



HUNG VIET NGUYEN

Meet Hung Viet Nguyen

October 13, 2026



We were lucky to catch up with Hung Viet Nguyen recently and have shared our conversation below.



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Hi Hung Viet, we're so appreciative of you taking the time to share your nuggets of wisdom with our community. One of the topics we think is most important for folks looking to level up their lives is building up their self-confidence and self-esteem. Can you share how you developed your confidence?

I think my confidence and self-esteem came later in life. In 1985, when I was 28, I decided to sign up for a marathon.

Honestly, I wasn't properly trained for that distance, and I really didn't know if I could do it. But somehow, I finished.

Looking back, I remember feeling incredibly proud of myself. It was more than just finishing a marathon—it was the moment I realized that I was capable of doing something I had never done before, even when I wasn't sure I could.

That experience really changed the way I saw myself. The marathon taught me to believe in myself and showed me that if I stay focused, determined, and don't give up, I can accomplish things I once thought were impossible. That lesson has stayed with me throughout my life.





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Great, so let's take a few minutes and cover your story. What should folks know about you and what you do?

I'm an artist specializing in painting.

Drawing and painting have been my passion since childhood. I always created pictures and explored my creativity, but around 2000 I decided to take my art more seriously and share my work with the public.

Since then, I've had the opportunity to exhibit my work widely and participate in art fairs and exhibitions across the country, as well as internationally. Every exhibition has been meaningful because it lets me connect with people through my art and share a piece of my perspective and creativity.

What I find most exciting about being an artist is the freedom to express ideas, emotions, and experiences through color, shapes, and images. I'm always learning, experimenting, and looking for new ways to grow as an artist. I'm grateful that something I loved doing as a child has become such an important part of my life.



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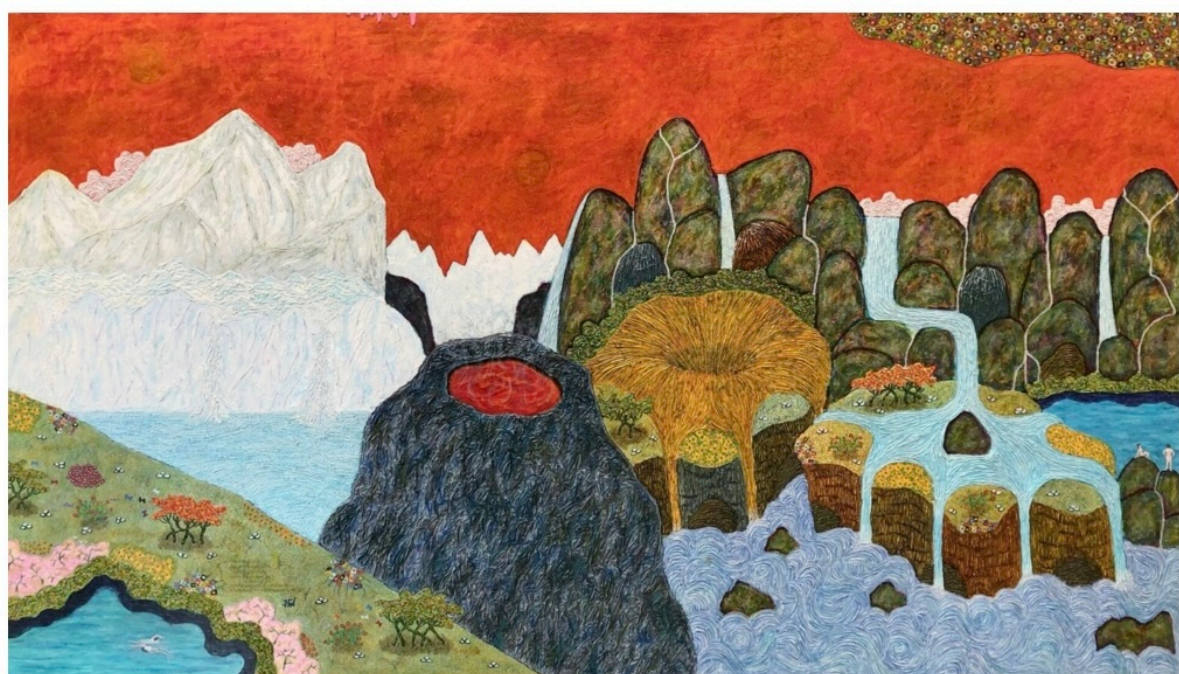


If you had to pick three qualities that are most important to develop, which three would you say matter most?

Looking back, I would say the three qualities that have mattered most in my journey are love, discipline, and perseverance.

I have learned and practiced as much as I could because I truly love what I do. For me, being an artist is very different from simply having a job. When you love what you do, you're willing to put in the time, learn continuously, practice, and do all the things necessary to grow.

At the same time, I've learned that creating art isn't entirely within our control. Of course, skill, hard work, and discipline are important, but there are also elements of creativity and inspiration that you cannot always explain or control. My advice to people who are just beginning their journey is to keep learning and practicing, but most importantly, open your heart and do what you love with joy and passion. Don't put too much pressure on yourself or expect too much in return. Enjoy the process, stay open, and let the work develop naturally. Sometimes, the most meaningful things happen when you simply create with love and without expecting a certain outcome.





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If you knew you only had a decade of life left, how would you spend that decade?

Actually, I will be 69 years old this December, in 2026. So, when I think about having only another ten years—or perhaps a little less, or maybe even a little more—I don't think I would change much about how I live my life today.

I would continue doing what I love: painting and creating. I would keep trying, but not push myself too hard, to create some truly meaningful and beautiful work. First and foremost, I want my paintings to satisfy my own soul and bring me joy. And if I'm fortunate, I hope they can also touch people, be enjoyed, and be appreciated by art lovers.

For me, that would be a wonderful way to spend those years—continuing to create with love, curiosity, and joy.



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Learn more

Contact Info:

Website: <https://www.hung4art.com>

Instagram:

https://www.instagram.com/hung_viet_nguyen/?hl=en

Facebook:

<https://www.facebook.com/Hung4Art/>

Youtube:

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