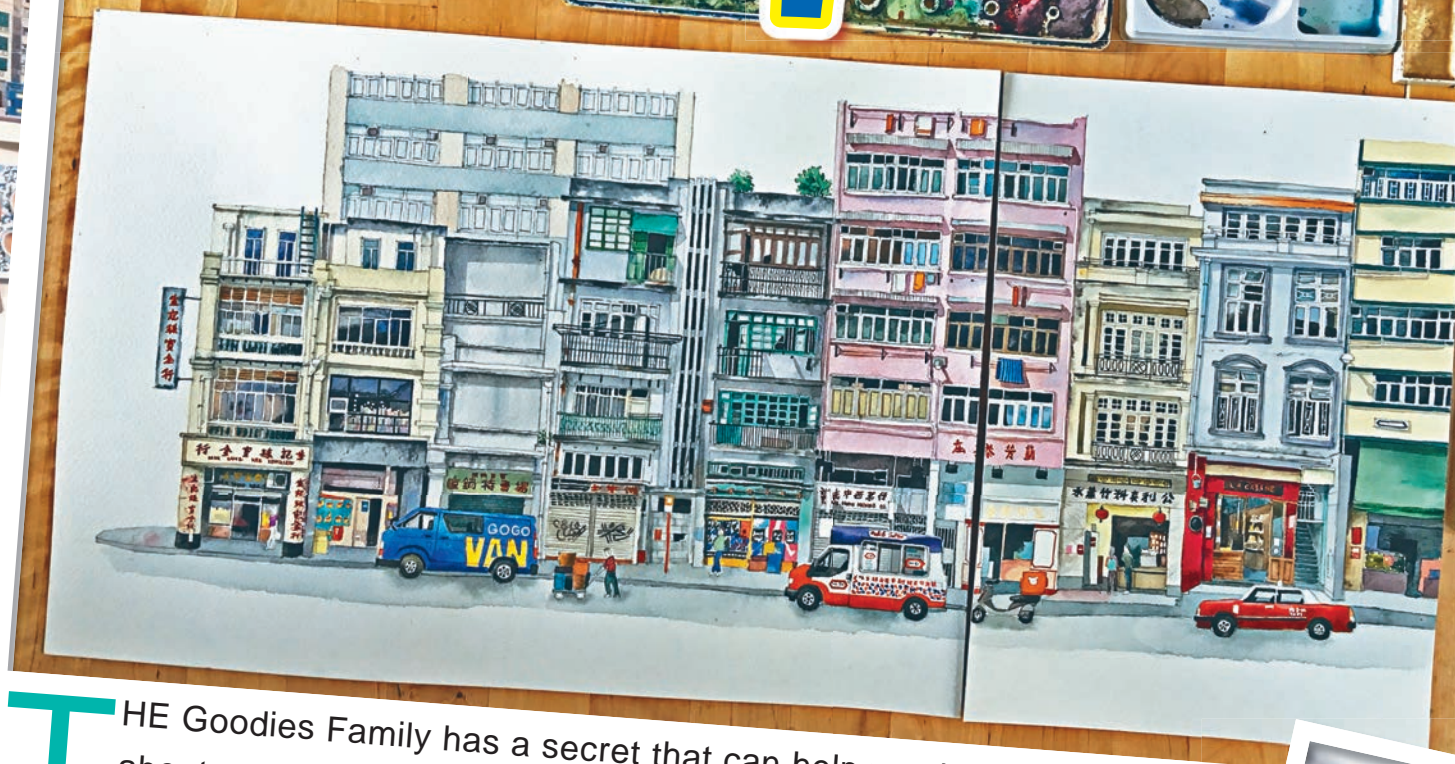


# Goodies

## Practise makes perfect



**T**HE Goodies Family has a secret that can help you be good at just about anything. If you want to be a great footballer, artist, musician, writer or even a chess player, practise what you like to do over and over again. The more you do it, the better you will become. Because of constant practise, artists are able to produce great art, as seen on this page. Read on and see how practise pays off.



Practise makes perfect!



No, it's 'practise makes perfect'.



But only prefects can do perfect jobs!







Andrew

# Excelling at all things

**R**OONG Suchinunkul is an **architect** turned artist. She is a great artist and her secret to succeeding in anything is **passion, persistence** and **satisfaction**.

## Passion

YOU must love what you do. If you do not like what you do, you will hardly succeed. If you do not like football but are **forced** to play, do you believe you will become a good footballer? If you are passionate about something, it will be natural for you to polish your abilities in order to do better. Passion motivates you to look for better solutions. Practise the required skills and be better at your hobby.

## Persistence

EVEN if you like what you do, you will not succeed without doing it many, many times, failing a lot and then trying some more. Persistence means never giving up in what you do. Have you seen any successful people give up easily? A famous piece of advice from the novel *The Alchemist* is to “to fall seven times and to get up eight times”. Never give up, roll up your sleeves and grind through any obstacles. That is the only secret to succeeding in just about anything.



Passion alone is not enough!

You must also persist in doing things!



▲ Roong Suchinunkul

## Satisfaction

WHEN you score full marks in your exam, you feel good. Why? Because your hard work, of **painstakingly** absorbing all the knowledge needed to succeed, has paid off. That happiness is called satisfaction. This energises you to do better again next time. If you want to be praised by your teachers or parents, you are going to have to work hard to earn their complements.

## The rubber stamp artist

ROONG Suchinunkul practises her rubber stamp art every day. It takes lots of passion and persistence to perfect the art. She has carved more than 3,000 rubber stamps already and has yet to stop.