

FOREWORD BY
DAME DORIA CORDOVA

With Exercises
to Eliminate
Struggles with
Leadership,
Status & More

BOSS, YOUR WISH IS MY YOUR COMMAND!

The Right Way to Be, Do & Have
What You Really Want in Life

FU-EN YEE



Boss, Your Wish Is Your Command!

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By

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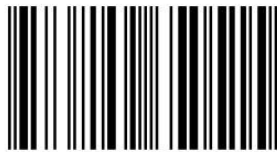
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FOREWORD

Dame Doria (DC) Cordova, PhD. (Hon.)



To what extent do you see yourself as a leader?

Most people would say, “I don’t”.

One could be a parent, a sibling that influences his/her brothers or sisters; a child that encourages a parent (or both); a working employee that inspires a client, a superior, a colleague, or their staff – yet they still might not see themselves as a leader.

This could be due to various reasons. First, they may assume that only with a higher status and more power, they can be called a leader. Or they do not believe they are likable enough to be a leader. Or they may have other considerations... All of these untrue and inaccurate beliefs stop them from being, doing and

having what they truly want in life.

For many years I have observed and dealt with these **“born leaders” who are limited by their own beliefs**. They **give themselves justifications or excuses for what is happening to them**. They give themselves reasons as to why they fail to have what they want in life – be it in wealth, a career, a business, a relationship, good health, spiritual understanding, social connections... you name it.

They have a “victim mentality” that allows circumstances to define what, where, why and how they are, rather than to take responsibility for their results, and to own the results in their lives.

This can be sad for me because I see so much potential in them. If they could see what I see in them, their lives would be very different. At the very least, be happier, with them living more meaningfully.

The answer to the question of how to be, do, and have what you want in life is what ***Boss, Your Wish Is Your Command*** aims to address.

This is why I am so pleased to pen the foreword for this book that helps readers to understand themselves better – to find the root causes for common challenges that most people struggle with, especially at the workplace.

While many experts teach to visualize what you want and work backwards to have it, Fu-En teaches that it is “beingness” that we need to understand first and primarily work on.

Only through having an **aligned mind and heart** – being in a conscious state of what we value in our lives – we can create what we want. Often, it is never about money, fame or status. Instead, it is about mutual love, connection and meaning in life.

I really appreciate the way Fu-En unveils the existing **faulty systems that have been conditioning humanity to believe, think and behave** in the way that they do now. When she explains in layman’s terms **how the brain and mind work**, I was touched because this knowledge – which was only available to those in the medical and neuroscience field until recently – is now accessible to the general public for good use.

With the abundant information provided by Fu-En, the readers can understand how the current system missed the critical foundation to build a happy and purposeful life for people. The existing systems encourage mediocrity, conformity, and chasing after delusional success. It makes sense why we easily trust inaccurate data, news, advertisements and information that does not support us in making educated decisions that affect our lives tremendously. More importantly, this book points out why we love familiarity and have a need for a comfort zone.

The bad news is that our brain (with traditional conditioning) wants us to merely survive, not to thrive. The good news... this can be fixed. The process of working on myself for over four decades has resulted in tremendous success. I have become a mentor to many entrepreneurs to do the same. In the early days of self-actualization and integrating generalized principles into business, I had to go through “learning experiences” – I made mistakes – I learned from them; thus, I became a better person.

For 45 years, I have been working on myself. I must say it was quite a challenge to change habits, thoughts and perceptions that were leading me to unsatisfactory results. It is doable and possible. It required awareness, consciousness and consistency to break the cycles that kept me in mediocrity. The more that I am aware, the more I can peel off limiting beliefs. The more authentic that I can be, the more that I can thrive effortlessly.

You are lucky. Fu-En has created step-by-step exercises in this book to help you raise your **consciousness**. Aside from finding the root causes of the challenges that normally occur for most people, she has also carefully selected do-it-yourself assignments for you to rewire your brain.

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PROLOGUE

“The good physician treats the disease. The great physician treats the patient who has the disease.”

~ Sir William Osler

What I would not give to have the power to be in control and change whatever that is not working for me at the workplace – the people, the results, and even the way I feel.

I remember well the time seated by the window of a flight bound for London. Not realising how long I had been looking out the window reflecting on life, my thoughts were rudely distracted by the sudden chest pain from the missed beats of my heart. I could hardly breathe. The pull at the chest was excruciating. I had to bend forward to ease some pressure.

And just as quickly as the pain came, it went away. It was not the first time that had happened. And not the last, as I became aware of my condition. Doctors could not diagnose what was wrong. All the tests came back normal.

One thing I was sure of. I had been diagnosed with severe clinical depression. For years I had been bearing in silence this condition of mine. I cannot recall precisely, but I was probably in that state of mind for easily 13 years or more.

I had attempted suicide a few times. There were times I would cut myself to check if I was still able to "feel" it. That way, I would know if I was living or dead.

The question many of you might be asking is how a person who has been successful in her career can be depressed.

Yes, up to that point, everything was glorious – my life, my career, my health. I helmed leadership positions everywhere I went and was always the youngest in the team. I was the youngest Certified Centre Manager in Malaysia for a good few years.

I was also the first and only Malaysian to have been awarded the John T. Riordan Scholarship to pursue the international mall design and development course conducted by the world-renowned International Council of Shopping Centres.

Back then, only three out of the 12 recipients of the scholarship were given to applicants outside of the United States. I was picked from a formidable pool from Hong Kong, China, Singapore, Turkey and Europe.



Fu-En with course mates and three instructors at the International Mall Design & Development Course in Istanbul, 2012, of the ICSC, the International Council of Shopping Centers. The course mates were from Serbia, Kuwait, Dubai, Turkey, Portugal and Egypt.

I had everything – respect and recognition, position and status, and most of all, more money than I could spend. I thought I had the power to control and change whatever I did not like. But did I really?

Colleagues, staff and friends looked up in admiration of my success. My family was proud of me. I have an understanding, loving and caring husband. Yet I felt so lost, empty and unhappy. I could not figure out why, and I just could not change the way I felt, no matter how hard I tried.

Despite my consulting psychiatrists and psychologists, I felt unwell. The increased dosage on my medications only made me feel like a zombie in broad daylight. It was frustrating and I was really tired. I just wanted so much to be away from everything, everyone – just vanished into thin air; disappear from the face of this earth – to end all my sufferings. I felt so sick, fatigued and disillusioned.

This London trip was an excuse to have a break from it all; a permanent one. That was my plan. No one could help me in London as I was alone. With hotel booked, I brought with me two boxes of sleeping pills. I could buy a pocket knife and alcohol when I landed. Even if my family and friends were to get wind of my plan and showed up in London, it would be too late by the time they reached me.

That was the plot that kept playing in my head. I do not know if any of you might have had this experience. It was torturous and suffocating. The things you do just do not seem to mean anything to anyone anymore. The whole world seemed to keep crashing down harder and harder on you. You could hardly breathe. Nor feel. You are numbed. Tired. Tired of this life. Tired of everything.

While I have that “great plan” in mind, the Universe has another plan for me. I was browsing for more information to perfect “my plan” when an advertisement caught my attention.

Perhaps the words “end depression” and “living an uncompromised life”. My heart reached out for me to attend, since the workshop was conducted in a hotel close to the one I was staying at.

It was weird. To my wanting to end my life, yet at the same time, the mind convinced me to seek a survival option.

My biggest turnaround in life took place in that workshop. World renowned therapist Marisa Peer led me to discover the root cause that had driven me to depression all those years. I had the worst experience recalling many of those long-forgotten childhood memories. Many of which I did not know existed.

That night after having gone through the intervention, I felt the most relieving, lightest moments in my life. I stopped taking all the antidepressants and sleeping pills. I have not looked back since.

Fu-En with the world-renowned creator of Rapid Transformation Therapy (RTT) Marisa Peer. Having nearly three decades of experience as a therapist, she has been named as Best British Therapist by Men's Health magazine and featured in Tatler's Guide to Britain's 250 Best Doctors.



Fast forward to the present. It was out of that fateful trip that I was reborn to the world with a different identity and calling. I now see things from a new perspective. Somehow, instead of seeing specificity, my horizons are broadened.

From the day I was miraculously healed by my great teacher Marisa Peer, I understood that stress was not the culprit that caused the depression. Rather, it was a by-product of an underlying belief and emotion so deeply hidden in the subconscious mind.

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Chapter 1

BRAIN, HEART & YOU

“Mastering others is strength. Mastering Yourself is true power.”

~ Lao Tzu

Have you ever wondered why only a fraction of people end up being wildly successful, highly respected and largely recognised leaders? Out of more than three billion working adults in the world, fewer than 0.01 percent make it to the top 300,000.

Pause for a moment. Name the global leaders whom you know of. Would I be exaggerating that you cannot name 3,000?

From the youngest to the oldest, from among those who surmounted disability to one of the fittest presidents in the history of the US, real leaders leave significant impact on their communities. Their work, contributions and challenges they faced live long after them. Many continue to be in our midst. They become legendary.

I think of Greta Thunberg, who started her climate campaign outside the Swedish parliament in 2018 when she was 15. Tun Dr Mahathir Mohamad remains a force in Malaysian politics at the age of 96. The late theoretical physicist and cosmologist Dr Stephen Hawking achieved greatness despite his being diagnosed at the age of 21 with a slow-progressing form of motor neurone disease that left him paralysed from the neck down with no ability to speak. And there was the late Abraham Lincoln, who at a one-time worked splitting logs to make split-rail fences and also got into public wrestling matches in his youth.

Experts have sought to study the behaviour, mindset and beliefs of these leaders.

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At tender ages, children are also directly and indirectly introduced to the concept of “competition”, and associate their life with that instinct. In the animal kingdom, competition begins from the moment they are born. Some even before they get to open their eyes.

European Cuckoos are one of the best examples. The female bird lays her eggs in the nests of other birds. The host parent (the other bird) incubates the cuckoo egg alongside her own. To survive, when the cuckoo chick hatches, it starts shoving its

foster siblings out of the nest to ensure it gets all the food, space and attention from its foster mum.

While children do not compete for food and space, they do compete and fight for care, attention and love from the parents, directly and indirectly. Care, attention and love are means for survival. Children without care, attention and love from their parents risk early death by hunger, sickness or even abuse. That is where the emotion is strongly associated with. Children compete for care, attention and love in the following forms:

- The smartest/most brilliant
- The most obedient/caring
- The weak/getting sick frequently
- The most rebellious/difficult

Reflect on your childhood. How did you compete for care, attention and love? Which category do you fall into? You begin to see how your life gets associated with similar events and emotions.

Fundamental beliefs are formed when a child reaches six years old. When the cerebrum gets developed in children between six and nine years old, the child is able to analyse what is happening. But such analyses are based on beliefs written and stored in the Midbrain. The experiences will continue to take root and anchor deeper.

Life gets more negative when parents and teachers make comparisons. When children are compared, jealousy, low self-confidence and stress start to breed as they again associate events with the emotions they had gone through. This can cripple self-esteem and self-worth as the children feel they are not good enough.

Some teachers unwittingly sort test or examination papers from the top in descending order to the bottom. This often takes place in primary schools, as it was in mine.

While the student who gets the highest mark rejoices, s/he will also have pressure piled on for fear of losing the attention, recognition and love that order engenders. That drive is reinforced as more teachers did the same (law of repetition). The other students will feel not good enough, anxious, and less worthy – the last student feeling the most hopeless, embarrassed and unworthy. At every level, this manner of announcement of marks causes more damage than good to the children.

Teachers also sometimes make the meanest of remarks. Reinforced by some parents at home. They say things like:

- *You are good for nothing.*
- *You are just lazy, useless and hopeless.*
- *You are a waste of my time.*
- *You will never be able to do anything in life.*
- *You are here only to waste your parents' money.*

The more the child hears these, the more s/he believes it must be true. The more the child associates himself or herself with failure, the more the belief is etched in the Midbrain. The stronger the reinforcement, the deeper the damage (Law of Repetition again). Especially if the child has been incessantly told before the age of six, with more of it between aged six and nine.

Bringing home school report cards is another stressful moment. Even for children who score well. The expectations of parents are in the main unknowable. Often susceptible to comparisons informed by relatives and neighbours. Imagine the stress and anxiety on those children lower down the scale, and the trauma to their self-esteem and worthiness.

These associations inform the beliefs of the child, eventually moulding their identity. By the time the child journeys through elementary education, the beliefs and identity had formed.

Beliefs, therefore, are made up of what you had gone through as a child. Beliefs are the **pathways from which you assess and review the way forward from a helicopter view** if they are going to bring you closer to your goal or result. The more emotion you associate with an event, the faster and deeper the event gets embedded in the Midbrain.

Reflect on your childhood. What baggage from beliefs from those “living experiences” bear on your life today? Are those beliefs supportive of life before you now, since much has changed from when your beliefs and identity were formed and

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Chapter 2

THE VOICE, THE CHILD & YOU

“Everybody here has the ability to do absolutely anything I do and much more beyond. Some of you will and some of you won’t. For the ones who won’t, it will be because you get it your own way, not because the world doesn’t allow you.”

~ Warren Buffet, Berkshire Hathaway

Science emphasises that for anything to exist, it must be able to be seen and measured, otherwise it is not proven and is deemed not in existence. For organisations, performance needs to be “seen” and measured. In a world where everything seems to need to be evaluated, are there elements yet to be taken into consideration?

Often, power rests where we cannot see or measure. Science cannot pinpoint where these powers come from. But such powers do exist. One illustration is the toxicity of emotion or mindset. Such power can change the dynamics and direction of an organisation for a downfall.

Drive, on the other hand, delivers energy and direction for a better outcome. Toxicity and drive cannot be measurably seen or quantified. It is the same with grit and courage. Are such forces powerful? Yes. Can such power be seen and measurably quantified? No.

Hatred is a form of power, too. It can cause someone to lose common sense. The consequent outcome can destroy everything that (wo)man has built. Yet can it be seen or quantified in a standard measure? Absolutely not.

It is the same with your thoughts, your mind and the unseen and intangible in each and every one of us. I am not talking about spirituality, though it is something equally powerful if not more powerful. I am referring to something that science cannot see or put a specific point to. But such power exists because we all experience it all the time.

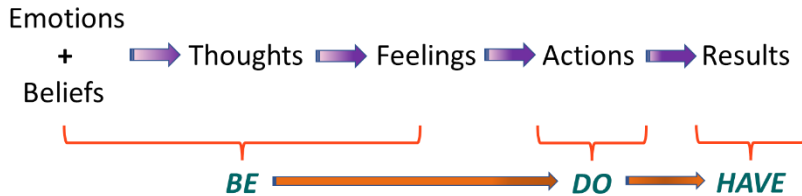
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The Power of Past Findings

“Another mistake people make is they assume that IF something is not current, it is not useful. Nothing could be further from the truth!”

~ Malcolm Gladwell

One of my great teachers, T. Harv Eker, always says that Thoughts lead to Feelings, which in turn dictate Actions that create the desired Results. Upon studying and practising with another great teacher of mine, Marisa Peer, I learned that Beliefs generate the Thoughts. As I continue to expand my knowledge, conducting research and interviewing neuroscientists, I find that it is both belief and emotion in the form of memories that constitute thought.



There is a difference between emotion and feeling, as well as belief and thought. Emotion is an immediate reaction that you are not in control of. Feeling follows emotion and it is a conscious experience that you can be in control of.

A belief has total control over you while a thought does not. Belief is a thought you have convinced yourself is true over your lifetime. It is a circle of constant reinforcement of the past while you are creating your future at the present moment. ***Unless and until you make a conscious change to the non-supportive beliefs you are holding now, your future remains the same. Period.***

If you looked at all the motivational training, solution-focused and other modalities to help organisational transformation, importance is placed on the **present** in preparation for the **future**. Yet that is exactly why change and transformation is **not** sustainable.

Yes, you can use your willpower or grit to change your Mindset. But you know what? The inner voice that you keep hearing is going to cast doubts, fears and conflict within you.

Psychologist Roy Baumeister and his colleagues at Case Western Reserve University conducted an experiment in the late 1990s cited more than 3,000 times by their academic peers. That study revealed that willpower weakens the more you use it. In other words, willpower is ineffective in sustaining change.

Recent studies, though, conclude there is no firm evidence to support the theory of losing willpower naturally. A stronger validation and observation done by the Stanford psychologist Carol Dweck and her colleagues conclude that willpower depletion only happens when the test subjects **believe** that it is limited.

Those test subjects who do not see willpower as being finite do not show any signs of losing it. In other words, it is still the belief that drives determination, will or grit – whatever you might call it. Either way, it is proven that willpower or grit is **not** the way to sustain change or transformation.

Your **beliefs**, on the other hand, **are the real driver for change and transformation**. Let's view this in the adult from a different perspective.

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“It’s OK. I don’t need to be part of the club. I’m fine at where I am. I do not want to burden my parents further.”

In Morris’s working life, even though he put in effort to be part of the leadership team, at the back of his subconscious mind, the same reel in the Midbrain is playing on him: *“It’s OK. You don’t need to be part of it. You’re fine at where you are.”*

Another client of mine, Jack (not his real name), from Manila, The Philippines, similarly could not seem to rise up to the leadership team. He was surprised that senior management referred him to me, because he was not aware that he was the chosen one.

At the root of his “failure” was that he believed that if he got promoted to the leadership team, someone else would have to lose their title. His belief was that his gain was someone else’s loss. His subconscious belief forbade him from meeting the performance expectation of the leadership team.

Going back to the Four Stages of Creating Change, you do not know what makes up your past beliefs until you do a deep dive into your roots. All my clients seemed sure of the challenges they faced, until we dug into their past beliefs. Then they realised their challenges were actually **by-products** of their past limiting beliefs.

Another case study is that of a German professor in Indonesia. Let’s call him Brian (not his real name).

Brian took a day trip to Kuala Lumpur. He believed he was a good lecturer, yet he seemed not to have any opportunity to rise within his community while his peers already were made chancellors or vice-chancellors.

To our surprise, we discovered he had been “sold off” by his mum when he was six years old. There were other occasions in his childhood where other people had given him money after he went through painful moments.

It was heart-wrenching for Brian to recall these forgotten traumas. But it was important for us to understand the root of his inability to rise because his subconscious mind had associated position with money, and money is dirty. So ultimately, position is dirty, and it brings pain. That was why for so many years, he did not realise he had been behaving in a way that undermined his opportunity to become the leader in the university.

The reason why I am sharing so many case studies for this segment is to show how important it is to get to the root of your beliefs and get it “resolved” so you can optimise your leadership potential and create more impact on your organisation. The case studies are of leaders from established organisations. Each had put in effort to impact more people including staying on track no matter what it took and practising what leadership coaches had taught them. Some were even personally coached by world renowned coaches, but nothing seemed to work. They got exhausted striving to meet their goals. That is another side effect of exercising willpower.

Your willpower exerted from your Conscious Mind can never ever overcome the power of -
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Chapter 3

THE INDUSTRY, YOUR ORGANISATION & YOU

“94% of failure is the result of the system, not the people.”

~ Dr William Edwards Deming

Have you ever wondered how your industry and organisation affect the way you change and lead? Organisations invest so much in leadership programmes and training in the hope of seeing better change. Unfortunately, few such aspirations translate into better outcomes. Mindsets and behaviours remain.

We have covered how sustainable positive change can take place. Half of the information covered so far is available. Even more actively in the past decade. So why aren't organisations adopting this fresh knowledge? Why do organisations continue to be run the way they are now. And how do these existing systems prevent you from being a more holistically meaningful, purposeful and successful leader?

You would be thinking the way I was years back. I used to only focus on my work because I did not see why I should bother about the reasons the organisation is being run in any particular manner. As long as I am earning a good salary, I am contributing to my family. Why bother so much, right? Wrong. Because of my ignorance, I had allowed the existing systems to affect my mental, emotional and physical well-being. You would not want to be seen as successful yet suffering with your mental, emotional and physical health taking a toll on you, would you?

In this chapter, I delve into how the impacts and influence of all these “greater systems” contribute to the failure of creating better leaders. Have an open mind to see what is happening to you and the working population.

Insight – Corporate Challenges

“The world must change, and leaders are the ones who change it.”

~ Anonymous

In the late 18th and early 19th century, many agricultural workers transitioned to factory jobs. It was not because they fancied the idea of working with machinery. All their lives they had relied on crops; working the fields, in the sun and rain. But they struggled to earn enough for food and shelter. Crops were reliant on the weather and

exposed to other afflictions. Returns from the harvest were not enough to meet the most basic human needs. Factory work offered better pay on a consistent, regular basis. The stability provided a better future for the next generation.

Mass production to meet increasing demand during the Second Industrial Revolution (mid-to-late 19th century) drew more workers into the process. The hierarchy of management and labour needed to be organised to manage the respective growing scope and responsibilities. The organisation needed structure in quality control to ensure each component contributed to the production needs.

The “organisational model” has been repeatedly duplicated since, with minor adjustments as the world shifted. As part of “manpower control”, hierarchy and structure has continued to be put in place despite flatter organisations. Processes and systems also remained as part of the checkpoints and quality control. Profit remains the bottom line to evaluate how successful a business is, and how much the stakeholders can get in return on their investment.



Profit-driven Enron Corporation was the Wall Street darling that reached its zenith before its dizzying fall. It took with it thousands of its employees, and shook Wall Street to its core. The leadership decision to recognise unprojected profits on its books to boost investor confidence catalysed the company’s crisis. Enron shares skyrocketed to an all-time high of \$90.56 in 2000. It did not have the

assets to back the headline figure and the organisation filed for bankruptcy on 2 December 2001, where its stock closed at \$0.26.



In the annals of car making, the Ford Pinto is a case study in ethics in business. Ford Motor Company launched the Pinto on 11 September 1970. It was sold as a cheap and reliable subcompact car. As it turned out, it was notoriously known as the dangerous car instead, infamous for bursting into flames when its gas tank was ruptured in a collision.

This was the result of a leadership team intent on producing a targeted number of cheap, compact cars at a certain weight at a certain price by a certain date. The budget was constrained. To meet the weight target, other cost-cutting measures compromised quality, resulting in a

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Foresight – Your Responsibility 101%

“He who studies medicine without books sails an unchartered sea, but he who studies medicines without patients does not go to sea at all.”

~ Sir William Osler

There are so many facets to leadership. It starts with taking ownership and responsibility to yourself first. It used to be your parents, guardians and teachers, someone to lead and guide you. Adults who were seen as the authority figure when you were small, to provide, protect, and be proud of you. Even when you are already an adult now, you still look out for an authority figure.

You have a choice here. Whether to continue to be the child and remain “small”, playing small, and allowing others to boss you around; or be the Leader to your own self. The moment you decide to be the leader, you will be the leader. First to your own self. Then you extend the leadership to lead those closest to you – your immediate family members and loved ones, and friends and colleagues that you work with.

One of my clients complained that her son refused to learn Bahasa Malaysia in school. She owns and operates a few massage and spa centres nationwide. Her son thought Bahasa Malaysia was boring and “useless”, and that he did not need to learn it. I asked her what language she used in her daily communication. She told me it was Mandarin. On occasions when she spoke to her colleagues, it would be in English.

When did she use Bahasa Malaysia, I asked. After thinking a while, she told me she only used Bahasa when placing food orders in Malay stalls. She rarely used it.

Do as I say, not as I do, and the mother was expecting results. She was apparently living evidence to the son that Bahasa Malaysia was not important to her being a “successful person”. So while I worked with the son, I also suggested that the mother learnt along with the son to speak to each other in Malay every now and then. When the mother changed, the son changed, too. It did not take long before the son started to improve in his Bahasa Malaysia.

In another case, a General Manager claimed that his CEO wanted him to have a positive mindset. He was given an ultimatum. Unless he improved on his temper, the CEO would not be considering renewing his employment contract. His contract was up for renewal in six months. He said he always lost temper with his managers. His managers were “useless” because they would only be presenting problems to him and not solutions, especially repeated operational issues.

“What about your CEO? Is he aware that the team is not helpful? How is he taking it?” I was curious.

“He’s obviously stressed up. Though he didn’t display anger like I do, I’m very sure he is also angry. He has better EQ, perhaps, since he’s the CEO. So we will be discussing the issues and he’ll give some suggestions and directions to work on.”

“And how do you then communicate the next step to your direct reports?” I question further.

“Well, in our weekly Monday Leadership Meeting, I’ll be sharing the direction or solutions that the CEO wanted. We will deliberate further on the details of it to make sure they don’t give me the same headache again. Everyone will walk out of the room knowing exactly what to do.” The General Manager confidently said.

Are you able to see the connection between managers and General Manager and the mother and son? While the General Manager expected his managers to come up with solutions to the problems, he displayed zero effort in coming up with solutions. He was passing the issue to his CEO and relaying back to his team the direction or solution. No wonder the CEO has had enough of him. He is just a messenger and instruction taker, without the organisation at heart. The anger he displays to his staff is his reaction to the team not performing to his expectation. He has never had the heart to find out what had caused this cycle, or what can be done to improve it.

If you want to have the greatest staff to work with you, you must first make sure you are the greatest leader to work with. The same applies to relationships. If you are expecting a perfect partner, first ask yourself are you the perfect partner to the other half? That is why Robin Sharma in his *Leadership Wisdom from The Monk Who Sold His Ferrari* highlighted the importance of the “Leader Lead Thyself”.

Leading starts with yourself, from within. One of the best metaphors that I can use to illustrate the different levels of leadership and its importance of self-leadership is our own human cells as visually represented below:

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Chapter 4

REFLECTION, REALISATION & RESPONSIBILITY

“The moment I take responsibility for everything in my life is the moment I gain power to change anything in my life.”

~ Hal Elrod

“Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.”

~ Rumi

In this chapter, you will begin your first step to disassociate yourself with some of the unsupportive beliefs recorded in your Midbrain. You cannot erase these records but you definitely can disassociate yourself from them and associate yourself with new emotions and events that would help you to become a real, authentic leader. You get to reflect on and discover about your belief systems and the obstacles that have thus far prevented you from being effective. This is also where you start embracing 101 percent responsibility because you are going to be transformed in the most significant way to morph into a great leader.

As you know, the leadership discussed in this book is not only for use in your career but more so the **leadership within you**. As such, you can apply the same exercise to your relationships, health and other aspects of your life. But let us first focus on your career or work.

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Just know that whatever you are seeing, hearing and feeling is a movie or a recording, and that you intend to get rid of those feelings associated with the movie or recording so that it no longer has the power to affect you. Take a rest when you need time out. Return only when you are ready.

1. Leadership

- a. Leadership is _____ (finish the sentence with whatever words that come to your mind)

I get this belief/feeling from _____ (what was the image that comes to your mind/words that you hear/who do you experience it from or with?)

This thinking was shaped or influenced by/because/when _____ (how did this belief become stronger?)

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Lay Blame Your Way Out

“All blame is a waste of time. No matter how much fault you find with another and regardless of how much you blame, it will not change you.”

-- Wayne Dyer

I would add – *neither will it change the situation.*

Blaming is justifying your failure as the fault of others. When things go wrong, it is so easy to point fingers. It is so much harder to admit that you are the one who was responsible for the failure. It is even harder to accept that you did not do enough to get the desired result. Everyone does it. For a leader, it is time to come clean. Check (/) the following statements that resonate with your mind in your life situation The bracket indicates those whom you put the blame on, directly and indirectly, consciously and subconsciously.

I had a difficult childhood. (family)

Chapter 5

YOUR LEADERSHIP LIFEBOOK

Welcome to writing your personal Leadership Lifebook. In this section, you will be building new habits to align your brain, mind and heart. For the next 101 days, you will be journaling to see your own personal leadership growth. I am thrilled for you as you are charting new heights in your life.

Remember to diligently stick to the morning or evening segments. The **best** time to complete the **morning** segment is **right after you have woken up**. And yes, before you check into your social media. Set aside at least 60 minutes.

You may prepare one day in advance. This would include the necessary music tracks (listed in **Resources** at the end of the book) to help your brain waves while completing your journal.

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As with everything in life, consistency is vital. Keep a daily schedule for 101 days – morning and evening. And you will be able to see and feel things changing around you, at work and at home. Neuroplasticity (the capacity of the brain to develop new connections and pathways and alter how its circuits are wired) works most effectively when you are being consistent. *Neurons that fire together, wire together, work together* – this should be your mantra moving forward.

Before you start reactivating your leadership dream or refining your leadership life, please write down clearly **what you want to achieve in your leadership role**. Remember, it must fulfil the three following criteria:

1. It must be something that connects to your heart. It could be something that you had put off for the longest time.
2. Meets the top three values you had discovered earlier
3. The change must be able to be measured and documented
(Example: Fulfilment – what is the rating on the scale of 0 to 10)

What I want to achieve in my role as a _____ in the next 101 days is:

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Chapter 6

WHAT'S NEXT : THE HONEY BEE & YOU

“A successful man is one who can lay a firm foundation with the bricks others have thrown at him.”

~ David Brinkley

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So there you have it. The whole cycle of change and the energy that is constantly in motion. Change is happening every nano second, and it is the only constant that will continue to move forward. The question is whether the change is in your favour or otherwise. If you want it to be in your favour, you will need to take up that role to lead in creating what you want. And the change starts within yourself. Lead the change in you, then you can lead your organisation and your community.

There is so much to the science behind creating change and the art of you leading that change. There are endless possible outcomes that you can create because everything works in multi-dimensions. Science will continue to explore deeper into neuroscience, neuroplasticity and neurocardiology. But none is going to help you change unless you are willing to unlearn and relearn, as well as willing to accept change and embrace the change because only you have that master key to open the door to the past and make the change that will transform your future.

In the 1985 movie *Back to the Future*, featuring Michael J. Fox and Christopher Lloyd (Dr Emmett Brown), we know the past sets the path for the future. In the first movie, Fox, who played the role of Marty McFly, accidentally travelled 30 years back and had his mother falling in love with him instead of his father. Because of that, Marty almost jeopardised his own existence. Fortunately, he was able to make things right and come back to his present. That may be only a movie, but that is how the cycle of change works. You need to “*travel to the past*” through your own reflection exercises and then make changes there to create the *future* that you want.

Your role in your personal leadership journey from now on is to consistently follow the Leadership Lifebook on a daily basis to guide you through your personal transformation.

Then start advocating what works. Influence your workspace. Initiate better transformation for your team. Last, but not least, if you have been spending a huge amount of your training budget on skillset programmes, now is the time for you to

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Boss, Your Wish Is Your Command! is a thought-provoking leadership book unlike anything else that I have read. Indeed 5-star ratings with personal journey of the author and case studies which applies to all leaders or would-be leaders.

An inside of leadership traits from psychotherapist critical views which is uniquely interesting. The book describes the journey of leaders and the training required especially to unearth the neuro potential of all leaders. A must have book for all leaders and should be part of all leadership training both professionally and formal academic training.

Dr Ahmad Sabirin Arshad
President and Group Chief Executive
SIRIM Berhad



Fu-En's book, ***Boss, Your Wish Is Your Command!*** helps us understand why only a small percentage of people succeed in life. Her powerful book, filled with personal vulnerabilities, authenticity and deep insights on numerous areas include the power of the heart. This book also offers practical advice to increase your Teachability Index (TI), a key component of your success by driving your Willingness to Learn (WTL) and Willingness to Change (WTC). A simple, yet powerful book which you must read.

Roshan Thiran
Founder & Kuli
Leaderonomics



I have read thousands of books by hundreds of different authors on all things related to the human mind, human brain, neuroscience, psychology and how to be in control of them all. Fu-En Yee has managed to put everything into perspective into one book. I wish I had this book 20 years ago when I started my study of the human mind in order to be able to control myself. Learn how to be and do, so that you might have what you want in the future. Complete with wonderful questions that open the mind showering me with "a-ha" moments, stories that lifted my heart, and laws that lay the path for me to conquer my future, I fully recommend ***Boss, Your Wish Is Your Command!*** to anyone who wants to change their lives. And don't just read it. Take action with it. You might like where you are headed towards.

Sifu Kahar Saidun
Master Instructor of Yip Kin WIng Choon Kungfu
Trainer of NLP
Hypnotherapist
Entrepreneur



Boss, Your Wish Is Your Command! is a bold, concise and pragmatic map to the art of leadership. A readable, practical and actionable book to leadership development in the fullest sense.

Dr Rozaidi Razali
General Manager – Group Integrity & Governance Division
PROLINTAS Group of Companies



For a long time the brain has always been my biggest interest. I find beauty in its complexity and how we manoeuvre through our personal and professional life through mental practices. I find myself truly immersed in ***Boss, Your Wish Is Your Command!*** I truly enjoyed the fact that such a complex topic was written for easy digesting, which will be appreciated by many who are new in the topic. I found that some of my previous leaders were mentioned in the book as well. Truly an enjoyable read!

I strongly agree that the beauty of leadership is that it is a blend of science and art, from understanding the ability of our consciousness and implementation of our thoughts to its fruition. Through practice any leader will be able to master the art of a successful leader. Fu-En guided through all these elements beautifully and I highly recommend this great book.

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