



ANASTASIIA SUKHANOVA

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ABOUT

Embraced the 'living with less' mentality, moved to Vietnam as an English teacher, cherishing her free time, flexibility, and love for travels.



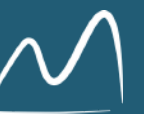
WHAT SHE DID

At age of 22, after finishing the university Anastasiia finally started living her own life, by her own rules, just the way she always dreamt.

She left Russia and went on an adventure with no end date. She has changed many locations and occupations throughout her journey, always following her heart. She volunteered in Indonesia, worked in Egypt as a sports animator, volunteered in Greece through the [Erasmus+ programme](#), travelled across Europe. She is now living in Vietnam and works as an English teacher. She recently certified as a yoga instructor and hopes to start working as a yoga teacher very soon.

She always felt that happiness is not about material things and possessions. She never found herself drawn to those. Feeling alive, staying true to who she is, being free and connected with her true self - those were always Anastasiia's priorities.

She is committed to staying on her path and living life on her terms despite not always being understood by her loved ones and the society.



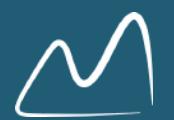
WHY SHE DID IT

Freedom was always Anastasiia's highest value and priority in how she designed her life.

She was never drawn to big traditional perils of success. Instead, she finds enjoyment in small daily things. She is committed to staying on the path to discover the inner and outer worlds and enjoy the variety of experiences throughout life. She designed her life to be able to pursue all those things. And you don't need much money for any of that!

HOW SHE DID IT

- Constantly putting herself out there and getting out of the comfort zone
- Committing to trying new things even if they are new, scary and not understood by others
- Embracing the uncertainty, new people and experiences and forgetting the word 'stability'
- Being flexible and truly open-minded

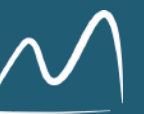




WHAT SHE REALIZED

Being a trailblazer and living life on your terms can be tricky at times. You might encounter misunderstanding and lack of support. Even from the closest people. You might experience self-doubt too. There will be times when you will ask yourself - "Am I on the right path?" Trust yourself and follow your dreams - the universe has got your back!

To be truly happy, you must stop connecting happiness to something specific. Strong attachment to achievements, money, things, often makes us suffer in our imperfect (but at the same time amazing) reality. You don't need much to be happy. Just need to discover what are those small things that create your own unique happiness.



ADVICE TO TRAILBLAZERS

If you don't like something - change. Don't be a victim. Try, experience, live. You are responsible for your own happiness.

Create and live the life of YOUR dreams, not the dreams of others. Don't compare your life with "ideals" in social media.

Money is energy. Spend your energy wisely. Don't be attached.

