hatred towards others, you can learn to improve your communication and cooperation skills. Looking at these lessons, you'll feel lighter, and love will replace hatred, my child.

4. Sharing and Helping Others

Lac, when you help others, you're also practicing love. Helping others isn't just a good deed but also a way for you to feel that you can do something positive in life. Look for opportunities to help friends, family, or even strangers. Example, if you see a classmate struggling with their studies, take the initiative to help them. This not only helps create a loving environment but also helps your mind become lighter and more peaceful. So when you have feelings of hatred, you can also invite the energy of love in, because it has become your habit.

5. Stop Judging Others

Lac, sometimes hatred stems from our tendency to judge others too much. You should stop looking at others through a critical lens and instead practice empathy. Everyone has their own story, and no one is perfect, my child. So if you feel uncomfortable with someone, instead of criticizing them, try to look at them with understanding and see if there's anything in their actions you can learn from. When you stop judging, your heart will feel lighter, and love will be present instead of hatred.

6. Create Space for Silence

Lac, silence is one of the important elements that helps you reconnect with yourself. Sometimes, when you feel life is too noisy and pressured, take time for yourself to meditate or simply sit quietly and breathe deeply. Only when you have quiet space can you find peace in your heart, and from there easily feel love. Example, after a long, tiring day, you can sit alone in your room, listen to soft music, and relax to balance your soul.

7. Living with Gratitude

Lac, one of the most powerful ways to transform hatred into love, is living with gratitude. Look at the good things around you and be thankful for what you have. Example, each morning when you wake up, you can think about things you're grateful for, like having family, health, and opportunities to study... Gratitude helps you view life more positively and makes it easier to welcome love into your life, and when love is present, hatred has little chance to arise.

1. Self-Love

As for you, An, during your teenage years, there will be times when you feel insecure about yourself, which can lead to hatred when others touch your self-esteem. An, always remember that you are unique, and you have your own inherent value. Don't compare yourself too much with others. Learn to love yourself; accept your flaws and mistakes. Each day, you can tell yourself positive affirmations like, "I am worthy of love and deserving of

happiness.” This will help you overcome feelings of insecurity, preventing them from leading to hatred.

2. Forgiving Others

An, sometimes in life, others will make you feel hurt. But remember that forgiveness isn't just for others, but also for yourself. When you forgive others, you'll feel lighter and free from psychological burden. Example, if your close friend breaks a promise, you might feel sad. However, instead of getting angry, you can look at the issue more openly and forgive them, allowing yourself to feel more free and peaceful. From the perspective of love, you'll learn to develop empathy instead of developing hatred.

3. Don't Let Negativity Control You

An, in life, there will be times when you feel uncomfortable or angry about things that don't go your way. However, instead of letting negativity control you, focus on positive things. Example, when you face a difficult situation at school, instead of drowning in anger or hatred, you can find more positive ways to solve it. When you always look towards goodness through the lens of love, your life will gradually become lighter and happier.

4. Finding Joy in Small Things

An, joy doesn't always come from big things, but sometimes from small moments in life. Find joy in simple things like reading a good book, playing sports, or simply sitting and chatting with family. When you learn to appreciate small things, you'll easily feel love

and peace in life. These are the shields that will help you overcome feelings of hatred easily when you encounter them.

5. Helping Others

An, helping others isn't just a good deed but also helps you practice love. When you help friends, family, or those around you, you'll feel joy and serenity. Example, if you see a classmate struggling, you can take the initiative to help them. When you do this, you're not just helping others but also making your heart feel warm and peaceful. Remember, when you have lasting peace, hatred can hardly exist.

6. Making Time for Yourself

An, sometimes, in this busy life, you also need to make time for yourself. Don't get too caught up in studies or relationships that you forget to take care of yourself. You can take time to relax, meditate, or simply do what you love. When you know how to take care of yourself, you'll feel more comfortable and ready to share love with others, helping you avoid misunderstandings that lead to hatred.

Lac and An, the practical methods that I have shared with you guys aren't new, but they are essential in daily life to help you develop a peaceful soul full of love.

Lac and An, you will face many challenges and difficulties in your journey of growing up, but always remember that each step, each good action you take, is part of the transformation in your souls.

Practicing these habits daily not only helps you change how you view yourselves and others but also helps you develop a strong spirit, ready to receive love and let go of hatred.

Life never lacks challenges, difficulties, and hatred, but if you learn to face these challenges or hatred with love and tolerance, you will find lasting peace and happiness.

Be patient and practice every day, because only through persistence and determination can you build a beautiful life, full of love and peace.

With all my love,

Dad.

THE POWER OF TRANSFORMING CONFLICT INTO PEACE

Dear Lac and An,

I want to share with you a topic that I believe will help you greatly in life: “the power of transforming conflict into peace.” This is a profound subject because in life, we cannot avoid times when we face contradictions, tension, or even conflicts.

What's important is how to transform these negative, conflicting emotions into peace and harmony, rather than letting them create suffering, anger, or loneliness.

To help you visualize this more easily, I want to compare this topic to water. Water can flow gently, but sometimes it can become turbulent and stormy. However, no matter how forcefully water flows, it will eventually find its way to settle down and return to a peaceful, clear state. Similarly, we can learn to face conflicts, transform them, and find peace in our hearts. When you can do this, you will feel the latent strength within yourselves, and you will have the ability to overcome any challenge in your lives.

I believe this is not just a beautiful quality to cultivate, but an inner strength that helps you overcome all difficulties, master your emotions, and face this ever-changing life with calmness and gentleness. And I hope you will recognize this wonderful value to nurture in your hearts.

Lac, I know that at twenty, you're facing many challenges. College years aren't always smooth and easy. You're under pressure in your studies, sometimes feeling exhausted from stressful exams, and facing major decisions about your future career. And perhaps there are times when you doubt yourself, wondering, "Am I heading in the right direction or not?" or "Do I have the ability to overcome the challenges ahead or not?"

I want to tell you that conflict, difficulties, and challenges are an essential part of the journey to maturity. Feelings of disappointment, anxiety, or not being good enough will sometimes make you feel tense and confused. But don't worry, because you're not alone. Remember that everyone, at your age, goes through these phases. The key to helping you overcome these difficulties is the ability to transform conflict into peace, meaning you don't have to run away or deny your emotions but learn to face them.

Lac, try to look at these difficulties and conflicts as challenges that help you grow. For instance, when facing a difficult exam or a big project, instead of feeling anxious and pressured, you can try to approach the problem more calmly. For example, take time to organize your work, break down the steps, and focus on one part at a time. This will help reduce your stress and help you realize that all problems can be solved if you maintain calmness and patience.

I want to emphasize that growing up isn't just about achieving goals but also about learning to accept failure and mistakes. You won't know everything from the start,

and sometimes, failures are valuable lessons that help you develop. When you face difficulties and conflicts, instead of letting conflict bring you down, use these difficulties and conflicts as opportunities to learn and grow. Each failure is a step that brings you closer to your true maturity.

Lac, I hope you will learn to find peace in times of conflict, when you realize that conflict isn't the enemy but an opportunity to demonstrate your resilience, tolerance, and ability to transform every challenge into an opportunity for growth.

As for you, An, I know that at fifteen, you're going through a very special phase in life—puberty. It's a time when your body and psychology change rapidly, and sometimes these changes can make you feel difficult and full of conflict. You might feel pressure from friends, from others' expectations, and perhaps feelings of inadequacy when looking at those around you. These feelings sometimes make you feel lonely and lost, and it's very hard for you to face yourself.

I want to remind you that these emotions are completely normal. Everyone at your age goes through this phase. So start learning to understand yourself and your values, and this isn't always easy. Remember, it's during these difficult and conflicting times that you have the opportunity to learn how to transform internal conflict into peace.

An, when you feel pressure from friends, or you lack confidence in yourself, instead of letting those emotions

make you feel tired and conflicted, try to pause and look at these emotions objectively. Remember that feelings of not being beautiful or not being smart don't define your worth. You have a warm heart, a pure soul, and those are the most important things. When you learn to love yourself, the conflicting emotions within you will gradually disappear.

An, I hope you'll understand that these emotions are temporary, and they don't define who you are. You can transform the insecurity in your heart into peace just by being patient and learning to listen to your heart. When you feel internal conflict, you should sit alone, breathe deeply, and find quietness within yourself. You'll realize that peace is always present within you; you just need to know how to search for it and accept yourself.

Lac and An, I hope you remember that life isn't always easy and smooth. There will be times when you face conflicts and difficulties and feel confused, but these challenges will be opportunities to help you grow. Most importantly, when facing these conflicts, don't forget to seek peace in your hearts.

I hope you both always remember that each time you overcome a difficulty, you become stronger, more resilient, and understand yourselves better. Keep faith in yourselves and remember that peace can always be found, even in the most difficult moments.

Dear Lac and An,

In our previous sharing, I shared with you about the power of transforming conflict into peace. In this part, I

want to share with you practical methods for daily life. I hope that with these practical methods, you will be able to nurture and become familiar with this value.

You will see that nothing is too difficult if you truly want to change, and these small daily habits will help you gradually develop a peaceful mind, ready to face challenges. These methods are not theoretical formulas but rather what I have learned from life and hope will help you both.

1. Practice Accepting Conflict and Learning From It

Lac, as you enter adulthood, you will face many challenges and conflicts. Sometimes, conflict comes as an inevitable thing. But from these very conflicts, you will realize that they are not the end but the beginning of valuable lessons. Through this, challenge yourself in areas where you haven't done well. Each time there is conflict, instead of feeling discouraged, ask yourself: "What have I learned from these conflicts?" "Why is there conflict?" "How can I resolve conflict to bring peace?" These questions and answers will help you observe and look deeper into the conflict and find the best solution for it.

2. View Conflict as an Opportunity for Growth

Lac, you will inevitably encounter conflicts in your studies and work. Instead of seeing them only as negative things, you should change your perspective. Consider each conflict as an opportunity for learning and growth. Example, when facing a difficult subject, instead of feeling discouraged, you can think, "This is an

opportunity for me to practice persistence and creativity.” Practicing this perspective will help you maintain peace of mind, not be disturbed by external issues, and not create internal conflict.

3. Practice Daily Stillness

Lac, one of the most effective ways to find peace of mind is to spend a few minutes each day in stillness. You can start with 5-10 minutes in the morning or evening, just sitting quietly, breathing deeply, and letting your mind settle. These moments will help you reconnect with yourself, soothe inner tensions, and experience peace from within. Example, when you feel stressed about homework or work, take a moment to pause, breathe deeply, and allow your mind to relax. This helps maintain your peace so that tensions will gradually subside.

4. Seek Empathy and Compassion

Lac, in relationships, there are sometimes conflicts or contradictions that create discord. Lac, remember that in such situations, understanding and empathizing with others will help you transform discord and conflict into peace. Example, when you and your friends have different viewpoints, instead of firmly holding onto your position, try to listen to their perspective, share your feelings, and try to find common ground. This will help you not only resolve conflict but also make relationships more lasting.

5. Practice Daily Gratitude

Lac, you can start each day with a simple habit of writing down three things you feel grateful for. These can be very

small things, like a good meal, a good friend, or a lesson you've learned. Practicing gratitude will help you realize that life isn't always full of difficulties but also has many beautiful and precious things. When you are grateful, your heart will be lighter, and you'll more easily find peace in life. Practicing daily gratitude will help you avoid conflicts when you learn to see everything through grateful eyes.

6. Maintain Faith in Yourself

Lac, in your journey of growth, you may feel lost or doubt yourself. But remember that you are the only one who can create your future. Whenever you feel inferior or anxious, look at the achievements you've made, no matter how small. These are proof of your effort and inner strength. Always believe in your abilities and never give up, no matter how difficult things may be. When you view things from this perspective, you will reduce feelings of doubt, and from there, you will soon find peace.

7. Practice Self-Love

Lac, to be able to love others, you also need to know how to love yourself first. This doesn't mean being selfish, but rather knowing how to care for your mental and physical health. Take time to do things you love, like reading, sports, or simply relaxing with personal hobbies. When you know how to love yourself, you will find it easier to face challenges and conflicts, and you'll know how to treat others well.

1. Practice Patience with Yourself

And An, during adolescence, you will face many emotional and physical changes. At such times, you may feel uncomfortable or confused. But remember that everything takes time to adjust. Be patient with yourself, and don't create conflict by expecting everything to be perfect immediately. Just try your best each day, and there will come a time when you look back and realize how much you've grown. Example, when you feel insecure about not getting high grades, remember that this is just a small step in a long journey. Everything will be okay eventually.

2. Accept Change and Find Joy in It

An, sometimes you will feel uncomfortable with conflicting changes in life, from physical to emotional. But remember that changes are an essential part of growing up. Instead of being anxious or feeling unsettled, try to find ways to enjoy these changes. Example, when you change your study methods or try a new subject, think of that change or conflict as an opportunity to discover your new capabilities. The way you embrace change, although it may create conflict, still helps you find peace within yourself.

3. Practice Gratitude

Like your brother Lac, An, you can also start each day with a habit of recording things you feel grateful for. These can be very small things, like support from friends, love from family, or simply a beautiful day. When you are grateful, your heart will be lighter, and you will feel

more peaceful in life. From there, you won't create additional conflicts in other areas.

4. Seek Empathy with Others

An, sometimes you may encounter conflicts or disagreements with friends or family. When that happens, instead of arguing or getting upset, try to put yourself in others' positions. The feeling of empathy will help you understand them better and find ways to solve problems gently and effectively. Example, when you have an argument with classmates, try listening to their perspective before giving your opinion. This way you will avoid creating more conflict.

5. Practice Stillness to Listen to Yourself

An, when you feel emotionally confused or stressed, try spending time sitting quietly and listening to your own emotions. Sometimes, those mixed emotions become clearer when you don't try to avoid them. Allow yourself to feel and understand your emotions, and from there you will find ways to face and overcome them.

6. Maintain Faith in Yourself

An, in times when you feel lonely or confused, don't forget that you are the only one who can create happiness for yourself. Trust in your own abilities, and don't let negative words from others make you doubt yourself. When you believe in yourself, you will always find ways to overcome life's difficulties, and you will find lasting peace and happiness for yourself.

Lac and An, in each step of life, you will realize that practicing these simple but profound methods will help you build a peaceful mind, a strong inner strength to face life's challenges.

Each day, you will see that the small habits you practice will become solid foundations helping you stay steady on your path to maturity.

Remember that any big change starts with small steps, and most importantly, always maintain patience, self-love, and gratitude in every moment.

No matter what life brings, you always have the ability to find peace from within yourselves. I hope you always maintain faith and keep moving forward with an open heart and a peaceful mind. I will always be by your side on these journeys.

With all my love,

Dad.

THE POWER OF TRANSFORMING SUFFERING INTO WISDOM

Dear Lac and An,

I want to share with you something important in life that I've learned from my years of hardship, suffering, and failures. That is, “the power of transforming suffering into wisdom.”

You might wonder how one can transform suffering into wisdom; how can we turn sadness and disappointment into something more valuable? But it was through these challenges, in moments of pain, that I learned the precious lesson that each difficulty is an opportunity to better understand ourselves and the world around us.

There's a story I really like. When a seed is planted in the soil, it must endure darkness, moisture, and struggle within the earth before it can grow into a tall, green tree. The pain in those first steps isn't a sign of weakness but a sign of growth.

This is the necessary process for the seed to reach the light, for the plant to emerge from the earth. I want you both to understand that suffering is an essential part of the journey to maturity. And only when we dare to face suffering, dare to embrace it, can we transform that suffering into wisdom.

Lac, you are a young person in the phase of seeking self-identity and future direction. These years aren't always easy, especially with the pressures from studies, future

careers, and persistent self-doubt. You might feel confused and lost when you realize you're no longer the child you once were but now must shoulder greater responsibilities. These pressures sometimes make you feel small and weak. But I want you to know that in such moments, suffering becomes our greatest teacher.

Lac, facing challenges and suffering in your life is natural and inevitable. You'll encounter moments when you think you can't go on or when you feel overwhelmed by failure. But remember, no failure is permanent, and only those who know how to rise after each fall truly grow. I don't want you to avoid or run from suffering, but rather learn to face it and learn from it. Observe and look deeply into these sufferings as opportunities to build character and discover the hidden strength within you.

Lac, you know that in this world, nobody is perfect, and suffering through difficulties isn't the end. It's just part of your long journey. Remember that with each instance of suffering, you'll discover a valuable lesson. In fact, there are some lessons you can't learn without going through challenges. Through these trials, you'll gradually realize that suffering is an essential part of the growth process. And that's when you can look deep within, recognize your weaknesses, and find ways to overcome them.

Always be patient, and never feel inferior about things you haven't achieved yet. Every step you take, whether small or large, is progress. Let the suffering through challenges become your foundation, helping you become stronger in life.

As for you, An, you're in adolescence, a phase full of challenges and changes. The emotional instability, bodily changes, and shifts in how you view the world around you can make you feel lost, even lonely. You might feel not good enough or not fitting the standards set by society or friends. In such times, you might feel truly hurt and not know how to overcome it.

I understand that feeling, An. But I want you to know that no matter what challenges cause suffering, you can transform those painful emotions into wisdom. It's in such difficult times that you'll have many opportunities to better understand yourself, the true values in life, and the most important things you should pursue. Suffering isn't something evil that you need to run from or avoid. On the contrary, suffering is an essential ingredient, a part of growth, helping you recognize your limitations and find ways to overcome them.

An, you might not fully understand everything happening in your life, but I hope you remember that every emotion, whether happy or sad, has its own meaning. Painful emotions will teach you patience and help you learn to accept and love yourself. When you learn to transform these negative emotions, you'll realize that nothing in life can defeat you, and every challenge, though painful, is an opportunity for growth.

An, don't be afraid to face loneliness or suffering. It's just part of your journey of development and growth. Let these emotions help you better understand yourself, what you want in life, and through this, you'll develop wisdom and inner strength.

Lac and An, I hope you both remember that no matter what life brings, although suffering is an inevitable part of your growth journey, you can learn to face, accept, and learn from that suffering. Through observation and deep reflection, you'll see that suffering provides opportunities to unlock wisdom and develop personally. I always believe that you both have enough strength to overcome any suffering, and you have the ability to transform suffering into valuable lessons.

Keep faith in yourselves, no matter how difficult life becomes. I always believe in the growth and wisdom you'll find on your journey. And always remember that even when you feel tired, don't give up, because within you both, love, patience, and wisdom will always be the source of strength helping you overcome all suffering in your journey.

Dear Lac and An,

In the previous section, I shared with you both about the value of “transforming suffering into wisdom,” and this is an important journey that you both will have to go through in life. Every path to maturity has its own challenges and suffering, but from these challenges and suffering, you will learn invaluable lessons.

However, to truly transform challenges and suffering into opportunities for growth, you both need specific practical methods in your daily lives. I hope that with these methods, you can begin to apply and cultivate habits that will help you grow more mature each day.

Lac, you are at the age of maturity, and you are in a challenging but very important phase of your life. When facing difficulties in studies or career direction, you may feel confused and perplexed, creating long-lasting suffering. If you don't have wisdom, if you don't recognize suffering as opportunities for learning but instead let suffering hold back your steps, then your life will be forever immersed in affliction. Therefore, here are some practical methods that I want to share with you, hoping that you will be able to apply them to your life to develop your wisdom.

1. See Difficulties and Suffering as Opportunities to Learn

Lac, when you encounter difficulties that cause suffering, instead of trying to avoid them or blame others, pause for a moment and ask yourself, “What can I learn from this suffering?” “What is the root cause of this suffering?” “Why is this suffering present and not other kinds of suffering?” These questions and answers will help expand your mind and wisdom rather than just focusing on sadness or discomfort.

2. Practice Acceptance

Lac, to transform suffering into wisdom, you must learn to accept things that cannot be changed. Whenever you encounter something that doesn't go your way, you should acknowledge and accept that situation instead of resisting it. Example, when you're rejected for a scholarship opportunity, instead of getting angry or sad, you can tell yourself, “This wasn't my opportunity, and I

can look for other opportunities that might be better.”

3. Finding Peace in Solitude

Lac, solitude can make you feel insecure, but it can also be an opportunity to connect more deeply with yourself. When you feel lonely, instead of avoiding it or seeking distractions, take time to sit quietly, observe, and look deeply into your solitude. This will help you develop wisdom, confidence, and the ability to face any challenge or suffering.

4. Set Clear Goals

Lac, when you face difficulties in studies or work, one way to develop your wisdom is to set clear goals. Goals are not just what you want to achieve but also the ability to help you thoroughly resolve difficulties and emotional suffering. This is how you are practicing developing your wisdom. Do you know that to thoroughly resolve suffering, you need to know how to break down suffering into different thoughts? Usually, suffering is a cluster of thoughts or an entire story. And within that cluster or entire story, each thought has a different solution. Therefore, you must have clear purposes and know how to use your wisdom to separate each thought.

5. Face Your Fears

Lac, one of the most difficult things in life is facing your fears. But when you have enough wisdom, and you dare to ask yourself why, fear will have no chance to exist. You can apply the four-step method, including: 1- identifying suffering; 2- the cause of suffering; 3- methods to resolve suffering; and 4- time to resolve

suffering. This four-step method will help you develop your wisdom through the presence of suffering.

As for you, An, in adolescence, you are going through many changes, both physically and emotionally. Sometimes, you might feel unstable, anxious about the changes in yourself, and about relationships with friends. But remember, you are not alone in these feelings.

An, remember that each of us must face suffering, and sometimes, those very difficulties that cause suffering are opportunities for you to grow stronger. Here are some practical methods that I think can help you get through this phase more peacefully.

1. See Change as Natural

An, when you feel your body and mind changing, instead of feeling confused and distressed, you should recognize and accept these changes as an essential part of life. You should keep a diary to record your thoughts and feelings each day. This will help you understand yourself better and feel more peaceful. Remember that these small actions, like keeping a diary, are ways to help you develop your wisdom. Because when you write down your painful emotions, you have the opportunity to understand your pain in the most authentic way.

2. Build Self-Confidence

An, sometimes you might feel not good enough compared to your friends and sink into the suffering of low self-esteem. But An, I hope you remember that everyone has their own strengths and values. Instead of comparing yourself to others, which causes you

suffering, focus on your own strengths and find ways to develop them in the best way possible. Through this application, you are transforming your suffering into wisdom through understanding that brings you peace.

3. Practice Patience

An, when you feel angry or anxious, one way to soothe your suffering is to practice patience. Take deep breaths, count from one to ten, and let all your painful emotions have a chance to settle down. This will help you maintain calmness in tense situations while also giving you the opportunity to develop your wisdom through observation and deep looking.

4. Share Emotions with Family

An, when you feel sad or anxious, don't keep those feelings to yourself. Share them with family members, like your parents, brother Lac... This sharing not only helps you release the impact of emotions but also helps you learn more ways of solving problems from others.

Lac and An, through these practical methods on this topic, I hope you both will be able to apply them to your daily lives to develop and mature more.

Each method not only helps you face suffering but also creates positive habits to enhance self-awareness, self-regulation, and peace of mind.

Although each path to maturity will have its own difficulties and suffering, through persistent practice and continuous learning, you both will find solutions for yourselves.

Always remember that every change, whether small or large, is an important part of the process of learning and personal development.

I always believe that with your effort and perseverance, you both will overcome all challenges and achieve the success you desire. I am always by your side, accompanying and sharing every joy and sorrow in your journey of growth.

With all my love,

Dad.

THE FINAL MESSAGE

Dear Lac and An,

As I write these final words, I look back on the meaningful journey we have shared through these pages. From the fundamental and profound values of relentless perseverance and daily self-discipline to precious lessons about humility in success and honesty in all circumstances. From persistently building solid confidence to continuously expanding our mindset and steadfastly seeking a clear purpose in life for ourselves.

But the most important thing I've always wanted you both to understand through each page of this book is the miraculous power of inner transformation. Why? Because life doesn't always generously give us what we crave and desire, but it silently brings us precious opportunities for growth and development.

We have grown from moments of solitude to meaningful connections, from anger to open-mindedness, from deep resentment to overwhelming gratitude—this is the noble art of living that each of us must discover and experience for ourselves.

My beloved children, each chapter is not merely pages of paper but a profound and meaningful journey of transformation: from moments of utter disappointment into powerful motivation to rise up, from painful failures into opportunities for learning and growth, from petty jealousy into deep understanding. From nagging fears to steady confidence, from bursts of anger to profound

calmness, from seemingly endless sorrows to pure joy and peace.

These are not merely abstract concepts but real, vivid, and meaningful experiences that each of us must walk through and feel for ourselves.

I always hope and believe that through each page of this book, you will gradually learn to transform difficult challenges into precious opportunities for growth, deep wounds into invaluable inner strength, and painful losses into meaningful life lessons.

My dear children, each page of this book contains not only my perspectives and sharing but also the boundless love I have for you both.

I believe that with patience, courage, and kindness, you will walk steadily on the path you have chosen, and you will find true happiness and peace in your lives.

I also hope that these pages will be your reliable companion, a source of spiritual strength in difficult times, and a guiding light when you feel lost.

Remember, no matter where life takes you guys, my love will always be with you both, as a solid foundation and an endless source of encouragement.

With all my love,

Dad.