



# WINNING *the* TROPHY

MASTER TED SUN PRESENTS THE GIFT OF LOVE  
TO ASPIRING YOUTH AROUND THE WORLD



**Master Ted Sun**

A world-leading expert in energy management, a world-renowned speaker,  
a top-selling author, and a Nobel Peace Prize Nominee.



*Facing this realistic and harsh mundane world,  
As long as you have made all the necessary preparations,  
You don't have to panic or feel shame,  
Because you know how to take control of your life,  
The most glamorous and shining star that  
is winning the trophy will be you!*

*~ Master Ted Sun ~*





## Special words to all the readers

Regardless of your age, culture, language, or background, this book will take you on an inspiring journey toward success and achievement in life. As long as you have an open mind and are willing to embrace experimentation, the methods and principles it presents can significantly benefit you.



## Author's Preface

# Winning the Trophy

Every child grows up and thrives under the expectations, nurture, and care of their parents. Parents all hope that their children can excel in various studies and create a bright future for their careers. They also hope that in this life, their children can utilize what they have learned, seize opportunities, give full attention to achievement, and make this life wonderful without regrets. Therefore, many people, with their feelings and demands, hope that through professional training in school and careful teaching from their parents, can apply what they have learned to have outstanding achievements in the working world. However, most people work hard all their lives, but the final results are often not as good as expected. They cannot achieve the results they originally hoped for. They lack experience and are unable to come up with a good resolution to overcome the many challenges in life.

Therefore, after having gone through almost half of their life journey, they suddenly look back and feel sad, lamenting that so many school subjects, experiences, theories, precious



knowledge, key points, and advice from teachers were not thoroughly learned during their school days. Think it over carefully, it seems that they lack the opportunity to get guidance from a wise master, and there is no noble person to give them advice. They make many mistakes every day and are exhausted by all sorts of problems and difficulties encountered, and then they realize that there are still many shortcomings in life.

Under such circumstances, many people hope that they can find some means to enhance their progress or receive valuable assistance to improve life. Students from different countries, races, and cultural backgrounds, or people who are already in society, all have the same aspirations and hopes, and constantly pray and seek guidance to help them seize opportunities as soon as possible to ring the victory bell and win the trophy!

Since the “Winning the Trophy” free course was made public on the internet and became known to the world, every episode has received rave reviews and being the center of much discussion. Whether young children, or students that are about to step into the working society, including people of various fields, they all feel that the content in

the “Winning the Trophy” course is very important, and is relevant and practical in helping them meet the basic demands for their life progression. As long as they utilize it wisely, one can create extraordinary results. Therefore, in order to benefit more students as early as possible, I want to help more parents educate their children well and support more teachers to cultivate and bring up more excellent students. The content of the “Winning the Trophy” course can be used anytime, anywhere or under various conditions, providing valuable information and a good learning profile that everyone needs.

Life is more about determination, decision-making, and seizing the opportunity. If you have this “Winning the Trophy” booklet at this time, it means that you have considerable blessings. As long as you make up your mind at this moment, learn the principles in the book and understand them thoroughly, you will be able to seize the opportunity and help yourself gain the honor of being the first to win, and win consecutive awards, in the near future. If you can really enjoy such endless blessings, why not start from this moment, making use of the knowledge and tips given in the “Winning the Trophy” booklet, will lead you to fulfilling your achievements and open a happy chapter in





life, without wasting any time.

This “Winning the Trophy” booklet is only a partial excerpt of the course. Just search for the keyword “Winning the Trophy” on the internet, and you can find the wonderful transcripts of each of my lectures. You might as well set your ambitions, plan your schedule, learn the valuable tips for winning the trophy as quickly as possible, and accumulate your own unique tokens in this mundane world; by doing so, you will have the winning resources in your hand.

Everyone hopes that tomorrow will be better than today, and today’s preparation is for the glory of tomorrow. If you slack off a little bit today, it will be difficult to achieve your expectations for the future. So take action now! Instead of sitting down and talking, it is better to get up and do it. The tips in “Winning the Trophy” are simple and easy to understand. The key point lies in your willpower and determination.

If this booklet can really rekindle your passion for achieving your goal in life to enhance yourself and breakthrough obstacles, be sure to keep this strong feeling in mind. At the same time, don’t forget to share it with

your relatives and friends, or the kind-hearted and destined people in every corner of society, so that their lives can also be significantly improved through “Winning the Trophy”; let society be able to reach a higher level of goodness because of everyone’s efforts.

I hope that everyone in this world, whether they are parents, teachers, students, bosses, or employees from all walks of life, can share and spread “Winning the Trophy” to benefit more people; I believe that everyone will have various achievements. Not only you and I but everyone will be the biggest beneficiary, and in turn will bring positive improvement in the world.

On the occasion of publishing this booklet, let these words express my gratitude and reverence.

– **Master Ted Sun**

*Written at Nevada, United States*

*May 2023*





## Table of Contents

### AUTHOR'S PREFACE

### Winning the Trophy

3

#### 1. MOVE TOWARDS GLORY THROUGH COUNTLESS

10

#### TROPHY WINNINGS

#### 2. THE CONCEPT OF RIGHTEOUSNESS NEEDS TO BE

11

#### ESTABLISHED FROM AN EARLY AGE

#### 3. UNDERSTAND THE SOCIAL REALITY EARLY TO AVOID

14

#### MISUNDERSTANDINGS

#### 4. STUDYING AND EDUCATION ARE TO IMPROVE OUR

16

#### OWN VALUE

#### 5. KNOWLEDGE OFTEN COMES IN HANDY AND IN

19

#### UNEXPECTED WAYS

#### 6. LEARN MATHEMATICS WELL, AND YOU WON'T

21

#### SUFFER ANY DISADVANTAGES IN LIFE

#### 7. VARIOUS SUBJECTS AND THEORIES ARE INSEPARABLE

23

#### FROM DAILY LIFE

#### 8. FINDING AN IRREPLACEABLE POSITION IN THE AI ERA

27

#### 9. YOUNG PEOPLE HAVE GREATER POTENTIAL AND ARE

29

#### CONFIDENT ENOUGH TO ACHIEVE SUCCESS

10. CONNECT EDUCATION WITH REALITY TO CREATE PRACTICAL VALUES	33
11. CONNECT WITH WHAT YOU NEED IN LIFE AND APPLY WHAT YOU LEARN TO MAKE A DIFFERENCE	36
12. IMPROVE SOCIAL SKILLS TO MANAGE THE GOOD AND BAD FORTUNES	38
13. THE IMPORTANCE OF INTERPERSONAL SKILLS OUTWEIGHS PROFESSIONAL EXPERTISE	40
14. INTERACTIONS AMONG PEOPLE REQUIRE ENTHUSIASM	41
15. SEIZE THE OPPORTUNITY AND PRACTICE RELENTLESSLY TO BECOME A PROFESSIONAL	43
16. THE STUDENT PERIOD IS THE BEST TIME TO PRACTICE	45
17. LISTEN TO ELDERS WITH AN OPEN MIND AND ACHIEVE RESULTS THROUGH INTERACTIONS	48
18. WIN THE TROPHY IN ALL ASPECTS AND AT MULTIPLE LEVELS	50
19. IMPROVE EVERY SECOND THROUGH SELF-EXAMINATION	52
20. BE FULLY PREPARED TO WIN THE TROPHY AND HAVE A BRIGHT FUTURE	54
ABOUT THE AUTHOR	58
ABOUT SUPER LIFE SECRET CODES	60
ABOUT RICHEST LIFE	61



## CHAPTER 1

# Move towards glory through countless trophy winnings

Life is about achieving success and enriching this wonderful journey through winning in various themes.

“Winning the Trophy,” as the name suggests, means winning a championship and being awarded a trophy in a competition. And our life is all about breaking through countless hurdles, winning a championship trophy, and glorifying this life journey. In order to be the winner in all aspects, you must play each and every role well at different stages of your life. And the most fortunate people are those who started to focus on their own learning from a young age.

In this world, there are many people who have spent more than 20 years of education from preschool to university, and now lead an aimless life, yet they are fully unaware of it. In the blink of an eye, you have graduated from university and entered into society, feeling more lost than before. If you don't develop your skills and knowledge well during the schooling period, you will be hit hard by the harsh reality.



and will struggle to keep afloat. That explains why there are some people, who worked really hard for decades but eventually realized they could not achieve their childhood dream nor live up to their parents' expectations. Without any accomplishment, they felt that they had wasted their entire lives.

The fastest way to achieve success is to learn through the success stories of others. Look at those who took steady steps to build their foundation and later became the shining stars in schools and their professions, when did they start preparing for their life? By looking back on their lives, the real key was to establish the correct mindset and value system at childhood.

## CHAPTER 2

The concept of righteousness needs to be established from an early age

Since childhood, everyone started to learn to speak and begin to experience life. Parents always have high



expectations and aspirations for their children to be obedient, well-mannered, hardworking, and strive for excellence. No matter what the children are learning in kindergarten or primary school, parents hope for their children to follow their teachers' guidance, absorb, digest, and internalize what they have learned to be part of their knowledge and continue to grow and become better each year.

Every child is a good child in their parents' eyes. But sometimes, due to playfulness, or some other reasons, it causes the child's learning journey to become bumpy and rough. As he moves on to secondary, high school, and eventually university, his schooling life will soon come to an end. The moment he enters into working life and faces the harsh reality as a young adult, he suddenly feels regretful for the lost time that he wasted in the past.

The youth are the crucial pillars and members of society, contributing to the development of the future world. Many years ago, when I had my global seminar tours, I met and connected with many children, and established good relationships. Years gone by, these children have grown up to be well-rounded individuals with excellent academic

performance and character, with promising futures ahead of them. Having seen these cases, I feel the importance of establishing the right mindset and good value system from a young age. The children will be able to grasp the concept and key points easily in their learning and cut down on the problems and challenges. To many parents, if children are more self-motivated in doing every task well, parenting will naturally be easier and relaxed. This is definitely beneficial to society as a whole.

Other than those book signing sessions where I have connected with some children, many more children also gradually got to know me as they started learning the Super Life Secret Codes system together with their parents on the internet during the COVID-19 pandemic. After learning and applying the principles in “Super Life Secret Codes,” these children have improved their communications with their parents and strengthened the family bonds, fostering more harmonious and healthier parent-child relationships.

Super Life Secret Codes system emphasizes the concept of “Cause and Effect.” There will be consequences for every action we take, there is output for every input.





Naturally, children yearn for recognition and compliments from their parents and teachers, be well-liked by their peers, and even receive awards at graduation ceremonies. All these successes and achievements require them to put in consistent effort to acquire the corresponding positive output.

## CHAPTER 3

# Understand the social reality early to avoid misunderstandings

People often understand what their strengths and expertise are and what areas they need to strengthen after entering the working society. Before stepping into the real world, it is always difficult to appreciate the harsh reality of the society. Everyone must deliver results in order to build a firm footing in society. For example, a business owner needs to possess exceptional leadership ability to keep his company strong and ahead of the competition. For job seekers, they will not be hired by the boss if they cannot meet the company's requirements. Once given the opportunity to work for the company, one's professional knowledge, or

the principles of interpersonal relationships with others, and doing things responsibly, requires one to apply the lessons learned from childhood to the real world in order to perform well at the workplace, to gain appreciation and recognition by colleagues and bosses at the company.

Many people find it very demanding and tough to perform their daily tasks in life. Looking back on their past schooling days, they discovered that they did not study proactively then. Therefore, when they face society, they realize their shortcomings. Some of these deficiencies can still be cultivated and compensated for, while some may be much tougher to pick up due to negligence over a long period. As a result, some people drifted along society to follow the unwholesome flow, and ultimately unable to fulfill their childhood dreams, let alone fulfill their parents' expectations. They were unable to achieve outstanding results and achievements throughout their lives, hence they lived a life that is physically and mentally draining.

Most of the average people spend about twenty years in their education, from kindergarten to university. During this period, students need to study diligently and do their best



to recharge themselves. People are like electrical appliances, without electricity, it cannot perform well. Some day in the future, these students will have to constantly grow and develop year after year like life cycles. They will eventually apply what they have learned in the real world. However, since the students are not exposed to such an environment nor given any proper guidance, it is difficult for them to accept and envision why they must study hard.

## CHAPTER 4

# Studying and education are to improve our own value

Why do people need to study? This is because it will help accumulate your values. When you learn the various knowledge taught in school well, this knowledge will become your future asset. When you are out in society, or in your daily life, you can exhibit your unique values and abilities because of the knowledge and experience that you have, which is worthy of people's admiration and attention.



Every subject you learn in school is the basis for creating value in the future, so no subject should be neglected. If you can't even explain basic common sense, others will despise you and write you off in their mind, and you will gradually lose your standing and the chance to speak up in the company.

When you understand the above concepts and look back at all the textbooks in your school bag, you will understand that these are precious resources for accumulating your assets.

You are building up your endurance, power, motivation, and wisdom, so that you can emerge from the crowd, excel, and demonstrate your true value in the future.

Life is simply this, no matter how old you are now, one day you will have to face the future alone and be responsible for your own life. If you realize that you are clueless about various topics in your conversation with your friends, you will find it difficult to be part of other people's social circles.

Therefore, subjects like Chinese, mathematics, English, science, geography, social sciences, arts, or music taught in school are all designed to nurture you to grow and develop your resources and knowledge as stepping stones, to prepare



you well to face different situations in the future.

As long as you are clear about these rationales, you will be able to self-motivate and willingly to put in effort to study well. However, if you are still uncertain, and you decide to smoke your way through each semester, you will be at a loss when have to face the reality. By then, it will be too late, and impossible to salvage the situation. Therefore, some people are unhappy after entering into society because they know nothing at all, are not capable of delivering the work, and have unsatisfactory performance. They suffer very badly with low wages and bad treatment by others. Why do you have to wait until you enter society to discover your own shortcomings? Because when you were in school, you didn't fully comprehend why you should study hard.

It's really a pity!

## CHAPTER 5

# Knowledge often comes in handy and in unexpected ways

Try to imagine one day, when you are working hard in society, your boss holds a meeting with all employees, including you. At this time, your boss suddenly asks you a concept. This is to test your ability and also to give you a chance to showcase your talents. Because you did not study properly in school and lacked basic knowledge, you ended up unable to articulate your idea well and were incoherent in your delivery. Instantly, you feel embarrassed to expose your shortcomings right in front of everyone. This is likely to have a negative impact on your future.

If you can imagine how shameful and regretful this scenario will be, I believe you will want to be fully prepared now and deal with it with composure. To materialize this perfect scenario, you must treasure every single day during your schooling. No matter how old you are now, from elementary school, junior high school, to high school, every subject you learn, the concepts are interconnected. In other





words, what you learned in primary one will be used in primary two, and primary three will apply what you have learned in primary one and two, but at a deeper and broader level. Learning is progressive as the scope and difficulty increase at higher levels.

Knowledge is accumulative, and a solid foundation must be established right from the beginning. If you don't study well in primary one, the more advanced knowledge in primary two will make you more confused. When you reach primary three, you will likely give up if you can't catch up. If you face a similar situation, you need to spend more time and extra effort to compensate for the missing parts that you should have acquired at this level. Otherwise, when you step into society, you will find yourself stuck and unable to solve a simple mathematical question, and you will be ridiculed by others.

One day in the future, when your boss asks you about a concept, whether you can answer it skillfully, confidently, and fluently depends on whether you have been diligently working hard on your fundamentals and built your knowledge from primary to middle school, high school,

and university. Regardless of whether you are now studying or working, no one can predict when you will be given a chance to showcase your talents. It could be your teacher, boss, your own parents, or even a relative or friend. They may ask you a simple science or mathematics question from daily life. If you don't know the answer, you will lose the opportunity to showcase yourself!

## CHAPTER 6

# Learn mathematics well and you won't suffer any disadvantages in life

Basic common knowledge at all levels is what we have to absorb during the past 10 to 20 years in school. Nowadays, people are more fortunate, because every civilized country in this world has a complete education system that allows children to learn bit by bit to build up their basic foundation. However, many students do not understand how building up their learning can help them, and this often leads to large gaps in their education. In other words, if the foundation in the first year of school is not



solid, the subsequent second and third years will become more difficult, gradually increasing the gap, and thereby making these students unable to catch up.

If the children can understand why and what they need to learn, study hard, and do their best within the given period of time, they can gain meaningful learning, and it will be everyone's achievement in that semester. Let's take the subject of mathematics as an example. Why should we learn mathematics? Suppose in the future you want to buy a car, and you are negotiating with the salesperson to get the best deal. Because you are not well versed in mathematical calculation, when the salesperson recommends various upgraded packages, you may get confused in an instant and sign a deal that is not advantageous to you. You thought you got a good bargain but later discovered that you had unknowingly purchased some unnecessary fixtures during the process.

When negotiating with a salesperson, you not only have to interact with the other party in a friendly manner, but you also need to have a clear plan. If you are good at mathematics and already have an accurate number in mind,



as long as you can calculate faster than the salesperson, you are sure to be in control of the situation with an upper hand.

Therefore, if you learn mathematics well since childhood, it can become your strength. In the future, in any situation, you will have an advantage when engaging with others, which is good.

When you understand what I said, go back and revise the mathematics subject in the textbooks. You will notice that the school textbooks are carefully compiled by experts and scholars in the field of mathematics, presenting so much important knowledge to you, to allow easy understanding.

From this point onwards, your attitude towards studying will be completely different from the past - you will no longer study reluctantly just to cope with school exams.

## CHAPTER 7

Various subjects and theories are inseparable from daily life.

You must first understand the importance of each



subject you study in school so that you will be motivated to learn and you will want to learn it seriously. You will understand it deeply and thoroughly. Let us take the subject of history as an example. Why do people need to study history? As we look at past historical data and analyze the events recorded by predecessors from ancient times to the present, we will be surprised to find that the occurrence of many major events in the past has been repeated in different eras. In history, we learn how people handle incidents when they occur and also learn from the mistakes that occurred during those incidents. After understanding the origins of these events, we can transform them into our own database, maybe one day in our daily life, we may also encounter similar events; when we make use of historical concepts and turn them into our own logical understanding when dealing with things, we can recall the lessons from history, proceed with good judgment, and analyze with a good conclusion.

As for natural science, (the study of living environment), it is even more important, because natural science is very closely connected to people, things, and events we encounter in our daily life. Whether it is our health, conservation of the natural environment, or scientific knowledge, this

knowledge will come in handy at any time. In other words, how do you cope with the various subjects in school? The answer is to apply flexibility and integrate it into our daily activities. In this way, you will not study aimlessly and passively; because you will realize that whatever you learn in school is related to your well-being in the future. So, the knowledge you learn is the vault of merits that benefit your life. When we accumulate more abilities, we will have more leverage to turn around and overcome any adverse encounter. When you think this way, you will naturally be motivated to quickly learn more and absorb the theories and logical concepts from the books.

Decades of life are not short, especially for children. They will have to face society for a longer time in the future with various encounters. They need to learn how to resolve problems successfully or simulate real-life situations smoothly in this present moment. Take natural science, which is the study of the living environment, as an example. The sun rises in the east and sets in the west. When you buy a house, should the house be facing east or west? In which direction is the best location to have the windows? You will have the relevant concepts in your mind. If you can buy a





lucky house with a good environment that brings success and prosperity, it will be of great advantage in your life.

When you wake up in the morning and see the sunshine, you will feel and reap the benefits of the luck in your house.

Natural science is an indispensable element in the study of various majors. Let's take chemistry as another example,

observe the foods displayed in supermarkets or stores. Which ones are using excessive chemical additives? Which ones retain the original nutrition of the ingredients? Using

the knowledge of chemistry can effectively help you in daily life to avoid taking food that have excessive additives.

Therefore, the more knowledge you have, the greater your strength and understanding ability will be. When you recognize and accept the importance of learning, while

other students may be chatting, scrolling on their phones, or passing notes in class; but because you know that the

course is closely related to your bright future, you will pay extra attention and listen carefully to your teachers' lessons.

## CHAPTER 8

# Finding an irreplaceable position in the AI Era

In recent years, the development of Artificial intelligence (AI) chatbot programs have become very popular. AI not only can respond to various questions fluently; it can also perform professional tasks such as solving mathematical equations, writing articles, composing songs, adjusting program codes, etc. AI is able to completely simulate jobs done by experts and skillful people. Sometimes AI is even more professional and knowledgeable than real people. It makes people fearful, will people's occupations be replaced by robots on a large scale in the future? What will be the trend of the future?

Young people, especially, must start to understand that our era is changing. In the midst of change, the era of robotics has arrived, and the world has begun to change significantly and drastically. Just like in the past, during the Industrial Revolution, machines and automation replaced the manual work done by people and changed



their original role in society. Today, advanced technology in developing robotic equipment has become more and more sophisticated. Whether it is workers in society, students in schools, or even children in nurseries or kindergartens; their future lifestyle, ambition, goal setting, and the direction of efforts will have to change and make adjustments with the changes in the general environment.

Our human logical concepts, methods, and connectivity with the world are not as cold as robotic machinery.

Human beings are still one level higher than robots, with feelings of warmth and love, morality, and flexibility; but will robots be created with such human feelings and enthusiasm in the future? Looking at the current trend, it is very likely to happen!

Nowadays, robots are gradually replacing human jobs. What kind of life model will people need in the future so that they can shine, achieve success in this life, and win the trophy? This is a topic that both students and people in society must think about and pay special attention to from now on. We also need to think of ideas about how to adjust the future development and direction of the younger



generation. Even children who have just entered the first year of elementary school should ask themselves: What is the goal of studying? My parents sent me to school to study. What will happen in the future? What am I studying for? Only after you understand these key points and considerations, can you have the right motivation to work hard during schooling and make progress spontaneously in the righteous direction.

## CHAPTER 9

# Young people have greater potential and are confident enough to achieve success

The younger you are, the greater your potential to be. When you make full use of the knowledge you have learned, you will realize the value of your existence, your confidence will immediately increase, and your evaluation of yourself will become more and more positive. In this way, you can achieve a cycle of goodness, because you have great expectations for yourself, with the confidence to improve



various abilities progressively. At this time, you will find that every day is interesting and full of challenges. When you look back and compare it with your life in the past, you will find it completely different from before. Previously, there were a lot of excuses and unwillingness to go to school, and you would not pay attention in class. Now, when the teacher is teaching in class, you understand that you must pay full attention every second because you are working hard for tomorrow, and this knowledge is closely related to enhancing your future.

You must ask yourself every day, why do you need to study well? Because you need to create self-worth in the years to come; and harness your determination through repeated self-reflection. The reality of society is not that friendly. The higher your value and abilities, the more people will admire and respect you.

On the contrary, if you only have an average value with minimal abilities and capabilities, chances are that you will be at the mercy of others and dominated by others. This is the unwritten rule of the game in this mundane world. If you recognize the differences, have the motivation and

drive to work hard, and improve yourself in your studies, you will naturally thrive.

Some people can earn high salaries as soon as they get a job because of their abilities and capabilities, and they cannot be easily replaced by others. Those who are struggling to get a job, could be because they lack moral characteristics, and once they get a job, there is nothing significant in the job they are doing, so they can easily be replaced by anyone. When you understand the reality of society and figure out the context of the whole drama of life, you will have an idea. No wonder parents and teachers always urge children to study hard and study every subject diligently, and the overall score must be at least above the required standard. In a different time and space in the future, you will meet all kinds of people, things, and events. Regardless of whether each subject is your major, your personal quality and morality must be maintained at a certain level, only then will others look upon you with admiration and not look down at you.

I believe no one likes the feeling of being despised by others. So work hard, make improvements now, and work hard for your future! Education can help you create





a brighter tomorrow. As you continue to accumulate your improvements and achievements, you will have a wonderful future. This is not an encouragement to comfort you, it is the very truth in life. Once knowledge and abilities are aligned with reality, they generate good value and a reason for existence. Values may appear anytime and anywhere; everything you have learned is crucial and equally important.

The above logic will affect a person when they grows up, and determine whether they are respected by others, whether they can be at ease and confident to live happily every day; or if they will be scorned by others every day, be scolded all the time, or be driven away by others every day, or if they will live a tough life without dignity. When you understand this phenomenon, you will be able to deeply feel that the future is closely connected with every moment of the present, you will be able to have a strong feeling that the future is closely related to every moment of the present. Thus, you can mobilize the motivation to move forward and persist with determination to study well in all your school subjects.

## CHAPTER 10

# Connect education with reality to create practical values

I wonder if you have ever heard of some cases where primary school students are granted invention patents?

There are many cases around the world. These children can apply what they have learned at a young age and combine their ingenuity to invent something useful, making the ideas constructed in their minds come to life and into a real product. If you can integrate your creativity and talents with what you have learned anytime and anywhere during your studies, you will develop greater confidence and feel closer to benefiting the world.

For example, today you are studying English at school, tomorrow you happen to meet a foreigner on the road asking for directions, you can immediately express comfortably to guide him or her. This is your ability to show an extraordinary sense of presence. This kind of thing “sense of existence” can only be created by oneself, and the most practical way is to rely on education to acquire the relevant



knowledge and abilities.

The process of studying must be flexible and thorough with a deep understanding of the subject. You are not studying for others, but for your own benefit to accumulate various knowledge and skills, in preparation to meet all future challenges. In this way, you will feel extremely happy every day, and you will no longer complain about going to school, doing homework, or be unwilling to work hard for the examinations anymore; because now you already know that you need to apply the knowledge you have learned into the daily life activities, and readily prepare for a good future.

If the patent you invented is widely accepted and has commercial value that can benefit the public, those big companies may rush to buy the right to use the patent from you. Your creation may become a product to benefit many more people in this world. You can also propose a brand-new theory of modeling process.

Perhaps your idea will improve the positive thinking of people in the world today that could bring revolutionary changes in human mentality. This may help the betterment



and convenience of the public in this world. Just like the founder of Google, he studied the calculation model of computer search results and invented a different process from the traditional method of sorting results based on keywords and frequency of occurrence. The development of the “Google Search Engine” in the internet website can accurately analyze the search with relevancy. His invention had greatly benefited mankind and the world.

If the founder of Google company did not have the foundation of basic knowledge he had studied since childhood, it would be impossible to achieve what he has achieved today. When you discover your own interests, and after going through diligent study, every bit of success will accumulate into valuable resources and capital, you can then convert it into commercial usage, and the value will suddenly skyrocket.

Human beings have unlimited potential. With your interest, you can create an incredible future. I would like to encourage all students in school or whatever current stage of life, to never underestimate themselves, to learn with an open heart, to keep an eye on the development



of world trends, and to absorb and accumulate as much useful knowledge as possible. Eventually, you will be able to transform into a position of unparalleled value, accomplish many achievements in the material world, and win the trophy in all aspects.

## CHAPTER 11

Connect with what you need in life  
and apply what you learn to make a  
difference

Not just Google, but also many well-known multinational corporations have founders who were driven by a strong passion for something and had unique insights during their schooling years. They explored new inventions or discoveries, in line with the society's practical demands, creating unwavering values, and became influential figures with enduring global recognition.

This illustrates that the efforts you invest today can to engage with society practically in the future, leading to

the creation of value unique to you. By interacting with people, getting closer to society, and working towards a prosperous future, you can consistently maintain your efforts, bearing fruitful results. For example, if you study natural sciences at school and understand the intricacies of atmospheric processes, applying this knowledge in your daily life allows you to predict things like the possibility of rain when you notice a particularly red sky. Actively using valuable knowledge in your daily life makes it more comfortable and convenient.

When you enter the workforce, your past learning can transform into work that benefits the company, colleagues, and friends, or optimizes the company's systems and operations, making your value visible. In this society, some jobs can be easily replaced, but those who have established their professional value are hard to replace. That's why we often hear that certain leading companies offer excellent salaries to specific positions and generous employee packages. It's because these individuals can create something of extraordinary value. As long as what you've learned before can truly enhance your value, people will undoubtedly value you more. Therefore, learning and





absorbing various knowledge from a young age are the keys to success.

## CHAPTER 12

# Improve social skills to manage the good and bad fortunes

The 21st century is an era of rapid technological progression, with information constantly changing.

Computers, smartphones, and other future electronic devices yet to be invented have become the essential tools for everyone. Our communication with friends, family, and parents often relies on smartphones as our connecting tool. However, excessive dependence on electronic devices has led people to forget the importance of face-to-face communication in our world. This gradually changes human emotional expression to be stiffer and less natural, with less mutual emotional connections.

While this may not be surprising to many, it's crucial to

understand the significance of communication skills. This is a great moment of opportunity for students to acquire this skill now. If you have realized this, you can outshine others tenfold or even a hundredfold after graduation. While academic achievements are undoubtedly important, is one's success solely determined by exceptional professional skills? According to statistics, a successful person in society must have great interpersonal and communication skills. In other words, even as we become engrossed in high-tech electronic gadgets, it's vital not to overlook the emotional connection that should remain an essential part of human interactions. Your attitude towards others will profoundly affect your future advancement and achievements, as well as shape your future outcomes.

Neglecting interpersonal interactions, lacking in pleasant communication, and dismissing the traditional means of human connection in society would be a great pity. So, don't let this essential skill slip by and be forgotten due to modern undesirable trends. With this skill, you'll stand a high chance to emerge victorious when competing with others in the future.



## CHAPTER 13

# The importance of interpersonal skills outweighs professional expertise

As you progress through university, graduate school, or pursue a doctorate, once you are in society, the impact of your professional competence on your success actually only accounts for a small portion. The remaining eighty to ninety percent lies in other abilities beyond your domain of expertise, which includes your interactions with people, handling various situations, and leveraging these skills to determine your own positioning. This broader set of skills is often referred to as “interpersonal skills.” While professional competence is relatively less significant, it will still contribute to your value, in conjunction with many other factors.

Imagine that you possess extensive knowledge and expertise, making you the chief expert in your company.

However, if you get into conflict and disputes with all your colleagues, superiors, and clients, and continually draw



complaints and grievances, your profound knowledge and expertise won't be enough to compensate you for issues.

Even though your professional skills can generate significant profits for the company, your lack of interpersonal skills can bring disasters and obstacles, such as recurring customer complaints resulting in financial losses. Ultimately, after careful consideration, the company may decide to replace you with an employee who possesses decent professional knowledge and superior interpersonal skills.

Competition among individuals isn't solely based on their level of expertise, the way they interact with others plays a significant role. So, when you reflect on your daily life, consider your interactions with your parents, teachers, classmates, and even strangers. These interactions are the opportunities for you to develop, shape and fine-tune your capabilities for better success in the future.

## CHAPTER 14

# Interactions among people require enthusiasm



Once you step into the professional world, it's not just about academic achievements anymore. You'll also be assessed on various other qualities. Regardless of your current level of education, once you understand the impact of social skills on your future, you will need to pay close attention to people-to-people communications and interpersonal dynamics. This can enhance your chances of future success and personal development, giving you an edge over others. Even if you're relatively young now, it's crucial to develop a solid concept of logical sense and critical thinking early. Relying too much on smartphones can significantly reduce the frequency of your real-world interactions. If you don't practice communicating with your family members at home but instead overindulge on electronic devices, how will you gain experience in effective communication? How will you use that experience to stand out in the competitive world ahead? Keep in mind, as long as the world continues, deep passionate interactions between people will always be necessary.

In today's society, where enthusiasm among people is gradually fading, I want to emphasize to young individuals the importance of boosting their own enthusiasm. Interact

sincerely with your parents, communicate openly with your peers, and approach your teachers with respect. These will become invaluable learning opportunities. When you leave school and enter the workforce, consider how you respond when your boss speaks to you. Will you react humbly with a smile, or will you be acting arrogantly without respect? The choices you make will play a significant role in determining whether you thrive in the workplace or face the possibility of being fired.

## CHAPTER 15

# Seize the opportunity and practice relentlessly to become a professional

From today onwards, you must realize that everything you do now is laying the foundation for your future. What separates a hobby from a profession? A “hobby” is when you do something casually, while a “profession” is developing your passion with diligent practice into an expertise. Take singing, for example, because of your interest in singing, you love singing and enjoy performing at school events, that’s





more of a “hobby.” But a professional singer has undergone rigorous training, is proficient in various vocal techniques, and excels in stage performance, that’s a “profession.” Similarly, if you aspire to become a specialist in various professional tasks, you must practice tirelessly—once, twice, hundreds, or even thousands of times—until you reach the level of expertise that sets you apart. In everything you do, think long-term, grab every practice opportunity, and prepare the different real-life situations in the future with confidence, and win the trophy easily.

Moreover, your “skill in dealing with people and handling issues” should also reach a professional level. When interacting with others, you should know when to express yourself and when to remain silent. Understand when to show care with a warm gaze and when to remain neutral without making judgments and comments. Achieving this balance is what being “professional” means. People often say, “Your network is your net worth.” If you have a wide circle of friends and, when faced with challenges, you have people offering guidance, advice, and wholehearted support, your chances of success are much higher than others. But whether you realize these success factors largely depends

on whether you are currently on the path to “developing expertise.” So, even at a young age, you must make the most of every opportunity to practice.

Practicing during your student years is relatively less pressure because if you stumble, you can always start over. However, one day, in the professional world, a single mistake in front of your boss may mean no second chances. If your response isn't right, your boss might refuse to engage with you further and delegate tasks to someone else instead. Isn't it a pity if your lack of professionalism in dealing with people leads to failures subsequently? The best time to practice these skills is during your schooling years. Don't waste any opportunity to become proficient, not just in your academic subjects but also in other relevant skills.

## CHAPTER 16

The student period is the best time to practice

The student period is the most important moment in



life. You should seize this opportunity to do experiments in your daily life to see how you interact in your daily activities, understanding which approaches will be appreciated, and which methods of dealing with people are more acceptable. The subjects of the experiment may be anyone from parents and siblings to classmates and friends. All the people, events and things you encounter are opportunities to experiment. Through interaction with them, you can learn the principles and abilities of doing things.

There is no time to waste, let's do the experiments right away! If your parents have emphasized the importance of kindness, practice it, experiment by showing goodwill to your classmates, and observe how this can foster closer and more harmonious relationships. Reflect on those instances where your interactions were less than kind and how conflicts affected your experiences. By learning from the outcomes of your actions, you'll acquire a deeper understanding of how to navigate life effectively.

If you engage in conflicts with classmates or earn disapproval from teachers within the relatively safe and controlled environment of school, it will be even more



challenging when you enter the complex adult world. If you aim to be well-liked, gain support from mentors, and attract benefactors, it's crucial to understand these early life lessons. Therefore, take the advice and guidance provided by your elders seriously. Absorb it, adapt it to your own set of skills, and make a commitment to continue doing what's right while promptly rectifying your mistakes.

The guidance you receive from your elders comes from their love and care for you. When you grasp this, you won't brush off your parents but instead become eager to hear more of their life experiences. The advice from your parents and teachers is based on the invaluable lessons they've gathered throughout their lives. Ignoring this reality could make your life difficult to foster relationships in the professional world, as others might view you as immature or unreasonable. You'll undoubtedly regret this choice, potentially jeopardizing your future.

If you reflect on this now and follow the guidance of your parents and teachers by experimenting with kindness, forgiveness, and wise interactions, you'll be seen as mature and wise. You will be willing to forgive and accommodate



even if the other party makes mistakes allowing you to let go of the past. When your friends realize their mistake, they will appreciate your understanding and want to be closer to you. If you have the abilities and characteristics I mentioned above, then these will become your invaluable bargaining chips, and everyone will want to make friends with you. When you enter society and face the material world, people will genuinely appreciate you because you've conducted numerous experiments during your student years, gaining insight into what's right and what's wrong. These experiences will build your lifelong foundation, becoming the capital of your life.

## CHAPTER 17

# Listen to elders with an open mind and achieve results through interactions

How do you gauge the effectiveness of your efforts? Well, it starts with your interactions with your parents. When your words convey your feelings and thoughts accurately,

that's a promising sign. If even with your parents, with whom you live together with day and night, you may have communication gaps, so in the future, misunderstandings with others in society might lead to fiery conflicts. These conflicts could result in personal losses, sometimes with short-term consequences and other times with long-lasting repercussions. I'm sure you'd prefer to avoid that.

Once you grasp this principle, you'll realize that during your student years, every aspect of your development and learning is precious and significant. Because once that time is gone, stepping into the professional world won't allow for experimentation, learning, or discussion. While you're still a student, your parents can guide you, pointing out that your words can be hurtful. However, once you go out into society and talk to others, an unpleasant tone during a conversation can lead to immediate consequences, potentially affecting your life negatively.

If you aim for future success, and to win the trophy, you will need to seize every opportunity to improve and practice diligently. Listen to your parents' advice, as it can be the key to personal growth. This approach will likely put you ahead





of your peers or competitors applying for the same job. The sooner you establish the concept of life, the more blessed you will be. Even if you're slightly behind, being on the right path is a significant advantage. After all, not everyone in this complicated world understands this.

## CHAPTER 18

# Win the trophy in all aspects and at multiple levels

I believe all students now understand the immense importance of learning subject knowledge and cultivating life skills for creating a brighter future. All subjects and all books are here to help you develop a better version for your future, so you should absorb the knowledge as much as you can. Currently, the academic and professional fields are very keen on robotics and artificial intelligence technology. If you lack any foundation in these areas, you may be one of the first to be replaced by robots. So, the choice is yours: continue living and doing things casually without purpose, or take immediate action and seize control of your destiny!

The knowledge and skills you are acquiring now are the foundation for your future achievements. Never underestimate your potential. After learning each theory and concept and applying it in your daily life, you will be able to transform it into your own abilities. When two university graduates enter the workforce, one of them has been paying attention to every life's aspect since the age of ten, conducting experiments and accumulating experiences every day. On the other hand, the other one who has no vision about life, just scraping by in their studies and fooling around. Who do you think will be more mature with adeptness? Undoubtedly, it's the former. Who is more likely to succeed? It's also the former! Understanding this logic will bring you closer to success, and you can achieve it at any moment.

The material world is very pragmatic and realistic, when you enter the workforce without knowing anything, no one will wait for you to start learning from scratch. If a job has thousands of applicants, the employer will choose people who have already achieved comprehensive excellence. Being proficient in your field and excelling in personal and professional interactions will make you a valuable asset to the company right away.



## CHAPTER 19

# Improve every second through self-examination

Let me give an example as a brief conclusion. The founders of well-known companies such as Google, Facebook, and Amazon all discovered their interests during their academic years and enthusiastically worked hard to improve their skills, utilizing their strengths to excel in their respective fields. They created brilliant corporate empires at a young age. So, you don't need to wait until you are older to achieve results. You must believe you have unlimited potential, especially in today's high-tech era. With diligent practice and the right direction and methods, you can rapidly achieve your goals. If you know how to utilize the various resources available, whether at home or in school, and make use of every possible opportunity to practice, you will progress much faster than others, and your abilities will significantly increase. All of these efforts will form the solid foundation for your success.

When you realize that what you are learning is



closely related to your future, your mindset, knowledge, and perspective will change. You will develop an interest in every subject, and every moment spent interacting with your parents will become precious. You should understand that once you enter the workforce and start a family, the time to enhance your abilities becomes limited. Therefore, those who start practicing early are blessed and fortunate, as every moment is a key opportunity to improve oneself.

If you currently spend a lot of time and energy playing video games, you should ask yourself: What are the benefits of playing video games right now? Has my daily life improved in terms of responsiveness, and learning abilities because of playing video games? Will spending a significant amount of time playing games help with your life in any way? You need to become a person who practices self-awareness. Improving your reaction time is directly related to your future. Imagine sitting with a dozen people at a conference table, the boss presents a proposal and asks for everyone's opinions. If you're the first to raise your hand and offer a well-thought-out suggestion, you instantly become the most impressive person, the brightest star in the company.



Many children enjoy playing video games, and parents should teach their children to observe whether after playing games has improved their learning and responsiveness in everyday life. Has it enhanced their creativity in various aspects? If all these improvements are positive, then playing video games is not just a form of entertainment but also a helpful element for the child's future. When you connect everything closely to your daily life, you will realize that from now on, every moment is an excellent opportunity for the enhancement of future well-being.

## CHAPTER 20

### Be fully prepared to win the trophy and have a bright future

I want to remind everyone that the founders of companies like Google, Facebook, and Amazon were able to operate their businesses successfully because they effectively harnessed their interests. They worked with passion, continually improving their interests, expertise, and strengths, and transformed their enthusiasm into practical

elements in their lives, which is why they succeeded. This is the key point. So, from an early age, you should explore what you like and what your strengths are. Try to think about how to integrate them into your life, and how to make them valuable. When these two aspects connect, they can potentially create 'commercial value.'

Through systematic training from a young age, your logical thinking skills will have greater room for development and limitless possibilities. At this point, parents and children will realize that trained children and untrained children of the same age are obviously different. At first, the difference may not be significant, but gradually, they will become more significant due to their learning proficiency and efforts in the future, creating a substantial gap. All these practices are mandatory courses for future life success, so dedicate yourself to learning from your parents and teachers and aim to reach a high standard, which will help you smoothly achieve success in winning the trophy.

When you put in more time and effort than others to succeed, no matter whether in various exams or interviews, you will be seen as exceptionally outstanding, and any





achievement will come easily to you. This is because you've diligently prepared with a conscientious attitude, and your level has far surpassed others. In the near future, others will find it hard to catch up!

Lastly, I want to emphasize again, that you must always remember that even if you win first place, you should remain humble and get along with everyone, helping others so that they can also win the trophy. By doing so, your level may reach higher heights. Behaviors like showing off, looking down on others, or being unreasonable, unforgiving, or arrogant should be avoided. By helping others, you will find that you have more friends, and life becomes smoother and smoother. One success leads to another, and winning the trophy becomes an integral part of your life. To achieve success in life, it's essential to embrace these important concepts. As long as you can practice step by step, you can look forward to enjoying the fruitfulness in life, welcoming a life full of success, happiness, brightness, and completeness!

In the face of the harsh realities of the world, as long as you are fully prepared, there is no need to be anxious or feel ashamed. You know how to master and take control of your

life, to become the brightest winning star, and the one that achieves greatness, is you! I've organized and summarized all the considerations related to the real world and shared what you should prioritize, how to prepare, and how to view each day in the future. If you apply these concepts in your daily life, you'll undoubtedly stand out compared to your classmates and future competitors. Your current efforts can pave the way for a brighter future where all your dreams will come true. Best wishes to you, my dear friend!



## ABOUT THE AUTHOR

Master Ted Sun is a world-leading expert in energy management, a renowned speaker, a top-selling author, a humanitarian, and a Nobel Peace Prize Nominee. He is also the founder of Richest Life, a personal and professional growth and wellness center, teaching people self-healing and life mastery. Master Ted Sun has trained hi-tech executives, CEOs, government officials, doctors, and tens of thousands of people worldwide.

In 2010, he wrote his first book, *Super Life Secret Codes*, a life manual that reveals the secret codes of managing energy to create a super extraordinary life. This book has become a global sensation and transformed people's lives all over the world.

Since then, Master Sun has written over 50 books and given tens of thousands of lectures and consultations. His book "Say No To Depression" is a breakthrough in mental health and has been recognized and endorsed by Western and Chinese doctors to help people overcome chronic depression.



anxiety, insomnia, and other mental health problems.

Master Sun's energy management system teaches people to mobilize their innate natural ability to become a self-generator of positive energy so that they can recharge and take control of their lives.



## ABOUT SUPER LIFE SECRET CODES

In a world where financial management takes center stage, the often-overlooked key to true success and happiness lies in a different currency—your energy.

Discover the groundbreaking insights within this transformative book that will empower you to harness the hidden secrets of energy management.

This enlightening journey will guide you through a series of powerful lessons and proven techniques, unveiling the coveted codes to a life filled with joy and accomplishment. Imagine a life unburdened by the shadows of the past, equipped with clarity for the present, and infused with unwavering confidence for the future.

Master Ted Sun, acclaimed author of the international bestseller “Super Life Secret Codes,” has helped transform countless individuals worldwide. Join the global movement and unlock the potential to take charge of your destiny, not letting life’s circumstances dictate your path, and embark on a journey to a super life.

## ABOUT RICHEST LIFE

Richest Life, founded by Master Ted Sun in 2011, is a global personal and professional growth, development, and training center, that teaches people how to take control of their lives to achieve endless abundance and success.

Richest Life's energy management system helps individuals reset, reprogram, and supercharge their lives, thus becoming a positive magnet for good health, balanced relationships, and abundant wealth.

We offer programs and tools for people from all walks of life and have helped hundreds of thousands across the globe attain a meaningful and purposeful life.

**USA:**

[www.RichestLifeUSA.com](http://www.RichestLifeUSA.com)

[www.SuperLifeSecretCodes.com](http://www.SuperLifeSecretCodes.com)

**Asia:**

[www.RichestLife.com](http://www.RichestLife.com)





***Winning the Trophy audio platform:***

To listen to the Winning the Trophy in audio,  
please scan the QR code:



RichestLife

# Winning The Trophy

by Master Ted Sun

Published by Greenland Success Co Ltd., Taiwan Branch

[www.RichestLifeUSA.com](http://www.RichestLifeUSA.com)

[www.RichestLife.com](http://www.RichestLife.com)

No part of this publication may be reproduced, stored in a retrieval system or transmitted, in any form, or by any means electronic, mechanical, recorded, photocopied, or otherwise, without the prior written permission of both the copyright owner and the above publisher of this book, except by a reviewer who may quote a brief passage in a review.

The scanning, uploading and distribution of this book the internet or via any other means without the permission of the publisher is illegal and punishable by law. Please purchase only authorized electronic editions and do not participate in or encourage electronic piracy of copyrighted materials.

Your support of the author's rights is appreciated.

ISBN:978-626-7308-54-7

Printed in Taiwan

First Edition, February, 2024

Free Distribution . Not for Individual Sale

Copyright © 2024 by Greenland Success Co Ltd., Taiwan Branch

All Rights Reserved

# WINNING *the* TROPHY

YOU DO NOT WANT TO  
MISS THIS OPPORTUNITY!



RichestLife

[www.SuperLifeSecretCodes.com](http://www.SuperLifeSecretCodes.com)

[www.RichestLifeusa.com](http://www.RichestLifeusa.com)

ISBN: 978-626-7308-54-7



9 786267 308547