



**Title: HSBC Revolution Credit Card Conscious Living Series With Sonia Chew**

**Joakim:** Hello, my name is Joakim Gomez, and together with HSBC we're gonna find out more about Conscious Living. Now, it's a phrase we've heard one too many times but what does it really mean? Does it mean being happy? Does it mean pursuing your goals and aspirations or managing your finances? Today I'm here at Izy Fook and my special guest is right in front of me: it's a rare creature we've found in the wild. It's called the *Soniata Chewmongus* and she's right now foraging for food and drink. And once she has set her sights on something, there is no stopping her because she will pounce! Okay, okay, I digress. Let's go speak to her!

[Cocktail Making Montage]

**Joakim:** Tell me what's going on.

**Sonia:** Okay I'm going to teach you how to make a little cocktail today.

**Joakim:** You've got the worst person to assist you today man. Okay.

**Sonia:** Are you familiar with how to grate a lemon?

**Joakim:** When life gives you lemons, you grate it. I guess, I don't know. how do you, how do you do it?

**Sonia:** So you have to grate and you should get something like this.

**Joakim:** Let's try this!

**Sonia:** Okay let's see if you are *great* at it or not.

**Joakim:** Oh no. (Laughs) This is mine, what is this? (Laughs)

**Sonia:** So we want to chill the glass a little bit. Just twirl it around.

**Joakim:** Why must twirl? Just, can't like that is it?

**Sonia:** And you are done!

**Both:** Woohoo! (Laughs)

**Joakim:** You know what, let's go back there and enjoy the drink!

**Sonia:** Yup! Let's go chill! Come!

[Cocktail Making Montage End]

**Joakim:** You know, I just realised something, in our 10 year friendship and 8 year career on radio, this is the first time I'm actually interviewing Sonia.

**Sonia:** Yeah I know, that's crazy.

**Joakim:** I even have a cue card with questions for you right now.

**Sonia:** What a weird feeling. Usually we're interviewing people.

**Joakim:** Correct. I'm gonna jump straight into it. (Okay) So, Conscious Living, to different people it could mean different things. What does it mean to you?

**Sonia:** When it comes to things like conscious living, I think about goals. And you know for me, I have so many goals in life. I have so many ambitions and I really want to achieve every single one of those goals.

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**Joakim:** Trust me, yes.

**Sonia:** What's the face? What's the face? (Laughs) You know it's like, sometimes I think like, oh what's the next challenge, you know, have I achieved enough of this goal that I set up for myself. I consciously make an effort every time to set these realistic goals but over the years I also learnt how to take a step back and enjoy the fruits of your labours.

**Joakim:** I'm gonna actually say this: Sonia is one of the most driven, ambitious, strong people that I'll ever know. (thank you thank you) Keep it coming or enough already...?

**Sonia:** Ooh (laughs) I'm listening, I'm listening!

**Joakim:** What a spunk, you know, very strong character and all that. (laughs, okay okay) So your radio game is very strong. Your Instagram game very strong as well. What made you want to actually start Izy Fook?

**Sonia:** So I actually teamed up with a few partners to start this restaurant that you see here today, that we've been making cocktails up front. I think we can hire you to be our bartender?

**Joakim:** No! You'll lose customers, please don't.

**Sonia:** That's true, that's true. You know we wanted to create a place that is so chill that you can be unapologetically yourself. You can be who you want to be. You can laugh as loudly as you want. I laugh very loudly *lah* so...

**Joakim:** That's why you got sound-proof--

**Sonia:** That's why sound-proof walls (laughs) All the materials to absorb the sound (Correct, yes) So it's kind of a place where you have hip-hop music pumping. It was just really about the vibe.

**Joakim:** Now we go from that to something I am so happy to get on record right now. You shared this with me personally, I think back in the year 2015, 2016, maybe even 2017 as well. (Okay) You shared that you went through a lot of stressful times and anxieties as well, it got a bit too much to handle (Yeah). How did you get through that?

**Sonia:** In the beginning I feel like I was trying to do every single thing. (Yeah) So you know, whatever job came, you're like, yes I'll do this, I'll do this, and you can't say no 'cuz you want to really just climb the ladder and become more successful. So it came to a point where I felt you know, this is a breaking point. (I'm sure) And it definitely showed. I was like, grumpy, I was always grumpy, I couldn't sleep. I had insomnia. And I think the longest time that I went without sleep was a week.

**Joakim:** And this was when she was still doing the morning show by the way.

**Sonia:** Yeah, it wasn't a great time I would say. I was hesitant to, erm, seek any professional help. But my-- my family, they're super supportive and quite forward thinking as well. They were like, "Go! Do it, you know, do it. Get it fixed. We want you to be healthy, we want you to be well." So I did that and I learned how to create more of a balance you know, and in this case, I feel like I'm very very grateful I managed to snap out of that and realised that there is more than just working non stop. There's more to it!

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**Joakim:** Wow, such a grown up answer. [in Mandarin] You've grown up! Now about myself, this one is no surprise to you: After a very long day at work, I love to go home and either game or sometimes play my building blocks or run as well. How do you reward yourself?

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**Sonia:** Sometimes I would do some occasional shopping, but I tend to hold back on spending too much on shopping nowadays (laughs). I know I know it's so weird for me to say that. Erm, but you know you want to reward yourself but you don't want to over reward yourself. (That's true). Sometimes you gotta also think about how you can make others happy. So one big, I think, moment for me, which was a few years ago that I decided to buy a family car (Yes) for me and my parents, right? We went to browse at some cars and we took a selfie in the car we chose. And they were so happy. And sometimes seeing other people happy, makes *me* happy. So that in itself is a reward to me.

**Joakim:** Now a lot of people look up to Sonia. They look up to her as a role model and all that. So any tips to the young ones watching right now on how to achieve your dreams and your aspirations and your goals?

**Sonia:** If you have a goal, don't ever give up on that. Never ever compare yourself to others. It can be difficult because I want to be as successful as the next girl, or the next person, or this guy who's doing that. Comparison is the thief of joy. So, try your best to stay away from that. And I think the last thing I would say is, you know, always take little pockets of time to reward yourself. (Yeah) Tell yourself like, hey, I did good! (Laughs) I did good!

**Joakim:** Did you just pat yourself on the shoulder?

**Sonia:** (Laughs) I did!

**Joakim:** Okay, you know what, as your friend and colleague, I'm so proud of you and your growth and all that. I think this deserves a nice cheers.

**Sonia:** Cheers to our friendship!

**Joakim:** And everything else that's going to come your way and my way, I hope. I hope.

**Sonia:** Thank you. Cheers!

**Joakim:** Hmm, (Alright!) this is very good, can you please make me one more?

**Sonia:** Er, that'll be \$15. Girl's gotta make the money, yo.

**Joakim:** So, like what Sonia said, as we pursue our goals and aspirations, do not forget to take a step back from time to time to reward yourself. Thank you very much for watching. Check out the other episodes to HSBC's Conscious Living series. My name is Joakim Gomez and I'll see you soon.

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