

CAPPUCCINO & SUCCESS

**A “cappuccino” a day keeps
the negative away!**

FREE E-Book

WELCOME

I would like to thank you for your interest in this e-book containing 10 short stories with success principles. I hope that you will find these stories inspiring. These 10 stories are not included in “Cappuccino & Success” – 101 short stories to beat the blues and “Turn You On” positively! Should you find these 10 stories useful, please pass our website address: <http://www.capcess.com> to your friends. Should you need a copy of the book “Cappuccino & Success”, please contact us at our email address at info@capcess.com or visit our website.

What has “cappuccino” got to do with Success? I chose the name “Cappuccino & Success” because I am like one of the millions of people around the world who enjoy a cup of cappuccino. Cappuccino lovers will not let a day pass by without having a cup of that delicious concoction. So just like being “addicted” to cappuccino, in order to have success we have to be “addicted” to Success and desire it everyday. Each story is like a cup of cappuccino to inspire, motivate, and rekindle our spirit and mind towards the goals and dreams that are before us.

Thank you for your interest and I hope to be of assistance to you.

Richard Quek

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YOUR CUP IS FULL

In ancient Japan, when a new student seeks admission to study at a monastery, he is required to have an audience with the master. One day, an intelligent student appeared before the master for such an audience. As they sat together, the young man started to impress the master with his knowledge and accomplishments. When the master offered tea to him, he continued speaking without acknowledging the master. All of a sudden, he jumped up, reacting to the hot tea flooding over the tabletop and dripping down on his legs. “Master, the cup is overflowing!” he shouted. The master continued pouring the tea, spilling on the table and floor. Then the master replied, “So are you, please come back to see me when you are empty and in need of my teaching.”

SUCCESS PRINCIPLES

There are plenty of information around, especially so with the use of the Internet. Do not think that you have enough of knowledge, because what we know is only a tiny drop in the vast ocean. Be always open to new ideas and have the willingness to learn. As Ray Kroc, the founder of McDonald quoted, “When you are green, you will grow; but when you ripen, you will rot and fall.”

RIGHT BACK TO WHERE YOU ARE

There was a manager who was having serious financial problem. As a result he decided to get some advice from a renowned financial expert. The financial advisor’s office was located in a building on Oxford Street. The manager entered the building and proceeded to the financial advisor’s office and was greeted by a lovely receptionist. The manager was told to enter one of two doors. One of the doors was marked “Employed” and the other “Self

employed”. Since he was employed he entered the door marked “Employed” and was greeted by two more doors, one marked “Makes less than \$50,000” and the other “Makes more than \$50,000.” He earned less than \$50,000, so he entered the door marked “Less than \$50,000”, only to find himself facing two more doors. One of the doors was marked “Saves more than \$2,000 a year,” and the other door was marked “Saves less than \$2,000 a year.” The manager was only able to save about \$1,500 a year, so he entered the door marked “Saves less than \$2000 a year.” – only to find himself right back at where he first started at Oxford Street.

SUCCESS PRINCIPLES

The above story should remind us of the same familiar doors we are opening everyday of our lives. The same doors we open will only give us the same results and bring us back to where we originally began. Someone once said, “Insanity is doing the same thing year in and year out, and expecting a different result or outcome.” So start opening different doors to expect different results in your life. Get out of your comfort zone!

TAKE HOLD OF EVERY MOMENT

A man opened his wife’s undergarment drawer and picked up a beautifully wrapped package. This he said, “Isn’t any ordinary package”. He unwrapped the box and stared at the silk scarf in the box. His wife got this the first time they went to New York eight or nine years ago. She had never put it on before. She was saving it for a special occasion. Well, “I guess that is it.” He got near the bed and placed the gift box next to the other clothing he was taking to the funeral parlor. He said, “Never save something for a special occasion. Everyday of your life is a special occasion.”

SUCCESS PRINCIPLES

As the story goes, everyday is a new day and a special occasion. Make use of it to the fullest; as we never know how much time we still have. The only time that we have is “NOW”. Realize that time is the most precious ingredient we have today. Today is the day! If you have postponed saying, “I love you”, to your loved ones, don’t wait until it is too late. If there are things you wish to accomplish, or to have in life, now is the time to act.

HIS AMBITION IS TO BE A WRITER

He wrote short stories and articles for publication for eight years, and all he received were rejections. But he never gave up. When he was in the navy he wrote numerous routine reports, and helped to write letters for his navy friends. After finishing his time at the navy, he tried to make it as a writer. For eight long years he tried to sell his stories and articles to magazines, but without success. He received rejections after rejections. He persisted and finally he wrote a book that became a big success. Yes, Alex Haley became a big success and deeply influenced the whole world with his first book, entitled “Roots”. He finally saw his efforts rewarded and he became one of the most successful and influential writers of the seventies.

SUCCESS PRINCIPLES

Alex Haley was a persistent man who had a vision, which was very clear to him. He wanted to be a successful writer. Success did not come easy, but with proper planning, taking action, commitment, and persistency, he finally won in a big way. We should reflect on the story of Alex Haley and “Roots” when we met with challenges. Nothing is impossible to a man who knows where he is heading and will never, never, never, give up!

THE STRUGGLE

A teacher was teaching his students on how a caterpillar turns into a beautiful butterfly. He told the students that in the next few hours, the butterfly would struggle to come out of the cocoon, but no one should help it. The teacher left to attend to some other matters. Meanwhile, the students were waiting anxiously and finally the big moment came. The butterfly began to struggle to get out of the cocoon. On seeing this, one of the students took pity and decided to assist the butterfly out of the cocoon against the advice of the teacher. He could not bear to see the butterfly struggle and decided to break the cocoon. Shortly afterwards all the students were shocked to see that the butterfly had died. When the teacher returned and found out what had happened, he explained to the students that by helping the butterfly, they had actually killed it because the butterfly needed to struggle to help develop and strengthen its wings.

SUCCESS PRINCIPLES

The above story may be simple but it brings across a powerful message. Struggle and challenges are part and parcel of life, and it helps strengthen us to make us stronger so that we can move forward in life. A person who has never struggled is a person who does not know the joy and fun of living! He will break down the moment he is exposed to struggle and challenges.

THE PELICANS

The pelicans feed on fishes. They would fly above the waters to hunt for fishes. There was a fishing village that was frequented by pelicans. The pelicans were delighted because they did not have to hunt for fishes there. Every evening when the fishing boats would come in, the fishermen would throw some rotten fishes away. The pelicans were well fed. One day the villagers decided to stop their fishing activities due to some unforeseen

circumstances. As a result the pelicans started to die of hunger since they were not capable of hunting for food. These pelicans had lost the skill and desire to hunt. The authorities decided to find ways to save the pelicans. Finally they decided to bring some pelicans from other places to teach the “village” pelicans how to hunt for food. As a result of this the pelicans survived and began to learn to fish for themselves.

SUCCESS PRINCIPLES

We become stronger with every adversity that we face. Those who stop trying will gradually lose their ability to survive. They may be alive, but they have stopped living. There are many people who are like the “village” pelicans who have stopped trying and growing. It is our responsibility to help them and make them realize that there is more to life than just being alive. Life is short, and it is our responsibility to live life to the fullest. Life is a gift, and it offers us the privilege, opportunity, and responsibility to give something back by becoming more.

IT CAN BE DONE

Henry Ford had very little formal education. He was not a success until he was more than forty years old. He was a man of persistency who took massive action and never gave up. When he conceived an idea of the V-8 engine, he called his experts and told them that he wanted them to build him a V-8 engine. These experts who were from the fields of engineering, mathematics, and physics told Henry Ford that it was impossible to make a V-8 engine. Ford however, told them to proceed with the idea. Six months later the experts reported to Ford that it could not be done. Mr. Ford said, “Gentlemen, I must have the V-8 engine, so lets get back to work.” After a few months they came back with the same report, “Mr. Ford, the V-8 engine is an absolute impossibility.” With fire in his eyes, Ford said, “Gentlemen, you don’t understand; I must have the V-8 engine and you are going to have to build it for me.” Eventually they succeeded in building the V-8 engine, the first of its kind in the world.

SUCCESS PRINCIPLES

Henry Ford was one of the most persistent men of his time. He was fast in making decisions and slow in changing them. Because of these qualities he became one of the richest and most successful men during his time. As a result of his work we have the pleasure of driving.

BE CONSISTENT

This is the well-known story of the tortoise and the hare. The hare always boast of his speed and one day he challenged the tortoise to a race. The tortoise accepted the challenge and they appointed the fox as the judge to organize the starting and finishing points. When the race started the hare was fast and well ahead of the tortoise. The tortoise however, kept walking steadily. Being well ahead of the tortoise, the hare decided to take a nap. When he woke up he started running again but he saw the tortoise crossing the finishing line. The tortoise was slow but kept moving on without looking back and eventually won the race.

SUCCESS PRINCIPLES

To be successful we have to take massive and consistent action. We will never achieve outstanding results if we work hard for a short period of time and later take a long break in between. Once we loose momentum we have to start all over again. The secret to succeeding is to take action and be consistent in our action.

THE CHINESE BAMBOO

In China there is a bamboo tree, when planted, watered and fertilized, doesn't show any evidence of growth for the first four years. However, in the fifth year, the bamboo tree grows to more than 90 feet in height in just five weeks. Did the bamboo tree grow in five weeks or did it take five years to grow?

SUCCESS PRINCIPLES

There is a Law of Gestation, which states that in order to achieve something, it will take a certain period of time and effort. We should understand that to achieve success in whatever we desire, there is a period of waiting. There is a season for sowing and a season for reaping, but we do not do both in the same season.

THE KING OF ROCK & ROLL

A young boy, from Tennessee grew up in a poor environment that restricted his dreams. He was told that he was from the "Wrong side of the tracks". But this did not stop him from pursuing his dream to become someone special. He had a battered, second-hand guitar but did not know how to tune or play it. One day his cousin, country singer Lonzo Green, came to visit the family. The young boy asked Lonzo to teach him how to tune the guitar and to show him a few simple chords. The boy from the wrong side of the tracks now had something to build his dreams on. He kept on practicing and in a few short years he turned an opportunity into a career that won the hearts of millions around the world. Elvis Presley was his name!

SUCCESS PRINCIPLES

We are all born with equal opportunities and possibilities. What we become later in life is a result of our choices and the decisions we made. The fuel that will help propel us forward in life is our dreams. Do you have big dreams? Are you serious and have you set a goal and taken the necessary steps towards its attainment? If your answers to both questions are “Yes”, then all you have to do is continue what you are doing and patiently wait and expect for the right time to receive it.

That’s the end of the 10 ‘Cappuccino’ Stories. I hope that you find it inspiring and useful. The ‘Cappuccino & Success’ ebook have a total 101 short stories and if you’ll like to find out more about it please visit our web site at: <http://www.capcess.com>

Thanks for your time.

Best wishes.

Richard Quek

<http://www.internetmarketingtrainer.com>