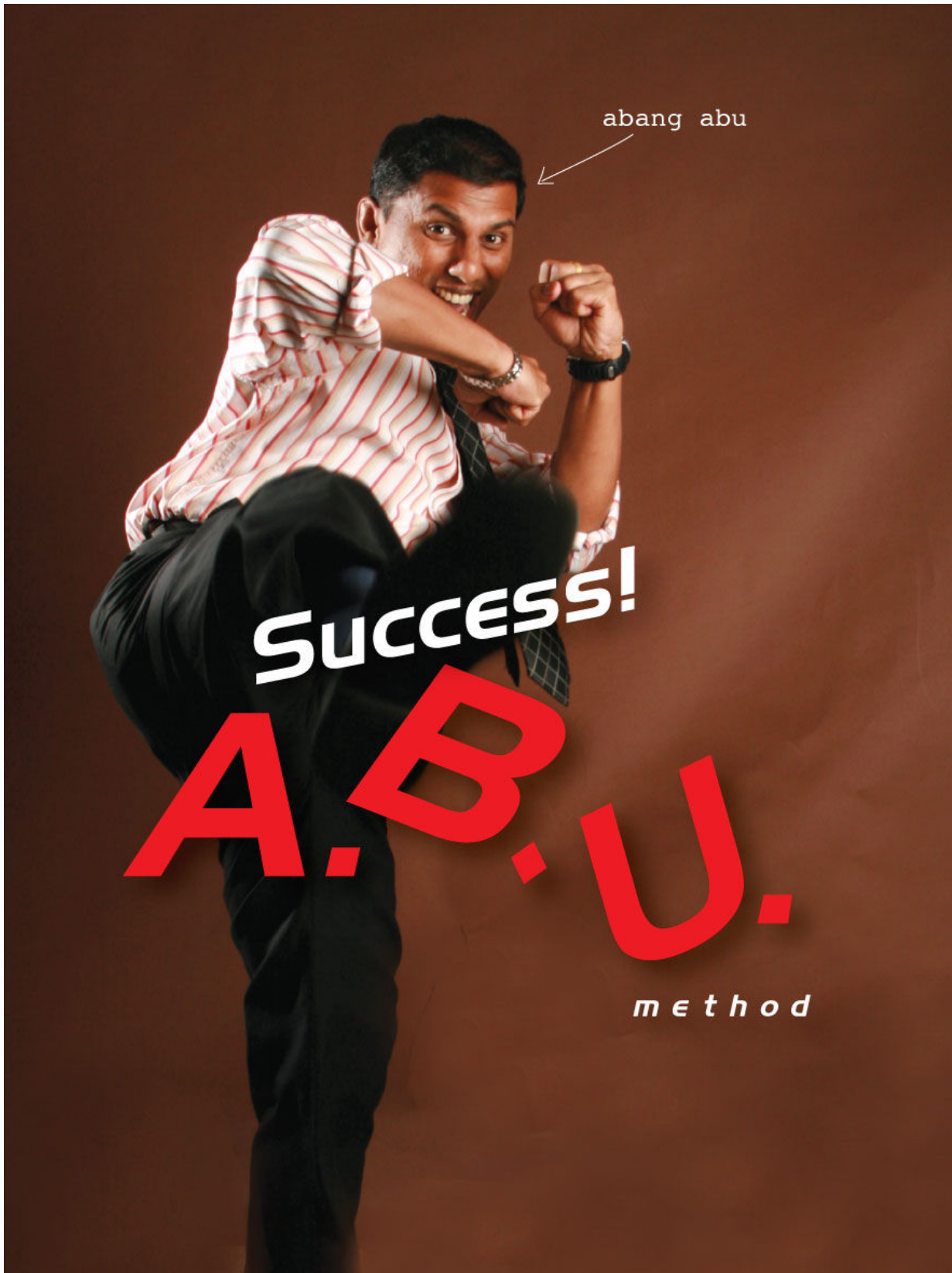


The A-B-U Success Method



abang abu

Success!

A.B.U.

method

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Discover the secret genius that drives risk takers, rebels, entrepreneurs, artists to achieve greatness. Learn how to express the fire in you and harness it productively.

“ Set your genius on Fire;
Do this by having belief in your self, so that you will be yourself to move on by being unstoppable”

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I the reader, am responsible for my own behavior, and no aspect of this book shall be considered to be a medical, legal, business or authoritative advice in any way.

This is the first edition and I would love to get feedback from all readers so that I can make my revised edition a much better one.

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*“Don't ask what the world needs.
Ask what makes you come alive,
and go do it.*

*Because what the world needs
is people who have come alive”*

---HOWARD THURMAN

[American clergy, civil rights activist & mystic]

*“Men of Genius are meteors intended
to burn to light their century.”*

----NAPOLEAN BONAPARTE

A portion of the proceeds from sale of this book
goes to AbangAbu Fund to help kid
entrepreneurs who in need.

The A-B-U Success Method

About the Author

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Affectionately known as *Abang Abu*, is the founder and CEO of Now Asia. He has a deep commitment towards young people's success in entrepreneurship and financial intelligence.

resident of Young Entrepreneurs Network (YEN) of the Singapore Malay Chamber of Commerce & Industry. He is a qualified toastmaster and was a past president of one of the local toastmasters club.

He has been a speaker in numerous business as well as community-based events and has been featured regularly in the local media (Berita Harian, New Paper, Oli and Warna). He also contributes to a regular column in Berita Harian (Belia & Bisnes bersama *Abang Abu*).

His experience includes starting 6 businesses which included retail, F&B, and money-changing. As an investor, he currently owns a number of properties and has been trading in the stock market since a tender age of 19.

AbangAbu is a graduate of the 'Money and You' Program, a certified wealth coach and Financial Fitness coach. AbangAbu was a winner of the SOE 2005 Award (Spirit of Enterprise) which recognizes individuals for their outstanding entrepreneurial quest AbangAbu is head of the Young Entrepreneurs Club, Vice-P.

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Thank you for my friends and everyone who been involved directly or indirectly in the creation of this ebook. I might forget to include your name in this e-book but your help and deed never gone unnoticed.

Those who want your name to be included in my revised edition please email me at **abangabu@nowasia.sg**

The A-B-U method

It's been very long time that I wanted to share a powerful thing that helped me in many situation in my life journey. Today I am so happy to write about the powerful method and secrets that make me who I am now. From coming back to life after been paralyze from neck to bottom in an accident that killed my parents till to the time I reach my million from zero.

What are those secrets that make me achieve success in my life? I am aware that many people out there are in need for some real life story to motivate as well to give them hope that any situation in life can change. I choose to share my life journey that brings success to me.

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I am doing this as I believe that my story and method would inspire many people out there who lost hope. They gave up on believing that they can be rich; they gave up on the possibility of living happy and many more other beautiful dreams. I want them to realize that it is not the end, yet there is still opportunity for them to achieve success in their life..

Are you in that state of lost and don't know what to do with your life, career and also in your financial world?

I want to share that there are always possibilities for us to make our dreams true and get whatever things that we dream to have.

I grew up in a very conservative family where my father had a sundry shop and my

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mother is a housewife. I am the eldest in my family that consists of 2 younger brothers and 2 younger sisters. As normal family and we had great bonding between us.

It always interesting to know that every successful people that I come across in my life somehow had gone through some kind of sad story before they make it big in their life.

My life journey starts when what I called the worst that could happen to me. I lost my lovely parents when I just reach 20. We involved in a car accident that also made me paralyze from neck to bottom. In an accident that the car that I drove hit the divider of the highway and the car somersaults few rounds. In that moment my father were thrown out from the car and died on the spot. My mother was severely injured that cause her being paralyze too for 5 more months before she too leave us.

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At the moment of the accident happened I was struggling with pain and was out from the car holding my broken right arm and asking myself if what happen was just a bad dream.

However it was not a dream but reality. My neck was so painful that I felt that it is going to fall down. That was the moment when my brother Ajimul who were in another car with my other siblings come to help. They helped to make me lie down as to stabilize my neck before the ambulance arrive.

This is where I heard about my fathers death. I really don't understand how I got the courage to accept the fact that my father is gone.

Thats where my first lesson begun, that is to **accept** anything that happen so that you can move on without stress.

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My neck was broken and I was having a third degree spinal cord injury that will cause me to be paralyzed for rest of my life or the other alternative is die.

When I was brought to the hospital I was unconscious. Amazing thing happen when I were in the hospital. When I wake up I was able to hear people around me talking but I could not open my eyes and mouth was declared as in coma. It was amazing that you can hear what people near to your bed talking.

I am hearing all the negative statement from all those around me. “he is going to die” “he will be paralyze for rest of his life” “his brothers and sisters will have no one to take care”. While I am lying without any movement at all what I hear the most is the word that “he is going to die” “he is going to die” repeatedly.

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That's when I realized that something inside me was waking up and telling me "no , no , no, I am not going to die, I am going to get well" "I must live for my siblings" I felt so powerful as the force that suddenly that I feel inside me. Yet still I am not able to open my eyes even. That was the first time I realize what is believing is all about.

Everyone including doctors gave up on me, they told me that the chance for me to be alive is 50-50 chance but I never. I choose to fight; a powerful force was telling me that I am going to live. The power of believe that I experience is what most people never know. You will never know what is believe until you can experience it

Four days later, I was able to open my eyes slowly and mumble words out from my

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mouth. This came as a shock to most of them whom thought that I will die. I knew it was that power of believe inside me help me to recover from the coma state that I was in.

This is where **the A-B-U method** is in action.

Download it for free at www.abangabu.com

When I open my eyes what I saw was my head had been drilled and poke with a half inch cord to hold my neck from moving with the reason to stabilize the spinal cord. It was a very nerve cracking moment for as it was so painful and critical. I was not able to move my arm or even feel my other parts of my body. My right arm was plastered as it was broken.

Than come shock news, yes my life is safe BUT I was told that I will be paralyze for

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the rest of my life. This is due to the injury that I had. Spinal cord third degree injury which gives you only two alternatives. Either paralyze for life or die. It was very painful moment in my life. The news made me cry however the power of believing come back again.

Suddenly I felt that there is a force telling me that I am not going to paralyze , I am going to walk again and be normal as what I had been. I never doubt it. I truly understand the power of believing by now. I got that feeling in me that again was so powerful telling me that I am ok. I am getting well.

A-B-U method is working again. This time I become so powerful and I have no doubt. I will be okay. I will be fine. I will be up again even at that moment I can't even move my arm. I just put that faith of **A-B-U**. I know am getting

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well even doctor told be to be strong to face the reality that I will be paralyze. **The A-B-U method** is in action. Every moment I feel I am getting better and better.

14 days later, I got some feeling when the doctor touches me just near to my upper chest. I told him I can feel his touch. It was not taken seriously as I was told that I might just have imaginations. But I knew that I am getting better, and I am not paralyzed.

The next day I told the doctor I really can feel when he touches. He start to believe now and told me that there is hope for me to recover. It will be a miracle if I can be normal again. According to the doctor it only happens to one in a million. I told myself that I am the one in a million people. Each day I am improving and start to feel more part of my body. Now I am convinced that of the power of believing.

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The A-B-U method is working.

After one and half month that drill on my head was taken out and was replaced by plastering my whole body. Now I am in the road to recovery been told that I just need time to recover and there is no medication. I was now allowed to go back home. After 3 months of my stay in the hospital now I am allowed to go back.

It was a great experience and I would like to thank the doctors and nurses that had really taken care while I were there. Help me to pray for their well being. My feeling was so happy to return home. I am excited even my body is plastered and am not even recovered yet.

I was back at home to my family after 3 months in hospital. And I felt pain when I saw

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the condition of my home. My mother was still alive but bed ridden and weak. She is paralyzed from upper chest to bottom. I cried to see my mother in a such condition and to know that my relatives had choose to move away from visiting my family.

My mother asked me about my father as she still never know about my father. It was a very sad moment that I have to tell her about my father's death. Knowing that my father is no longer alive my mother decides not to live any longer without my father. Several weeks after my return my mother pass away.

This was the moment that I really felt pain . Leaving me with my 4 other younger siblings. I am now the one who have to shoulder the responsibilities of my family. No one for me to ask for help and guide as almost all of my close relatives choose to stay away from us. I

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was feeling left out and loss. What I should do? Who should I see? Where should I go? All kind of questions start to play in my mind.

Now I was angry with everyone, but that's the moment that powerful force inside me start to come back again and giving me the most needed support at that moment. **The A-B-U method** is in action again. I start to believe that I am going to be successful, I am getting wealthy even at that moment we are heavily in debt as my parents business been closed for more than 6 months. We have no money to spend and just have to stay with what ever that we have.

This is the moment I feel pain and I told myself I am going to make it big and be financially free. I promised my self to bring my family out from poverty to be rich. I felt that I am attracting wealth to me.

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The A-B-U method is in action. When I am out with no money and support from anyone this is the method that make me face the world and stand up again for my self and my family.

I started my entrepreneurial journey than by doing all kind odd jobs from washing cars to selling food just to earn money. Survival is the word but I knew I am getting richer and I am getting wealthier. I am becoming successful. That is what I am feeling at all time those moment.

The A-B-U method had brought me to all other successes.

From no property to own 5 properties, from no business to setting up more than 13 businesses, from not known to anyone to someone that people looks up now, and many more achievement.

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I never consider those things as achievement but rather the prize that I get because **the A-B-U method**. I use that method with full of faith. I knew for a fact now that no matter whatever condition I am , using **the A-B-U method** had brought me successes that I wanted.

After been involved in many businesses I wanted to share my journey and success with many other people with an intention to help them .I was so passionate in helping people to become financially. I choose to become a trainer even I don't have any academic qualification. Again its all about using **the A-B-U method** to get what you want in life.

So what is **A-B-U method**? How to use it to achieve what you want in your life?

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Now is the time for you to really understand how to use **the A-B-U method**. I will make you understand why this method will be one of the best method for you. And I am sharing this with you with an intention to motivate and make you believe that you can be successful too no matter where are you right now.

There are 3 stages in **A-B-U method**.

1st Stage in the **A-B-U method**

Always Believe in U

This will be the first stage of everything. Believing in yourself is the foundation of everything. It can be in the worst stage of your life but believing in yourself is the only support

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can bring you out from that situation.

I never gave up when everyone gave up hope at the most critical period of my life. Instead, I believe in myself that I will come back strong. Many successful people that I ask told me the same that believe in one self is the foundation of success.

When your foundation of belief is so strong, you will feel powerful force inside you that will make you move on and have faith in what ever you want to achieve. When I tell you believe meaning you must have faith. You should not have any doubt on what you wanted whether it will happen or not. You must have complete faith that whatever you wanted will happen.

1% of doubt on what you want will make the A-B-U method fail. There must be 100%

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faith and no doubt completely. That is what I felt when I was in the hospital when everyone was telling that I will die. I have no doubt that I will be alive even at those moment everyone lost hope on me to survive.

This is the most important part of **A-B-U method**. Putting faith on the things that you wanted will make your dream a reality. This is the stage where your I CAN attitude will be formed.

2nd Stage in the **A-B-U method**

Always Be Urself

You will be in this stage if you have passed the first stage of **A-B-U method**. Being

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yourself is being true to you and accepting who you are and your ability. Most of the people failed to get what they want in their life because they are not being themselves but trying to be someone else.

If we are weak or no idea on certain things than it is always good to ask some one who is better in that rather than trying to be smart. This is what I call being yourself. If we can't afford to drive a car just don't drive. But most people cant as they are not being true to themselves.

This happen as we live in a society that will look at what you have and we always try to pretend that we can afford many things, that in actual fact we can afford to have it.

In the early days of my training business, I was told that I am not educated and have no

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high level education to conduct classes in school. I accepted that and I was just being myself and started to ask them what I should do. I take those advices and just be my self and learn on my own pace on things that I need to do.

Until today I don't have any kind of high level education but I am giving talks in universities and other institutions. This is because I just do what I am good at and do what I capable of. I am doing it by being my self.

Always Be Urself in any situation and face the challenges heads on and you will able to move nearer to any dreams and goals that you set for yourself.

When you have a powerful 1st stage A-B-U than the second stage will come naturally. And the second stage is quit critical as that is the

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phase that you will face a lot of situation that will test your self from not being your true self. This is the stage where you will understand yourself.

3rd Stage of A-B-U method

Always Be Unstoppable

This is the stage of the moment that you will feel most powerful. When everything seems impossible this is the stage that will give you the energy to fight to the end. The moment the first 2 stages are in you than this will be the result. You will be in action and nothing will stop you from getting your desired outcome.

When you lost everything and you are left alone this is the power that will see you through. Every obstacle will be seen as another step moving towards what you wanted.

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There is a saying that always sticks in my mind that have been giving me the energy and having the 3rd stage of the A-B-U method.

“Look at the sun and the shadow falls behind”.
When it seems so much problems in front of you just look at what you wanted in the end. Focus on that dream and see it with your inner eyes. Hold that feeling and than move towards the problem and you will get it over.

It is a great feeling to have and will become the most powerful force to bring you up and running. There will be no fear for to face the world when you are unstoppable. There will be no looking back when you have this 3rd stage fill up your mind and soul.

When I understand this that's when I become unstoppable in getting most of the goals that I set for my self.

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All these 3 stages of **The A-B-U method** is the essence in being successful. There will be no replacement for that and it is a must have components in everyone who want to achieve success.

Now let me share the secrets of achieving success in everything you want. I am sure you will achieve success with these 4 steps.

It is the **A-B-C-D** of success process. Every success comes because of this process. Now I love to share with you the secret that you need to have in order to achieve your dreams.

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A

Aim - The first secret of the **A-B-C-D** process

25% of success can be achieved by just knowing your aim in your life. It is very important to know ones aim in order to achieve success.

Many people out there are struggling in life as the have no clear aim on what they want in life. This makes them living their life aimless and don't know where their life is going.

It's like driving a car and you don't have direction where you want to go. You will be driving but you will never reach your destination because you don't have one. This is

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what will happen to a person who don't have aim of they want in their life.

Look at the people out there who are living their life aimless and struggle as they don't have any clear aim.

All the successful people have aim in their life. They always have a very clear single aim in their life. I learn that all of them start with a single aim and they work all out to achieve that aim. This must be the way for getting our aim. By having just one single aim make us more focus and give all our energy in making the aim a reality.

One great mistake is to have too many aims. This will make us not focus on what we really want. By having too many aims at the beginning is wrong as you have to pay full attention in each of the aims.

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Ask yourself if you do have aim in your life? Do you clearly know what your aim is if you have one? Do you have just one aim or too many aims?

Take some time to really think on the entire question and find your answers. This is the most important thing to do in your life. Knowing your aim in life is the most critical phase in achieving success.

I started my journey of life with one aim that is to becoming successful and able to bring out my family from poverty. I work tirelessly as I know my aim in life. How long and how hard I work towards my aim never make me tired. That is the power of having one single powerful aim in life.

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Got to know the single aim and you got the 25% of the success. Unless you know what you want and when you want it with certainty, you will never get it. Never move to the next segment before you invest some time to find out the one single aim that you want to achieve.

B- Believe in the Aim

How many time in our life that we tell ourselves that we want to be successful and rich? We work hard and do all it takes, however things are not seems to be working our way. We are still struggling and trying to find why this is happening.

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This is because most of us don't really believe in our aim. We don't think that we will achieve that aim; we feel it is impossible and we always have doubt on that aim. This is the main reason why most people could not get what they want.

Look at those successful people. Read about them. It is so clear that they believe in what they want. It is not just believe but they have faith in their aim.

Thomas Edison is the man behind the light that we are enjoying right now. How he invented it? It was because he believed in his aim. It takes thousands failed attempt and not only that but people around him also gave up on him. The whole world was telling that he become insane and out of mind. But did he give up? No! never.

That believe in ones aim in life will give

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a person the most important attitude. I-CAN attitude. With this I-CAN attitude , we can make our aim a reality.

Every successful person in this world has this I-CAN attitude.

Ask yourself, do you believe in your aim? If not do some work on yourself and start to believe in your aim. This is important as without believe you will never have that I-CAN attitude.

When I started my entrepreneurial journey, I know what I want and I believe that I am getting it. I had faith in my aim and dream even most people said I will never achieve that aim. In fact many of those people told me that I am wasting my time and should do something

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else .I choose to continue to do what I were doing as my faith in my aim make me to do everything that is possible and overcome all kind of obstacles in getting my aim.

The one thing that drives me was the I-CAN attitude. Till today on every new thing that start I choose to do with the faith that it is going to happen. Sometime I don't know how but I believe it will somehow happen. This is the power of believing in one's dream and aim. This step is the most important in the A-B-C-D success formula. This will give you the next 25% of success.

“Believe in your dream is the source of power in getting your dream”

C-Courage.

- .
 - . This is where the next 25% of success is. You have to have the courage to succeed, the courage to be yourself. Did you ever see a child who starts to walk? Every time he/she falls, He/she will get up again and start again even they knew they might fall. This is courage. Without that courage they may never walk.
 - . This is the same in getting our aim. We must have the courage to do things even we knew it may fail. We have to continue to do it again and again. This needs courage. We need to have courage to accept that we are not good at certain things and able to learn from someone who is better than us.
- . We must have the courage to take public transport rather than driving a car when we

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can afford one.

Successful people always have the courage to set high goals and dream big. This will motivate them to work harder and it worth's their hard work.

- . In my life things start to get bigger when I start to have courage to set higher goals and big dreams. I started to have the courage to accept failures as learning opportunities for me to grow.
- . I remember the first time I gave a talk to a group of people. They were laughing at me as how stupid I was than. It was a very painful experience where I made a lot of mistakes and nervous as well. But I continue to speak as well participate in toastmaster's organization to learn to speak better.

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- . I knew my aim were to become STAR(speaker, trainer, author, reliable coach). I believe in that aim. That gave me the courage to continue talks and learn to improve all my mistakes. That courage had made me who I am today. I had been giving talks to ten of thousands people and also help them to move on with their life.
- . And when I look at those people who are not successful, I found that many of these people don't have the courage to set goals, they don't have the courage to accept their shortfall. They don't have the courage to let go their ego.
- . Look at yourself, do you have goals and if you have do you have the courage to set higher goals. Do you have the courage to let others know about your goals? Do you have the courage to accept your mistakes and

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learn from others.

- . Start to have courage to set high goal. Start to learn new things and let go of your ego. Have the courage to accept mistakes and take responsibility of the mistake. Learn from it rather than giving excuse and blaming others.

“Successful people take responsibility and Unsuccessful people give excuse and blame others”

D- Do It

There will be no replacement of this for success. Doing or taking action is what it takes to get your goals. There are no point having all the A-B-C but miss the D portion.

Action speaks louder than words. Action

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is what makes people successful. Action is what indeed is the one thing that separate those who succeed and not.

We might have the best idea in the world but what is the point if we never make an effort to do it. It can be a stupid idea but if you work on it and take the action on doing it , it might turn out to be a big success.

So are you ready to do it? Start by doing all it takes to get your A-B-C.

Get ready to do it. And one secret is that you have to do it until you get it. All successful people never ever give up on their aim and goal even though the might have failed many times.

The secret here is to learn from that failure and start to do it again differently.

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As all of you already know about the importance of the part D, I don't want you just read but start to do and do it until you get your aim.

ADDITIONAL RESOURCES

Whichever path you choose, start now to explore yourself and fill you with all the A-B-U success method.

AbangAbu's **M.A.P to be RICH** home study kit will be available by January 2009 and you can get it at www.abangabu.com

AbangAbu's **Money Compass email coaching** for 1 year will be available by November 15th and you can subscribe at www.abangabu.com