

# **You Are Successful**

*When You Say You Can, You Will!*

*Tenny Charlesworth*

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# **Dedication**

I would like to dedicate this book to my parents The Late Rd. Dodo Sukardja Tirtaatmadja and Ibu Hajjah E Kurniasih who believed in me like no other. They allowed me to make my own decisions and explore the world with my husband.

I also want to dedicate this book to my husband who left his own goals and desires to love me and be with me.

I also dedicate my book to my children and grandchildren.

Last but not the least I dedicate this book to all my loved ones.

# Acknowledgment

No matter how I look at it, I have always known that I would have never become the person that I am today, without the people around me. They believed in me and always wanted to help me improve. They were happy with my success.

Some of the people I would like to acknowledge are as follows:

My parents The Late Rd. Dodo Sukardja Tirtaatmadja and Ibu Hajjah E Kurniasih who brought me up to become the person I am today and who believed in me like no other.

My siblings: Ceu Poppy, Syam, Gron, Hetty, Harry, Mila, Benny, Azis, The Late Rini & Ludy, their partners and children who have always been very proud and respectful of what I do.

My grandmother (my mum's mother) Nek Uta who used to tell me when I was little to always think positive and to ignore negativity other than learning from them.

My other grandmother (my dad's mother) whom I used to call Mak Enot who used to always be happy surrounding

herself with lots of people and food. From being around her with her happy vibe whenever I was with her when I was growing up, I learned how to appreciate goodness in life.

The Late Ibu (Mrs) Dahrom my first religion teacher (Qur'an reading teacher) at my uncle's large mosque next door to our home in Dangdeur, Rancaekek, West Java, when I was probably between five and nine years of age, who appreciated and was proud of my ability and believed in me.

The Late Pak (Mr) Rumdana, my English Teacher in Senior High School in SMA Negeri Cicalengka, West Java, Indonesia, who believed in me and was very supportive of what I did, which helped me a lot to do well in my English language subject. He knew that I always loved learning and English was one of my favourite subjects. As the teacher of that subject he was very proud of me. Pak Rumdana also became a witness in our marriage registry in Bandung, West Java, Indonesia on 10 March 1984. He was one of my many great teachers that I had throughout my school years.

Mr. David Hagen, my Canadian counterpart and a very close friend during the Youth Exchange Program between Indonesia and Canada in 1981-82, who taught me to be open-minded about people and to trust people. David was a musician and a very gentle and kind young man.

The Late Mr Firmansyah (Pak Firman) my colleague, friend and religion mentor in Total Indonesiè where I worked, who helped me in becoming confident through prayers that my husband was a good person who loved me with the right intention to marry me for life. The late Pak Firman and his wife the Late Ibu (Mrs) Umi Firmansyah acted as my husband's parents in our Islamic wedding ceremony on 18 March 1984. The late Pak Firman and a group of beautiful kind close friends in Total Indonesiè also helped my husband when he was undergoing his requirements to convert into Islam. They also attended our wedding ceremony at my parents' home on 18 March 1984. What a beautiful memory.

My husband who loves me and made me feel safe and secure throughout my life. He has been there since we got married 36 years ago and support me in everything I decide to do. As a conservative Moslem woman, without the support of my husband, I would not have been able to achieve what I have achieved today.

My parents-in-law the late Mr Charlesworth, and Mrs Charlesworth who have been there as my parents in Australia, helping with child care duties and much more to make everything possible for my husband, me, our children and grandchildren. They are loving and always there for us.

I would also like to thank my husband's siblings and their families for being there to support us and to enjoy our family gatherings whenever we have an excuse to spend time together. I have a wonderful family in Australia too.

My two very beautiful strong & intelligent daughters who have always believed in me, and encouraged me to do what they know I am capable of doing with regards to achieving my personal goals and my dreams. They are my best friends and my rocks.

All of my teachers from kindergarten to my University and my workplace who have helped me in becoming who I am today.

All of my loved ones, friends and everyone who have been part of my life in whatever form and influence they have contributed in my life, whether I realised it or not.

Last but not least, I would like to thank Paramount Ghost Writers for helping me out with the editing and proofreading of this book.

## **About the Author**

Tenny Charlesworth was born to a strict conservative Moslem parents as a strong-willed girl who had vision, who was energetic, robust & could not sit still with a brain going 500 miles an hour most of the time. Her mum used to say

that she was exhausted watching her buzzing around doing so many things, including studying until 3:00 a.m. in the morning most days. From a young age, Tenny learned Qur'an reading and writing, dancing, acting and singing through her schooling programs and informally. However, Qur'an reading was the one mostly supported by her parents. She also joined a girl's guide (scout) group and learned Martial Art, despite that her parents did not approve.

When she was older and was able to pay for classes herself, she learned dancing, singing and musical instruments formally for about two years. That's who she was. She could not sit still. She used to be very impatient and she would get frustrated if she saw others around her working slowly. She used to push them to work faster especially if they were affecting her work. She has become much more mature, patient and tolerant now.

She no longer pushes others to work as fast and/or in the same way as she would do it, as she realised that everyone is different with different ability and capacity. She has learned to go with the flow and allow others to learn and follow at their own pace. She loves learning about anything useful and doing everything that works well for her. She loves helping

others. She loves pretty & beautiful things. She also loves making her own things that suit her liking. She used to like sewing her own and her children's clothes, making her own curtains and cushions, embroidering and making silk paintings when she had the time. She decorated her home with arts and crafts that she made herself.

With more maturity and experience, she has been able to manage many difficult circumstances in her life. She has managed to hold a long-term career in what she loves doing, helping people. Her personality has served her well in her life so far. She has managed to achieve enough academic certifications and life experiences to support her dreams. At the same time, she has been able to undertake fun activities like walking, singing, dancing, silk painting, gardening, cooking, sewing and other art & craft activities as her hobbies to balance her professional life. She and her husband have brought up her children successfully and helping her daughters to achieve their goals and in bringing up their children.



# Preface

This book is made up of all the lessons I have learned in my personal and professional endeavours. It involves leaving my hometown permanently and shifting to a completely different place that I had never even visited before. The struggles I faced during my initial days in a new place were almost unfathomable. Every person who has immigrated to a different country can relate to the culture shock and racism I had to endure. I have struggled a lot in reviving my career in an entirely new setting but eventually I got everything going right for me after years of hard work and dedication.

I hope that the readers of my book can do the same happiness and contentment that I have experienced in my life.

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# Chapter 1 Self-Discovery

*“There is no greater journey than the one that you must take to discover all of the mysteries that lie within you.”*

***-Michelle Sandlin***

The world that we live in and the life that we spend is full of mysteries. We live in the most modern age where it seems like technology reigns upon us. If we look at the time of inception of humanity and compare it to the environment that surrounds us, it becomes clear to us that we have come a long way.

All the discoveries that have been made in the fields of science and technology, in business and economics and in the field of medicine, they all tell us that we have an ability to analyse and form assumptions about various things. In fact, the minute a child is born, he or she looks around and starts to develop concepts about the things that they see. Since we have this habit of establishing concepts of the things that we see around us from a very early age, we become capable of exploring new things every day. Either it

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is about a scientific phenomenon or an individual's personality, we are usually quite good at noticing the different traits of a person's nature and interests. We then form an opinion about that person in a matter of a few minutes. However, as we engage ourselves in getting expertise in analysis and assessment of other peoples' skills and competencies, we fail to look into ourselves to discover who we really are. We are unable to notice the fact that when we point towards another person, only one of our fingers goes in the direction of that person, the rest of the fingers point to ourselves. This is the simplest thing that explains to us how important it is for us to discover and understand ourselves.

We live our whole lives in a typical manner, mostly following the footsteps of our elders and ancestors and hardly do something differently. Usually, the life that we see a person leading starts with the stage of schooling, then higher and professional education, getting a job and doing that until the age of retirement and then just relax in the retired life, until the day we actually pass on. Have you ever wondered why most people's life is like this? Why is it that when we read about people like Nicola Tesla and Albert

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Einstein or see the people like Elon Musk and Steve Jobs, we get the idea that these people were or are out of this world, as if they had some extraordinary abilities that every normal human being does not possess. We could not be more wrong if we think that these inspiring personalities were blessed with capabilities that we as normal people cannot have.

If you want to live your life to the fullest, you need to first understand that Allah (God) creates every individual in exactly the same way. The reason we fail to believe this fact is because since very early age we are indulged in a constant process of analysing other people's characters. Even when we evaluate our own personalities we tend to compare ourselves with others.

You need to understand that every individual has a unique set of skills and competencies. If a person is interested in science, it is probable that such an individual will excel in this field, however, it is not necessary that this person is also a good artist or musician. Therefore, it is not necessary that if you are not able to understand science on the level at which Einstein and Tesla mastered it, then you cannot achieve the great milestones as they did, in other fields. Who knows, you might be the next Beethoven for the music industry.

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If we are unable to understand our own personality we are likely to fail in discovering our own capabilities. The personalities that we seek inspiration have one thing in common. They believed in themselves and looked deep into their persona to find out what exactly they were able to do. Similarly, instead of looking at other people and judging our capacities in accordance with what other people are able to achieve, we need to understand that we have the potential of doing something that others have yet not been able to do. We just need to build an understanding about the way our mind works, as it bears all the secrets of our true potential as human beings.

We all have certain abilities that make us different from each other, however, unfortunately very few of us are able to discover our actual qualities. Every individual goes through different phases throughout their life. The stages of a person's life are best described in one of Shakespeare's most famous play "*As You Like It*". An excerpt from this play bears the title of "*The Seven Ages of Man*".

Shakespeare divided a man's life into seven different stages, Infant, Schoolboy, Lover, Soldier, Justice, Pantalone and then finally the old age. I believe the periods of life that we



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all face could not have been described in a more appropriate manner as Shakespeare did. We all go through these stages of life and we face a wide range of difficulties and hardships along the way. As you continue to read this book you will learn about how the different skills and competencies of an individual develop through the struggles that Tenny makes in her life.

*“Knowing yourself is the beginning of all wisdom”*

***-Aristotle***

The real success in life lies behind unlocking the secrets that are buried deep within you. If you want to achieve something in life, you need to understand that your real competition is with yourself. When you are able to compete with yourself and bring constant improvement in your personality on a daily basis, this is actually what leads you towards an ultimate and joyful life. God created us in a specific manner and embedded the factor of facing constant difficulties and challenges within our nature. For example, a person may dream to live in a beautiful mansion and have a Ferrari as a car. After a lot of hard work and years of

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tribulation, that person finally manages to buy a big house and drives a cool car. Once this person accomplishes these things, does his or her life end there? Is that all that this person wanted from life? No, the aims and targets change and then he or she embarks on a new journey full of struggles and hardships to achieve their dream.

Based on our nature as human beings we tend to set our goals or dreams and determine what we want. However, we can only know our dreams after we discover ourselves. Most people look at what other people do and the milestones they achieve and then based on that, they start to think what they want or need to do themselves.

Believe me when I tell you that there is no bigger illusion than this idea of setting your goals in life. God has encapsulated the element of potential in you. If you look at the word “*potent*”, it refers to something that has not been consumed or used or something that has not been touched yet. Therefore, the word potential means an ability of a person to do something that has not yet been done. All of us are born with such a capability, all we need to do is to look deep into our personalities and discover all that we are capable of doing.

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I understand that self-discovery is one of the most difficult tasks to achieve and all that we have discussed so far might seem to be easier said than done. So the best way to make you understand how a person can get to know the true inner self is by discussing a real-life example. I will be sharing my own experience with you and as you read further, you will get to know the ways in which I was able to unravel my true potential and got to know about my capabilities. I was always very curious about how a human mind works.

My Journey began from when I was a little girl. I had always been curious and interested in trying and learning new things. My aunty used to live next door to us and her beautiful daughter who was older than me used to learn the traditional West Javanese dance and she used to practice on her porch. As a little girl, probably six or so, I used to watch my cousin practiced and I literally fell in love with the beauty and the ability that my cousin had, which made me really want to learn what she did but my parents didn't know my desire and probably would not approve anyway and the other adults who saw me, particularly my aunty and uncle didn't offer either. They probably thought I was too young or they knew that my parents wouldn't approve.

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So, I never started to learn until I was an adult when I could pay for the lessons in singing and dancing, myself. To my own surprise I was able to pick up the routines very easily as if I had been learning for years. I did so well within a short period of time, which resulted in being chosen to be part of their performing group to perform singing and dancing professionally. This gave me confidence that you can do anything you put your mind to. Later on I learned how to play guitar and other things that I will talk about later. During this time of my life which was the beginning of my working life, earning my own money, I started to be able to do more things and started discovering myself more.

One day I had a simple and ordinary moment of my life when I and my friend were on our way to a place and saw that the Coca Cola Company was having some sort of contest. I had always been very keen on trying and experiencing new things in life and so was my friend. So, she convinced me that we should really go and see what exactly was happening. We decided to go and were able to register ourselves for a test that Coca Cola conducted. We spent our day to complete this test amongst hundreds of other contestants and it was fun.

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When the results came, we found out that this was a contest for becoming an ambassador of Coca Cola. It was very exciting for me to know that I was one of the few people who was selected to represent them. Although it was only a three-month project, they offered to pay a lot more than the amount that I was making from my permanent full-time day job. Filled with passion for trying something new I decided to leave my permanent office job and joined this program.

I am glad that I made this decision that day as this was one of those experiences of my life which made me realise how independent I was, and that I did not need anyone's help in order to pursue my dreams and goals. As you move on to the next chapters you will learn in much more detail about my experience of working with the Coca Cola Company in Jakarta. In addition to that, you will get to know of the other working and educational experiences that I have had in my life that made me discover my true potential.

I would also like to let you know about the time that I spent in Australia. In pursuit of unlocking the secrets about the human brain, to help myself with my own issues and to see how my own mind works, I enrolled myself in a Diploma of Professional Counseling. The courses that this diploma

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comprised have taught me a lot about human psychology and how the mental activity of every individual impacts upon their ability to make decisions. I have always been passionate about helping other people in any way possible and having done this diploma really did enable me to do so. The knowledge that I gained through this educational experience compelled me to become a trainer. Therefore, I went to the International Coaching Academy to complete my certification in Life Coaching, after I completed Workplace Assessment and Training and Diplomas of Government as well, through other training organisations in Australia.

Later on, in order to continue improving my skills and knowledge in the field of training and life coaching, I also completed short courses to improve my public speaking ability. After that, I finally came across the mastermind technique that I have been searching for all this time. It was “*Neurological Language Programming*” (NLP). I am now a qualified trainer on this subject. What I am trying to explain here is, through my own experiences the journey of self-discovery began by taking initiatives. Finding the courage to do something that you have never done before is the only thing that strengthens your belief in yourself and makes you

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able to understand your true capabilities. Just like I did with the Coca Cola Company in Jakarta and then with my educational qualifications. Through these experiences, I was able to identify my own behaviour and see what I was able to do. I would never have become the kind of trainer that I am today if I had not opted for that diploma. Often what happens is that we look at something that interests us but we overthink about it. Rather than just doing it we let the time pass while thinking about it until it is too late.

Remember, when you strive for getting to know yourself, as I already mentioned earlier, the road to self-exploration is very long, and your car may break down at various points along the way. You need to be ready for such uncertainties and should prepare yourself for crossing over every hurdle that comes your way. Procrastination is one of the biggest barriers that you will face in your journey to unlocking your true potential. We all have a very bad habit of thinking too much about something before we finally do it. In most circumstances when we are about to make an important decision of life, we want assurance that everything is going to turn out in exactly the way that we imagine.

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We seek a guarantee that the step we are about to take is going to be one hundred percent beneficial for us. There is only a certain limit of a probability that can be calculated for a specific outcome, and you need to have faith in the rest. Similar to procrastination you will face other difficulties like opposition from other people, limitation of resources, etc. However, you need to identify the things that limit your growth and stop you from doing something that you think is necessary for you to understand your abilities.

You will start to see the difference between your wants and needs in life, and you will be prioritising the things that are most important for you to do. Other than that, your attitude is one of the things that has a huge impact on your ability to get to know yourself. You need to maintain a positive approach towards life and your personality.

A simple thought that “*you can do it*” takes you to the heights of the mount of Everest and makes you acknowledge the fact that you are full of mysteries, and have unmatched abilities to achieve great milestones. When you start to live your life with “*I can do*” attitude, you get to know that you can never really have an idea about what you are capable of accomplishing, unless you actually do something. However,



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there are several other ways of getting to know yourself. You can always seek help from a professional counsellor or a life coach. A good counsellor will analyse your abilities through a series of tests and conversations that he or she may have with you and guide you in the right direction. You need to understand that a professional counsellor can only show you the path towards a successful life, you are the one who needs to walk on that road.

In addition to that, there are numerous personal behaviour tests that you can take on your own, which will make you understand yourself in a much better way. One of the most effective techniques and methods that people have adopted in the process of self-discovery for years is the Myers Briggs assessment. Katherine Cook Briggs proposed this assessment test back in 1917 with the help of her daughter Isabel Briggs. For years people have found this selfassessment tool to be very efficient and precise in getting to know one's true potentials. This test basically discusses 16 different types of personalities, and based on the results of this test, it informs you which of the 16 personalities you belong to.

This test is mostly known by the name of “*Myers-Briggs*

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*Type Indicator*". Evident by its name, it tells you what type of personality you have. This assessment criteria of this method revolve around the idea that every individual possesses a unique set of skills, and views the world from their own individualistic perspective. Once you get to know what type of personality you have, it becomes easier for you to choose the most appropriate pathway in accordance with your ideas and thoughts.

Self-discovery is just like getting to know what tools and gadgets you have available with you, which will make you capable of fixing an issue or building up to something new. When you need to fix a broken wall, you will have to check whether you have the plaster, bricks, hammer, drill machine, and various other items that are required to finish the task. Similarly, in order to achieve something in life, you need to first get to know yourself and identify the qualities and abilities that you have. Once you are able to understand who you really are, the doorway to a successful life opens up for you, where you will be able to accomplish anything you want in life.

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As you move on to the next chapters you will learn more about how to live a positive and happy life. To make you understand that all of us have the ability to spend a very satisfying and fulfilling life, I will tell you about my life's story and tell you about how I and my family enjoy our lives and continue to do what we love.

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