

8 AMAZING LIFE HACKS

SIMPLE SECRETS TO ROCK YOUR LIFE

PRIYAM SHARMA

(International Life Coach & POSH Trainer)

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Table of Contents

Chapter-1: BELIEVING YOURSELF	5
Chapter-2: RELATIONSHIP HURDLE	9
Chapter-3: MEANING OF LIFE	13
Chapter-4: UNTIL YOU SUCCEED	17
Chapter-5: CONQUERING FEAR	21
Chapter 6: DREAMY LIFE	23
Chapter 7: CHOOSING BETWEEN GOOD OR BAD	26
Chapter-8: MAKE PEACE WITHIN	29

About the Author

Priyam Sharma is an ICF Certified International Coach, Women entrepreneurship coach and a certified POSH trainer. She comes with 8 years of experience in sales and service. With a bigger purpose in mind, she decided to be a Coach and started working towards it. This book talks about 8 amazing life hacks which will help people in realising about themselves and also figuring out many new insights for themselves. This will help everyone gaining confidence, courage, understanding the potential they carry about themselves. She has kept this book in a story form which will make people learn things in a very simplistic manner. She feels that there is a lot of potential in every single woman but due to family and kids' responsibilities, they tend to ignore their capabilities and potential of doing great things. So, she aims to empower more women by coaching and training. She feels that women can establish themselves even being at home and becoming financially independent. So, she aims to help and empower as many women as she can. She also has her youtube channel by the name coachpriyamsharma and she is soon coming up with a course which will impact many lives and also help them in being entrepreneurs.

Foreward

By Kaushik Mahapatra

As a Leadership Trainer and Coach, I truly believe that Life revolves around creating new human attributes and behaviours and I truly believe that Confidence or Self Confidence is in the top of that list. When I first heard from Priyam about her new book which was on confidence building and other attributes which are very important for one to have within, I was very happy to know that somebody has researched on the aspects like self-confidence, courage, forgiveness and more importantly how we all can build confidence quickly, learn to forgive and adopt new things and make ourselves better as a human being instantly and lead our Lives both personally and professionally.

I know Priyam since the beginning of her journey as a Trainer/Coach. I feel she has so much of affinity towards empowering women and I have seen that confidence in her to take it forward sincerely. According to her there is so much potential in every single woman but due to family and kids' responsibilities, they tend to ignore their capabilities and potential of doing great things. She feels that women can establish themselves even being at home and become financially independent if they simply work on their self-confidence.

In her current book she talks about 8 amazing life hacks which will help people in realising about themselves and also figuring out many new insights for themselves. She has kept this book in a story form which will make all of you learn in a very simplistic manner.

Do read her book and start applying the techniques for confidence building. For more insights, do join her training and coaching programs and also follow her YouTube channel.

I wish all of you tons and tons of success. Happy Reading.

All the best Priyam for all your future Projects your forthcoming books.

Cheers to a happy Life,

Kaushik Mahapatra

Founder – Indian Leadership Academy

Chapter-1: BELIEVING YOURSELF

“With confidence, you have won before you have started.”

- **Marcus Garvey**

I remember a story of a tortoise and a hare which we heard in our childhood. The tortoise challenged the hare, as the hare was boasting about how fast he can run. But we all know the end of this story. Tortoise was able to win this race by inching down the road. Initially when the hare was far out of sight, he ridiculed himself for trying a race with him but despite that he kept walking until he reached the finish line.



Tortoise knew how slow he is, but still what made him challenge the hare for a race? What did he think of himself at that time? Was he able to foresee? The answer is no, he was not able to foresee neither he was proud. It was his self-confidence, which made him challenge the hare for a race. Confidence is an amazing thing to possess. It is an attribute with which dreams seem less to achieve. It is the most beautiful thing one can possess. The hare mocked the tortoise thinking he could never win from him, but it was the self-confidence of the tortoise which made him win the race.

But how many of us have this self-confidence? How many of us believe that they can do what they wish to do?

It is evident that not many of us embody this quality. Most of us struggle to have this self confidence in ourselves. Though the word is very common, I am sure we all have heard about this word and know the meaning very well. But only knowing the meaning of this word will not help us. Most of us struggle to have confidence in ourselves. We struggle to

speak in front of others. We struggle to try new things. We struggle to pursue our passion. We struggle to get on stage and face the audience. We even struggle with our studies. In life we struggle with a lot many things, that I can mention here. The list is limitless.

The other day, a tired bird landed on a branch. It was sitting peacefully and resting. It was Completely engrossed in the surrounding view, suddenly strong wind started blowing and the tree started swaying. The tree swayed with such intensity that it seemed as if the branch would snap in half. But the bird was still sitting quietly and enjoying the wind and weather. The bird was peacefully sitting because of only one thing. It was her self-confidence. The bird knew that if this branch snapped in half, she had wings to fly. She knew the power of her own wings. No one can take this power from her. It was her self-belief in herself, not on anything else. This small story tells us a lot about our own self confidence.



We often neglect our power, our confidence. We give more importance to others by thinking or overthinking about everything. Instead of understanding how powerful we are, we focus on thinking what others will say if I do this or if I do that? We are worried about others' opinions. We are capable of so much more than we even realise. The reason behind such feelings is that we are always turned down by our relatives, friends or sometimes even by parents. Which makes us feel less confident or makes us lose trust in our own power that we actually carry within. The criticism around is always so much that it makes us question ourselves. We start believing others and start questioning our capabilities.

We all know about Dr. A.P.J. Kalam. Born in a very poor Tamil family where he was youngest of four brothers and one sister. At a very early age he had to start earning to support his family. He started selling newspapers to earn some money and help the family in surviving. He soon understood that he had to sponsor his own education by all means. In spite of being born in a poor family where he had to struggle for food, he was untouched by

anything. He is a great example of a confident person. He had circumstances where he could have easily given up but instead, he rose above all these circumstances and became the missile man of India. It was because he had the highest degree of self-confidence. He believed in himself and worked on his education and growth.

Life is not easy for any of us. But we must have confidence in ourselves. We must believe that we are gifted for something, and that thing must be attained. We all are born with some purpose. We got to trust the almighty for bringing us into this world. Nobody has the right to question on other's capabilities. So, we need to learn to ignore such criticism and believe in ourselves. We should not lose our self-confidence just because somebody else has a habit of criticising. Criticising anyone is the easiest thing to do but how difficult is it to encourage and appreciate someone. We are at a loss for words when it comes to appreciating someone.

“Criticism is something we can avoid easily by saying nothing, doing nothing, and being nothing.”

- Aristotle

This quote says it all. By paying no attention and by giving no importance to any such criticism we can avoid having self-doubt. It is ok to feel less confident sometimes and it's pretty natural but losing the confidence is like losing oneself. We humans are so powerful, only if we realise our power. Until then we are like a matchstick. Once a matchstick is lightened up it holds the power to destroy anything or even, we use that power in a good way like lighting up the incense stick to worship God. What I mean by this example is that we humans also have so much power within that we do not realise and keep it hidden but once we ignite it, we hold the power to achieve anything and everything in life. There is no limit to what we can achieve. That power I am talking about is self-confidence. It was the self-confidence of Lord Hanuman who made him carry Sanjeevi Mountain from the Himalayas to save Laxman. When he was still a baby, he grabbed the sun thinking it's some fruit. He was so naughty that some powerful sages cursed him to forget his ability to fly or to become infinitely large. But later on, when he was reminded of his such precious abilities by Jambavan, the king of the bears. He was able to help Lord Rama in rescuing Sita. He was able to carry such a huge Sanjeevi Mountain as he did not know which herb he needed to cure Laxman all the way from the Himalayas. When Laxman fainted as a result of being hit by Indrajit's Shakthi arrow, Jambavan advised Lord Hanuman to bring medicinal plants from the Sanjeevi hills in Himalayas for restoring strength of Lord Rama, Laxman and the Vannara army. However, Lord Hanuman could not identify the plants, so he brought the entire Sanjeevi hill.

We see even the god sometimes needed help from others in realising his own power. The same way we also live our life by thinking that we are meant to live this way itself, we become blind about our superpowers. Most of us do not live the life we want to but compose with the current situations because we have less confidence. We are unaware of our power.

Now, you must be wondering, what is that you need to do, if you have been living a mediocre life till now? How can you gain confidence? What we need to do in terms of increasing our self-confidence and do wonders.

I am sure such questions must be pondering upon and making you think about yourself. You must be evaluating or judging yourself by asking these questions to yourself. But is it that we cannot do anything about this? Is it that we can never have the confidence or increase our level of confidence?

Surely the answer is NO. We can certainly do many things, because this confidence is already present within. We do not need to go out and search. It's already lying hidden within. We just need to make efforts to bring it out. We just need to realise our powers to do wonders. This is not a medicine sold by any company which we will go out in the market and buy and just by consuming it, our confidence will increase. This is already inside us. Confidence is what we think we have already. We just need to believe it. Self-confidence is an attitude about your skills and abilities. We need to accept ourselves the way we are. We need to stop seeing ourselves from others' glasses. We need to accept our strengths and weaknesses and work towards improving ourselves day in and day out. We need to have a positive view about ourselves and learn to handle criticism.

Learn to celebrate every single achievement of yours, does not matter small or big. Why do we want to celebrate only big achievements? Don't we put efforts for small achievements as well? Then why to focus on celebrating only big achievements? Appreciate yourself for achieving even small things in your life. We know that "Drop by drop makes an ocean". The same way celebrating small achievements also enhances self-confidence.

Set a goal for yourself. It should be a realistic one, the one you should be able to achieve. Not the one like you can only dream of. If you are working in a company, you might set a goal to see yourself as a head of department or CEO or any level up from the current level, within 5 years. But you cannot set a goal like that if you want to become an astronaut. Though you can definitely become one if you wish to because there is no limit of what we humans can achieve. But this will not be a realistic goal seeing your current position or level you are at. Setting a realistic goal with a timeline will boost your confidence and give you strength to achieve that. But if you set an unrealistic goal, it will destroy your confidence and make you tired. Because your efforts will go in the drain and will result in nothing.

Learn to celebrate failures as well. There is no one in this world who has never failed. Failure gives us more confidence to rework and rise wisely. They are like a teacher, who guides us to improve on the way we handle situations. Do not take a back when you fail in something; rather, analyse where you went wrong, what is that you need to correct and then again bounce back. Most of us shut ourselves as soon as we face any failure. We need to treat ourselves emphatically and with kindness. We are humans. It's ok to make mistakes, mistakes teach us a lot rather than any book or anyone else. There is no book in this world that guides us on leading a life without making any mistakes in life. So, start celebrating your failures because it's good to fail. Then only we can stand up again with more strength and move further with more energy and enthusiasm.

Talk to yourself and remind yourself of all the achievements you have achieved. You can also write it down in your journal, so that you can read it again whenever you feel low and can feel proud of yourself and regain your confidence. You can also make analysis of your strengths and weaknesses to understand yourself better and find out what are the things you are good or strong at and then it will get easier for you to choose what you want to do in your life.

You may also choose a hobby, because if we pursue our hobby, we feel good, happy. That also helps us in boosting our self-confidence. Some people might like to travel, some might like to paint, some like music or singing or dancing. There are many things in the world to pursue as a hobby. These are simple ways by which we can enhance or boost up our self-confidence. Let this one life be enjoyable, purposeful, confident. Let this one life be magical by just being oneself.

Exercise-1: "I would have done _____ if I had a little more confidence and self-belief. Fill in the blank with the activities you would have, if you were sure of it being executed successfully.

Affirm: "Whatever I touch becomes gold, I am born with a capability of accomplish whatever I work for"

Chapter-2: RELATIONSHIP HURDLES

“When you have expectations, you are setting yourself up for disappointment.”

- Ryan Reynolds



There was a king who was roaming outside his palace in the wintertime. Suddenly he saw an old man wearing very thin clothes at the gate as he was about to go inside his palace. King was surprised to see this and felt pity towards the old man and went nearby and asked him. Aren't you feeling cold? Old man replied, "I am feeling cold but what should I do?" I have no money to buy warm clothes and for many years I am living bearing this cold weather without any warm clothes. God gives me strength to bear this and live through wintertime. On hearing this, King felt pity and told the old man to wait. The king said that he will send some warm clothes with someone soon. On hearing this, the old man felt happy and thanked the king. But as soon as the king entered the palace, he got busy and forgot that he was supposed to send some warm clothes to the old man who was waiting outside the palace. Next morning the soldiers saw a cold stricken body along with a note, on which the old man had written : "Long live king". All these years I was wearing this thin cloth and was able to live through wintertime. But last night you promised me to provide warm clothes and raise my expectations, resulting in me losing my life.

The stories we have heard or learned in our childhood really have strong messages. Only if we ever have focused on the moral of those stories. This small story touched my heart. It has such a great message to teach us about leading our lives. The moment that old man had the expectation from the king as promised by the king to provide the warm clothes, he lost his life. Till these many years he was able to survive in the wintertime. Expectation from the king became the reason for weakness. He forgot that God had given him strength all these years to survive in winters. We should believe in our own strength rather than expecting from anyone else.

Many of us will have the question in mind after hearing this, Is expectation wrong? Don't we expect from our parents, siblings, relatives, spouses? Is it wrong to expect from the close ones? Having expectations from close ones or from anyone else is natural. We often forget that we are humans.

We are made in such a way that we tend to expect from anyone very soon. We can have expectations. Even if we read a lot about not having them, we will still have the expectations.



I am sure we all know about Ravana and his younger brother Vibhishana. How Vibhishana turned his back on Ravana and helped Rama to defeat his elder brother Ravana. Vibhishana had differences with Ravana and he did not like the act of his brother hence helped Rama to defeat him. His knowledge about the secrets of Lanka proved valuable to Rama.

The point to bring this story here is that as Vibhishana was Ravana's younger brother, he never would have thought that his younger brother would betray him. He must have had expectation from his younger brother like we all have from our siblings. But the fact was Vibhishana never liked the act of Ravana and he was a pious and pure heart person, hence he helped Rama in defeating his elder brother Ravana.

“We often blame people for disappointing us, but we never blame ourselves for expecting too much from them”.

We expect too much from people and end up disappointed and unhappy. We assume in our mind that something will happen our way, but the reality is totally different. When we face reality, our beliefs shatter and become unhappy. Because what we had thought and what the reality is, it totally differs. We get the reality check and blame other people for betraying or causing pain to us. Expectation causes unnecessary stress to us, when it does not match up with what we had thought of.

One day a dog arrived at a shop with a bag in his mouth which had a list of items along with the money. The shopkeeper saw the list and kept the items in the bag. The dog left from there and went to a bus stop where he was waiting for a bus to arrive. The shopkeeper was amazed to see, hence he thought to follow the dog. The bus arrived and the dog got into that bus, showed his neck belt to the conductor where money and address were tied up. When the bus reached the destination, the dog got down and headed towards his house. He knocked on the door. The owner came out and started beating the dog. Upon seeing this the shopkeeper who was following the dog till now asked the owner for the reason. The owner said he could have taken the keys also along with him as he had disturbed his sleep.

I found this story so beautiful and full of learning. We see that there is no end of the expectation. The owner beats the dog just because he was not carrying the keys along with him. But he ignores the fact that a dog was able to get all the items which he had asked him to bring. This is the truth of life. Expectations have no end. We keep expecting a lot from people and end up having disappointments and curse that person but never realise that it was our mistake. We are the one who should be blamed for all these disappointments. We had assumptions in our mind, that person did not say or do anything. The moment we get disappointed, we ignore all the good things of other people and start cursing, focusing on one wrong thing.

As we realised how we expect a lot from others and how it affects us? Now, how to manage our expectations? What could we do to overcome this and manage ourselves better? How can we become aware of our expectations?

Once a man was holding a rope tied to cow and was moving towards his village. After walking for some time the cow stopped and even after trying so many times, the man was not able to move the cow at all. The cow became resistance and did not move even an inch. The man got very furious and started thinking that what should I do now? Many hours passed like this but the man could not move the cow. A saint was seeing this from long time from far away. He came near to the man and started laughing. The man was already furious a lot, laughter of saint struck him like an arrow. He asked saint, why are you laughing like this? Saint replied, brother I am not laughing at you, I am laughing at myself. The man was surprised hearing upon this. He asked, why are you laughing at yourself? The saint was holding a bag by his side. Taking his bag in his hand, saint said, "I am thinking whether I am the owner of this bag or this bag is my owner?"

The man said, if you are holding this bag and if this bag belongs to you than of course you are the owner of this bag. Just like this cow is mine as I own it.

Saint replied, no brother! This bag is my master because I need it, I am its slave because it does not need me. Same way, Cow is your master because you need it, it does not need you. You leave the rope of this cow and see who follows who? We think that we are the owners of our things and individuals. So, we think that its ok to expect from them. We unnecessarily hold more ropes and then get worries in life. The more ropes you will hold, the more you will become slave. So, its always better to expect less or do not expect from things or individuals.

So, Like this story I was also holding up many ropes which use to give me stress, insecurities in relationship because I used to expect a lot from my close ones but soon I realised that I was doing more harm to myself by expecting. So, I started following up on a few things which helped me in expecting less from others and believing self-more. I would like to share the steps which i started following up and it helped me a lot in my life.

I started seeing positivity in everything. So, I believe by seeing the positive in everything, we would be able to manage ourselves better and will not get into stressful situations. Gratitude is a powerful catalyst for happiness. By accepting and being grateful to what we have, brings joy and removes all the sadness and instead gives happiness. We have our expectations because we never feel content with what we already have in our lives. We wish for more but from others. If we accept everything, all good or bad, less or more we will bring satisfaction and more happiness to ourselves. Every day takes a few moments to appreciate and thank God what all you have. You can also write the same in a journal. This is a great way to manage our expectations.

Also, as soon as you start having expectations from someone, remind yourself what is that you are expecting and why are you expecting? When our parents used to force us to study science and maths at the time of schooling and we hated those subjects, we used to get angry and used to think of running away from that situation. But as soon as we became parents, we started having the same expectation from our kids. We need to assess the situation and think about handling it. Is it realistic or you are just assuming? If you have faced disappointment, think of the situation and analyse it rather than drawing any conclusion. Do not overthink and make the situation worse. Expectations are beliefs not the reality so always keep assessing the situation before reacting to it. We can be happy and joyful if we stop expecting or learn to accept ourselves and others as well.

Exercise-2:

1. Think of a person who doesn't live up to your expectations!

2. What are some unrealistic expectations you have from them,

3. What are the things that they do for you and you feel grateful about?

Chapter-3: MEANING OF LIFE

“There is no greater gift you can give or receive than to honour your calling. It’s why you were born. And how you become most truly alive.”

- **Oprah Winfrey**

What is the purpose of our life? Why and for what god has created us? Why have we been brought up on this earth? What is the reason behind our living?

We all do come across such questions in life sometimes. We all do question ourselves, doubting our existence. Most of us just believe in living a life without realising where we are heading to. Are we moving in the right direction where we wanted to go or see ourselves? Is this what I wanted to do in life? Am I born to just follow a rat race, or do I have some potential to contribute to the world? Am I just born to do a 9 to 6 job and make my life monotonous? Or I have the untapped energy which has the power to do wonders?

Same is the case with me. Even I struggled to realise my purpose and was living an ordinary life like many others. Trapped in a rat race, making my life monotonous. But one thing I always wanted for sure was that I always saw myself helping people in whatever way I could do. I always used to imagine myself working for people and helping them in their growth. But I never understood how to go about it. The day we start introspecting ourselves, we do get answers. I also got my answer after having my second baby. I left my job like many other women to take care of a small baby. But my dreams had always pushed me to do something. So, sitting at home was not my calling. That was the time when I actually understood my purpose and felt strongly to contribute towards others as well. We women are the ones who sacrifice on their dreams. So, that desire of mine pushed me to work towards other women.

“The greatest tragedy is not death, but life without purpose”.

- **Rick Warren**

There is a small story which magically describes the purpose of life. One day one young man asks a saint, "What is the secret to become a successful person in this world? The saint asks him to come the next day in the morning near the river. The young man arrives in the morning near the river. Saint takes him inside the river along with him. They reached the level where the water got up to their neck. The saint ducked him into the water. The young man struggled to get out of the water, but his efforts were wasted as the saint was very strong. The saint kept him inside the water until he started turning blue. Then the saint pulled him out of the water, the young man gasped and took a deep breath. The saint asked the young man what the thing was you needed when your head was inside the water. The young man replied, "Air". When you want success as badly as you want air, you will get it. But for that you need to have a strong purpose.

Purpose is the fuel which gives you a burning desire to succeed in life. A small fire cannot give much heat, in the same way without purpose in life you cannot become successful. Purpose is that fuel which gives us energy to do something in life. We all need to utilize this life which is gifted by God to make it meaningful. An animal also lives his life, but what makes us different from them is, we are a gifted creation of God with the power of the brain we hold energy within which we can utilise to do wonders. We just have to give ourselves time to think and realise, what is that we want to do? Question self to explore the purpose of your life. Every human being has magical energy within, we just need to bring it out. We all are born with some purpose. We rather just focus on living life like many others, forgetting that we are a wonderful creation of God.



We all know about Mother Teresa. She was able to find her purpose at her early age. She was just 12 years old when she realised that she wanted to commit herself to religious life. Mother Teresa left her home when she was just 18 years old with the intent to become a missionary. She understood the purpose of her life at such an early age. She knew that she was born to spread the love of God. So at the age of 18 she left her house and headed towards becoming a missionary. Soon she became a nun and started teaching. She taught at St. Mary's High School in Calcutta. After working for a few years, she left the missionary to devote herself to work for poor people. Mother Teresa was deeply touched to see the suffering of poor people. She was so touched by seeing poor people and poverty that she decided to work for them leaving the mission. We can see how strong her purpose was that she devoted her entire life to working for poor people. She could have lived her life happily like many others the way most of us live. But instead, she chose a path totally different on which she had to even face challenges more than we could ever imagine of. No money, no funds and still she had the courage to take the steps to work for poor people. In spite of all these odds she became world famous that every single person in this world knows about Mother Teresa. Her charismatic persona, divine beauty and selfless love is what we know about which makes us fall in love with Mother Teresa.

“The meaning of life is to find your gift. The purpose of life is to give it away.”

- Pablo Picasso

We all can have different purposes in our lives. Some will focus on being financially strong, some may give priority to the family on top of anything. Some will want to become a doctor, an engineer, a scientist etc. We all can have different purposes. We human beings are different from each other

so our thought process, wishes, wants everything in life will differ. There is nothing wrong or right. Some might say that my purpose is to live happily, some might want to see other people happy. Some might not even realise what their purpose is? What is that they want to do in life? What is the magic inside them? How much potential they are carrying which they are not utilising to contribute to the world?

Some people love to become a doctor. Did we ever think about this? Why do they want to become a doctor only, why not something else? The reason is that they have a purpose. A purpose to serve people. They want to see people well. They want to help people in keeping them fit and healthy.



Some people want to become a saint, some people want to become a scientist. Some love to join the army. If we all notice, everyone here wants to contribute in some or the other way to the world. Army keeps the country safe, sacrificing their life, family, kids and all other material happiness. Saints, scientists, doctors and many others, are working towards doing something or helping someone and contributing in every single way they can. So, we all can, we all can make our lives meaningful. We all can contribute to this world by doing something which makes a difference in someone's life.

When we win a race in school, we feel happy and proud. When we score a high percentage, we feel proud and also showcase this to our entire family, friends and relatives. We happen to be so excited that we just want to fly back home as soon as possible and share this news with everyone around. The moment we hear our name getting declared as a winner, thousands of neurons get active in the body sending happy signals and jitters to the whole body. You know why we get such feelings within, because our purpose was to win that game, our purpose was to focus on our exam to get the highest mark. Though this was temporary, we had a purpose in mind and that was the reason when we got the result, we got jitters. We feel happy and proud. Purpose could be anything, anything we want to do or love to do can become our purpose. Purpose is needed for a healthy life; it is needed to have better longevity and success. We feel accomplished, we feel good when we are able to use our skills to help people in any way.

Everyone or everything in this world has purpose. Realise it or not but they do have their purpose. Many things around us we notice which tells us their story. A boat is supposed to sail in the sea not meant to be tied at the bank. The bird is not meant to be caged but to fly. The tree is meant to give

fruits, flowers, shadow, cold wind and many other things. If at all we try to find out, everything around us serves a purpose.

Now most of you have read a lot about having purpose in life. But what should we do if we do not know the purpose yet. How can we realise our own purpose?

The answer is simple, I will share what all I started doing to find out my purpose. First of all, we should focus on the things we love to do. What is it that we love to do the most? What do we aspire to become, is there anyone who inspires you and you want to see yourself like that person one day? What are you good at or have skills that you can use to contribute to the world? So, as I said earlier, I always saw myself helping others in terms of counseling, motivating, encouraging them to grow in life. I never liked to consider myself weak and hence accepting the challenges, I put efforts in moving ahead rather than taking a back seat.

Secondly, I suggest doing SWOT analysis as I did for myself. This is a great tool to analyse ourselves and understand our strengths and weaknesses. Once we understand our strengths and weaknesses, it will be easier for us to focus on the things which we are strong at and find out the purpose.

Make a habit of writing journals, so that you can put your thoughts in words and then focus upon those things. It will also give clarity in terms of deciding what actually can work for you and what cannot work for you.

I hope by exploring the answers to these questions and following the steps, one will be able to find the purpose of life the way I was able to and work towards to make our life meaningful.

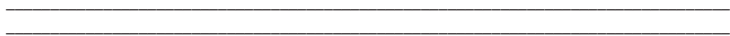
Exercise-3: Reflect on these questions to find your purpose and understand yourself better. Try answering in as many details as possible?

Q.1. When have you felt happiest in your life?

Q.2. What makes you feel really alive and energized?

Q.3 Which quality or skill of yours is helpful for people? How can you use this skill to have a greater impact?

Q.4. If you could change one thing in the world, what would that be?



Chapter-4: UNTIL YOU SUCCEED

“Without continual growth and progress, such words as improvement, achievement, success have no meaning.”

- Benjamin Franklin

There was a man who, at the age of 65 was living in a small house, driving a beat up car and turns everything upside down. His entire life changes and he became very famous. His chicken recipe is now loved by the entire world. Yes, I am talking about Colonel Sanders. At the age of 65 he decided to make a change in his life. His chicken recipe was famous among his relatives and surroundings. So, he thought about what he had to offer to people.



He left his home state of Kentucky and travelled throughout the country, trying to sell his recipe to restaurants. He even offered his recipe for free, asking for a small chunk of money that was earned. However, most of the restaurants declined his offer. He approached 1009 restaurants and everywhere his offer was declined. But he did not lose hope and still kept presenting his offer to other restaurants. He was persistent because he believed in himself. He knew that his recipe is amazing and he will be able to sell his recipe to someone for sure.

Finally, he got YES from 1010 restaurant. After this we know that he started KFC and at the age of 74, he owned a thriving company with 17 employees, an office space and not inconsiderable profit margin. Nothing can really stop one, if you decide to do something. He was having a great will power and he was persistent in his work. He believed himself and knew his worth. He kept trying to sell his recipe and one day he succeeded. An amazing example of persistence. His persistence paid him well and at the age of 74, he was able to achieve whatever he wished for.

What is persistence? What do we mean by this term? Persistence is the quality one can have. An attitude of not giving up. This is a quality which allows us to try for something until we achieve that thing. A baby does not give up even after falling down many times while learning to walk. He tries

again and again even after getting bruises. He keeps trying until one day he learns to walk. The baby mind is unaware of any pain which he gets after falling, and he keeps focusing on the thing which he wants to do, that is walking. The only focus remains on learning how to walk, the bruises and any kind of pain does not change the focus of a baby. That is persistence.

The river water has the strength to break the big stones only because water keeps flowing persistently and then keeps damaging the layers of a stone and one day they get success in breaking them into small pieces. The river does not change his way daily, instead keeps flowing in the same way untouched by any obstacles coming in the way. That is persistence.

What about us? How many times have we changed our way when we thought that we might not be able to achieve the final goal? How many times have we ignored our bumps and bruises and rather focused on achieving something like a baby? Most of the successful people in this world have faced failures. But they did not stop themselves there, rather kept trying and stayed focused on their goals. Most of us get into thoughts of fear, rejection, doubts and failures and then we stop continuing the thing we were doing. Without persistence nothing can be achieved. Just thinking of doing wonders but being scared in taking steps towards that, leads us nowhere. Every single person in this world who is world famous or running successful businesses or companies have tasted failures not once or twice rather many times. Failure is simply a price we pay to succeed.

There was a thirsty crow who was flying in search of water. He suddenly saw a pot, hoping it would have water, so he went near the pot. There was very little water in the pot, but the crow was very thirsty, and he wanted to drink the water. He saw some pebbles near the pot. He started dropping pebbles one by one into the pot. With each pebble the water rose a little higher until at last it was near enough for the crow to drink and quench the thirst. The crow was thirsty and he did not want to die with thirst. As soon as he saw a pot, he got some hope. But because the pot had very little water, the crow did not lose its hope. Rather started dropping pebbles one by one with the hope to quench his thirst. He was determined to get the water. So, until the water level did not come up, he did not leave putting pebbles into the pot.

But not many are persistent like this crow. We definitely start but not really try reaching the ultimate goal. We give up easily and then think that we were not capable of doing that thing or the other person who has succeeded had strong luck but not me. Persistence is the key to success. We cannot succeed in anything if we just leave it halfway.

“Genius is one percent inspiration and ninety nine percent perspiration.”

- Thomas Alva Edison



If the great inventor Thomas Alva Edison would not have been persistent in inventing the light bulb, we probably might not have got the invention of the light bulb or maybe it would have taken a few more years. Before inventing the light bulb, he failed 1000 times, but these failures did not demotivate him. Instead he was persistent in his research and was able to invent the light bulb. Once a reporter asked him "How did it feel to fail 1000 times"? Thomas Edison replied "I didn't fail 1000 times, so this light bulb was an invention with 1000 steps". He did not leave researching on how to invent a light bulb even after he failed 1000 times. Instead, he was persistent and did not lose hope. He kept chasing his dream until one day he was able to invent and the entire world knows about him now. Many scientists, inventors, business tycoons, saints or whosoever have been popular and known were persistent in achieving their dreams. They were persistent and kept chasing their goals until one day they achieved.

"It is not in the stars to hold destiny but in ourselves".

- **William Shakespeare**

There is a beautiful story showcasing how persistent anything can be achieved if we wish to. Once upon a time a huge bathtub was dumped in the forest. The small insects got happy seeing that and made that bathtub their home. The only thing to remember was, it had a big plughole and that needed to be kept free from any obstruction else in the rain they might drown. This task was given to burly beetles to take care of the plughole so that it never gets blocked. But things do not happen the way we think. Life is never easy; problems come when you think it should not. And one day suddenly a gigantic watermelon came rolling and blocked the plughole. All the beetles tried to move the watermelon, but they could not succeed. Then other insects also used their brains but could not find a way to move that watermelon. Upon seeing all these happening a small ant asked everyone if she could take the watermelon with her. Hearing this most of the insects and beetles made fun of her and started humiliating saying what will you do when we all are not able to move this watermelon, you are just a tiny ant, you have no strength to move this huge watermelon. Some insects supported and asked her to take the watermelon. She left the place and returned with thousands of ants. They all were in a queue and one by one they went up to the watermelon, bit off a piece and walked off. They kept repeating the same thing. Upon seeing them, a grasshopper commented, you will not be able to achieve anything as there is no impact on the watermelon. The ant smiled and asked, are you sure? She again resumed her journey. The ant kept climbing on the watermelon and kept taking pieces and within a few days there was no sign of a watermelon.

The Beetles and all other insects were amazed to see the persistence of ants. From that day they all learned a lesson that any battle can be won if they work together and are persistent.

Same applies for us too, we also can conquer the whole world, only if we stay persistent on the thing we have decided to achieve. Leaving it half the way will not lead us anywhere. Persistence is the key to success. But how do we stay persistent? We humans get easily carried away with our laziness or some other things in life rather than staying focused. This is the human tendency to make excuses and run from the things which demand dedication, in which we need to stay regular. Be it exercise, starting any hobby, going to gym, getting up early in the morning and many other things which demands us to stay in routine strictly, we tend to avoid that and become lazy to follow that routine. That's the time we need to stay motivated to follow that routine. That is the time we need to analyse if that thing is important to me, and if it is very important then we need to talk to ourselves and remind ourselves to stay on the track. Dedication is required to be persistent. High determination is needed to be persistent.

So, we need to develop a positive mindset. We need to work on this regularly, just by focusing on one or two days we will not be able to develop a positive mindset. We humans get attracted to negative things sooner than getting attracted to positive things. It takes lots of working on the mind to develop positivity and also to stay with that mindset. So, for that you also have to believe in yourself and understand yourself. Be kind to yourself for whatever you are doing, be kind to yourself for all the ups and downs. Be kind for all the failures you face on the way to achieve your goal. Understanding oneself is the most important thing. Understand your positive and negative points and keep talking to yourself and reminding yourself about all the good things you carry within, do not focus on negatives. Day and night make 24 hrs in a day. So positives and negatives are part of everyone's inner self. No one in this world you will find with only positive qualities.

Dream about yourself day and night. What do I mean by this? Create a vision of yourself, visualise yourself at the place where you want to see yourself one day. Visualise yourself for achieving the goal you have set for yourself. Because, when you will start visualising then only you will be able to achieve your set goals. Same like Mahatma Gandhi. He is a great example of persistence. Wondering how? He dreamt to oppose and fight against British rule and make our country free from British rule without violence. He experienced how white people used to insult Indians and call them coolies in South Africa. Since that day he started working for all such unjust and work for people. After that rest is history. Mahatma Gandhi was so persistent and adamant to make India free and for that he had to suffer many hardships and sacrifice his life. But he never changed his path in spite of all the challenges and difficulties. Same way, we all need to be persistent if we want to achieve our goals. Visualise yourself at the place you want to see yourself one day. This will give you a feeling of happiness and motivation to achieve the set goals.

It is also very important to be a lifelong learner. The day we stop learning is the day we stop growing and life will become meaningless. As humans we do get exhausted and tend to get off track. So learning makes life much easier and we can also stay motivated. Make a mentor or a role model who inspires you. Mentors definitely help us in keeping us on the track. Even if you do not make one, have a role model and read about them. Visualise yourself to look like them one day. That will also help to keep oneself motivated. Keeping ourselves motivated is in our hands, no one else can impact us until we want to get impacted by any circumstance or people or any action. So, stop making excuses and rather focus on self and the goal. Nothing will be impossible only if we keep our persistence and aim towards our goal. The happiness achieved thereafter has just become so amazing.

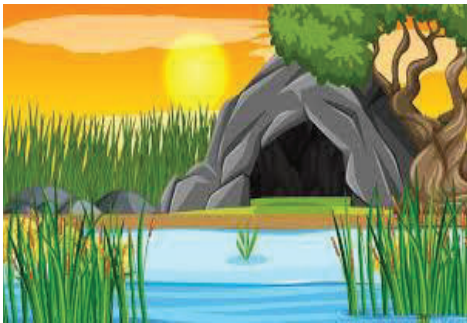
Exercise-4: Persistence, requires high quality of focus and attention. Our attention gets divided into numerous activities. We need to set priorities and dedicate a specific time of day. Note down three such priorities every day, along with time segments.

Chapter-5: CONQUERING FEAR

“I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear”.

- Nelson Mandela

I liked the story of a brave little tortoise who conquered his fear by bringing courage in him. Once upon a time there was a little tortoise on a ship and due to some accident that ship sank. Sometime later the tortoise was out of that ship and saw himself surrounded by water on all his side except one. That landward side was leading him to a big, steeply and rocky mountain. The tortoise thought to climb to the top of the mountain so that he would be able to see the other side of the mountain. The tortoise was able to climb on the top, but the top was covered with snow and he started freezing cold. He wanted to go down the other side immediately but suddenly he saw a monster. He got so scared and feared death. The monster was making loud noises. So, he thought to hide himself in the shell but then he saw some other animals lying frozen to death with looks of horror on their faces. After seeing this horrible scene, the tortoise decided to face the monster by gathering all his courage and moved ahead. As he started getting closer to the monster, it started changing his shape. As he got closer to the monster, the tortoise realised that it was not a monster, instead it's a great pile of rocks which was formed in a way that looked like a monster and the noise was created when the wind was blowing through a small cave. Upon seeing this, the tortoise took a sigh of big relief and carried on and eventually reached into a beautiful valley which was filled with lots of fruits and flowers. The tortoise started living there happily and became famous as a brave little tortoise.



Such a beautiful story depicting courage. If the tortoise has not summoned his courage, like others he could have also frozen to death, but he chooses bravery. He faced his fear and got to know that the fear was just baseless, there was no monster, and it was all imagination of his mind.

What is courage? Is it fear? Or is it different from fear? Is courage a good or bad trait? You all must be wondering what I am even talking about and how this has an impact in our lives? Do we need to be fearful? Or do we need to be fearless?

Once there was a man in a village. He was called coward by the villagers because of his lack of courage. Everyday in and out villagers use to make him realise that he is a coward person. Everyone in the village use to make fun of him. This was getting difficult for him to take up anymore. So, one day he decides to change himself.

So, he decided to visit a spiritual master in his village to teach him courage and bravery. Master said "I am ready to teach you courage and bravery but only on one condition. You need to leave this village and go and live in a new city for a month. During your stay, you need to go to every person you will meet up and say that you are a coward. When you will tell, you have to say it loudly and look straight into the eyes of that person. You need to do this every day for a month and then you come back here."

The man returned home and kept thinking about the task. He was very scared as the task seem impossible for him. He was a coward person and after hearing about this task, he was uncertain as in how he will be able to do this? He kept on thinking regarding this for few days but he wanted to change himself as he was not able to tolerate villagers making fun of him.

So, he decided to travel to a city rather than living his entire life as a coward person, which was unbearable. In his initial days, he could not talk to anyone. Whenever he tried, he could not see the face and talk or sometimes no words came out of his mouth. He felt like, he is going to die out of fear.

Few days passed like this but he had to come out of his fear. He decides to face his fear. He pushed himself to finish the task soon. He started talking to people. With every passing day, his voice sounded louder and eventually his eye contact with the person improved. He started becoming more confident and his body started responding without shivering.

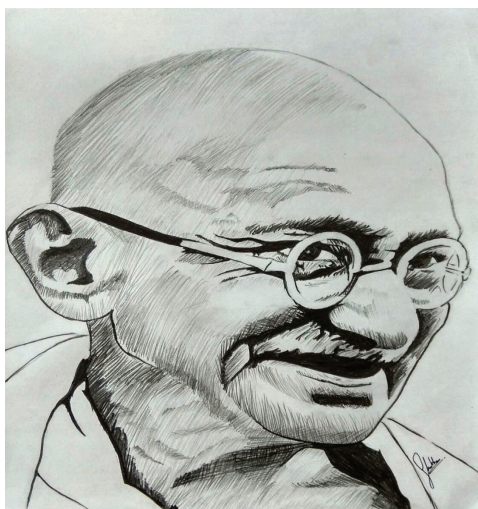
One day he felt that he was no more scared to talk to people and make an eye contact with them. Then he continued doing the task till the month end. After completing a month in the city, he returned to the village and went to meet his master. He greeted his master and said that, he does not fear anymore. He is feeling more confident and can do anything. He is feeling courageous now. He asked his master, that how did you know that this way I will overcome my fear and become courageous. The master replied, being coward is a habit, you have to do things which scares you. That will you will be able to overcome your fears and become more confident and courageous. We need to move out of our comfort zone to analyse ourselves. We can accomplish anything in life, once we gather courage within or overcome our fears.

"If you have the courage to start, you have the courage to succeed."

- Mel Robbins

Courage is an ability which helps you in putting aside your fear of failures and moving ahead. It helps you to overcome all the rejections or setbacks in life and take steps to grow. Anything in life, you feel is challenging or not possible and still you happen to do or achieve is the courage behind. Telling the

truth is courage. Voicing out on all the wrong things is courage. Helping someone in need when you yourself is in deep shit is courage. Protecting someone when you do not know whether you will be able to, is courage. You dream big and work towards achieving them in spite of all the challenges in life is courage. Not giving up on life even after many heart-breaking situations is courage. Everything in life which we do which is challenging, is courage. It is a weapon which is very strong and you must have this to grow in life. It exists within us, we do not need to search it outside. Even stepping out of your comfort zone is courage. This is not limited to outside battle but sometimes it also about handling ourselves with the battles in mind. This is also about winning internal battles and making calm with inner-self. It is very important to keep our mind peaceful to grow ahead or make any decisions in life and that also is a courageous thing to do.



Mahatma Gandhi was the epitome of truth, courage and no violence. But there was a time when he got into the habit of smoking and for that he started stealing money. He incurred debt and as the debt amount was quite high, he stole a piece of gold from the gold bracelet that his brother used to wear to pay the debt amount. But soon he was filled with guilt, and he decided not to steal anything in life. He wrote a confession on a piece of paper and put it in the hands of his father who was not well then. His father read that piece of paper and tore it up with a deep sigh. Mahatma Gandhi was deeply touched by the power of truth. He gathered all his courage to accept his mistake and also confessed it in front of his father. Accepting one's own mistakes also needs courage, not many are able to analyse their mistakes. It takes courage to accept your own faults and ask for forgiveness.

But why is it important in our lives? What will happen if we do not have it in us? How many things will change? Many such questions will be pondering in the mind. But courage is as important as having a life.

Confidence comes from courage. Courage boosts your confidence and enables you to grow in life. It enables you to do anything you wish to do, whether it's acquiring a job, or project or starting your own venture or anything in life.

This changes your perspective about life and gives you a positive mindset. When you have a positive mindset, you will feel energetic and would be able to make better decisions in life. Because you will ignore negatives in life, rather would like to stay positive in each and every circumstance.

You will be admired for your courage when people will notice how courageous you are. Many times, courage also helps you to grow professionally. Because you might get promoted for challenging roles if you display courage. It also helps you to explore more professionally, only if you have courage to face new hurdles, new roles and challenges. It will take you to new heights personally and professionally.

Exercise-5: The only way to conquer your fears is to face them and the willingness to rise above your fears. Choose a fear you wish to work with and take the smallest step possible to face the fear. What fear are you ready to release?

Chapter 6: DREAMY LIFE

“Procrastination is the thief of time, collar him.”

- Charles Dickens

After a big storm, there were many starfish lying on the beach. An old man was walking on the beach and suddenly he saw a girl throwing something in the sea. The girl was doing this over and over again. The old man goes near that girl and asks her, what are you doing? The girl replies, I am throwing the starfish back to the sea, as they would die if the sun got high. Upon hearing this, the old man asks her, but there are thousands of starfish on the beach. You will not be able to send them back to the sea. The girl picked up a starfish, threw it back to the sea and said, “I made a difference to that one.” The old man remains stunned from this reply and he also starts helping the girl.



The old man was procrastinating but on the other side the small girl was putting efforts in sending as many starfish as she could back to the sea. She was not thinking about thousands of starfish, but she was focusing on those starfish, which she was able to send back to the sea. Even if the numbers were low, she was making a difference in their lives.

We all do the same like this old man did. We just keep delaying things or keep thinking a lot but do not take action. When we procrastinate, we are not only delaying the task but also forgets that probably it's a bad idea.

“Procrastination is an emotion regulation problem, not a time management problem.”

There was a farmer who heard stories about other farmers getting rich after finding out diamond in their fields. He also wanted to become rich by finding diamond, so he starts digging his field. After digging for some time, he leaves that place and starts digging at some other places. He kept doing this and could not find diamonds in his field. He got said and frustrated but he wanted to become

rich by finding diamonds. So, in search of diamond mines, he sells his farm to some other farmer and leaves the place. He travels a lot in the search of diamond mines and wish to become a wealthy person one day. But even after a year, he could not find any and gets frustrated and sad. On the other side, the farmer who had purchased his land, starts digging at the place where previous farmer was digging. Soon, after digging for 3 feet, he sees a glittering stone. When he takes that out, he understands that it's a diamond. He digs for more and finds out more diamonds. On the other side, the farmer who had sold the land and left the place in search of diamonds, ends up giving his life by jumping into the river.

The man was procrastinating and because of that he uses to start digging and then leave the place after some time. If he could have dogged for 3 feet more, he could have been able to find the diamonds in his own land. He could have been able to find diamonds only if he would have kept patience and did not change his thoughts frequently.

What is procrastination? Why do we procrastinate? Is it helpful in our life?

Procrastination is nothing but an action of simply delaying or postponing something. Even though we know that the delay will cause a problem. It is the habit which makes people go in loss in many aspects like career, study, good lifestyle, financial etc. It results in not achieving the desired goal because they procrastinate and because of that they do not take proper or required action on time. Procrastination makes people lazy and it gives them a sense of having no time. It usually results in sorrowful regret. Today's duties put off until tomorrow give us a double burden to bear. So, the best way is to do them at the right time.

“Procrastination is one of the most common and deadliest of diseases and its toll on success and happiness is heavy.”

- Wayne Gretzky

This is a beautiful story of a seed. There were four seeds who were good friends. One day they were taken up by the strong wind and landed in a jungle clearing. They remain hidden due to the fear of the wind. They thought that they would grow in a beautiful tree once the wind is over. The wind settled down after some time and one seed started germinating. There were a group of monkeys living in that clearing. The smallest monkeys would amuse themselves by throwing bananas at any plants they see growing. Using this game, the monkeys learned to throw bananas and also how to keep that place free of vegetation. They threw so many bananas that the seed was almost split in two. The other seeds after seeing this got scared and thought that they would germinate once these monkeys leave this place. But the first seed had a different opinion. She thought to keep trying to germinate. Every time she tried, she was pelted with bananas and left folded over in two. The other seeds who were procrastinating told her not to try now and germinate only when these monkeys move from this place. But the first seed was very adamant and determined to become a tree. This incident kept repeating for months and years and one day came when she did not double over. She was hit by bananas but none of them were able to make her stoop. She had taken so many blows, and been doubled over so many times that she was full of hard knots and scars that helped her to grow more strongly. The other seeds remained hidden in the ground thinking that they would grow only when the monkeys left that place. They kept procrastinating and on the other side the first seed decided to face the challenges and grow instead and became the most majestic tree in the jungle. The other seeds still did not learn any lesson and kept waiting for the monkeys to leave the clearing.



This happens with everyone, when we keep procrastinating instead of taking actions. Procrastination delays things which stop us to get the desired result and later on we regret for delaying things. The common example we see is that we all think of saving for our old age, but not many are able to save. We earn and spend almost the whole amount saving very less. In fact, many would not be able to save even a single penny. This is because of procrastination. We think about the future but really do not bother ourselves to take actions. Same is the case with students, we all think of completing chapters well before the exams and think of revising at the time of exams but we really start completing chapters at the time of exam. We plan and think for the whole year but we only take action when the exams are nearby.

We read a lot about procrastination. What is it and why do we do it? But how to stop it? What should we do to stop procrastination?

So, the first and foremost thing is to organize yourself. Use a planner to plan your things and strictly follow the planner. It will help you in figuring out the important things and non-important things. You can focus on the things which are important and the rest can be ignored. Like if you have to complete an assignment, you can focus on completing it within the timeline, ignoring the other things which can be done later on. So, keeping track of your things will give a clear picture.

Prioritize your things. You can make a weekly planner or monthly planner in which you write down things which are important and need attention. Like if you are a student, then plan on the chapters and subjects which you feel are tuff, complete those first. Make a monthly planner or weekly and follow it strictly.

Work on your distractions. These days we all are mostly occupied with our phones all the time. Phone has become an addiction. Eating, sleeping, walking every time we carry our phones with us. We need to remove this distraction. Watching movies, seasons, serials thinking will just watch one and then we just forget to keep the track of our time. Block all the notifications, use app locker to lock the applications which will remind you to focus on your goals.

Set your goals which are S.M.A.R.T. Set specific, measurable, achievable, relevant and time bound goals. Example – imaging you want to lose weight. So, losing weight is a specific goal. But how much you want to lose and whether it's achievable and relevant with your set goals and the timeline you want to lose your weight in. Stay focused on the goal and achieve the same within the set timeline.

Encourage yourself by celebrating small achievements. Reward yourself after achieving every single milestone. This way you will be able to cheer up yourself and will again start working towards your goal with more energy and focus.

Take responsibility for your things. Good or bad, positive or negative, hold yourself accountable for everything you do. Hold yourself accountable for completing your tasks or assignments on time. Because it's your responsibility to stay focused on your goals and completing them. You may take help from your friends to help them by checking upon deadlines and accomplishments.

These are some strategies which will help in overcoming procrastination and taking actions.

Exercise 6:- Being proactive requires us to have sufficient energy. This vital energy can be generated and preserved. There are some activities which completely drain our energy and we get no significant result. These activities are energy-drainers, we need to minimize them.

List the activities that drain your energy

ex 1. Scrolling social media

2. Verbal Arguments

3. Overthinking

Chapter 7: CHOOSING BETWEEN GOOD OR BAD

"You can widen your circle of influence by widening your circle of service.

- **Joseph Grenny**

I remembered a very famous story read in my childhood days: The Story of Two Talking Parrots. In that story, there was a man named Kaluram who purchased two parrots from the market and sold them to two different people: one was a butcher who used to sell meat, and another was a saint who always used to sing songs of God. When Kaluram returned to the two parrots after a few days, he was almost taken aback by the stark difference in their care. When he spoke to the parrots at the butcher's home, he found that the parrots were using very harsh words and tones, while talking with the parrot at the saint's home was very polite and recited verses of Mantras.

The company does matter and shape our future. One parrot reciting mantras and another one using harsh words. This we call a circle of influence. It either shapes our future or destroys our entire life. We got to be wise in choosing our circle. It is true that our behaviour and activities will be influenced by the environment and surroundings in which we choose to live.

Have you ever taken notice of your surroundings or the people you spend the majority of your time with? If yes, you will see that you are also developing similar qualities and behaviours.

Most of us don't even realise in our daily lives: who is in our circle? Are they encouraging or discouraging us to grow in life? Do they have a positive attitude or give negative vibes?

We cannot change home and family, but we can choose a good and effective circle of people who can actually help and encourage each other to grow in life and be better versions.



There was a rich man who had only one son. His son fell into bad company and developed bad habits. The rich man got worried about the future of his son. He thought of an idea. One day he brought fresh apples from the market along with one rotten apple. He asked his son to keep all the fresh apples along with one rotten apple in a basket and cover it for a few days. After a few days the rich man asked his son to bring the basket which had apples. When he brought and removed the cover, he saw that all the other apples were rotten. He got sad seeing this. The rich man then told him to see how one rotten apple has spoiled all other apples. The same happens with us. If we have one bad company, we will be spoiled for life. So, he suggested choosing his son from his circle of friends wisely.

Our life is the same like this case. One bad company has the power to spoil us in long term. In everyday life, we can find many people around us who will adopt good habits and behaviours as a result of the people and environment around them, and similarly, many will be distracted and choose to do unhealthy deeds as a result of their choice or being influenced by some wrong connections of people. Make sure you choose people with whom you can grow without regret and spoil your life, career, future and inner humanity.

We all know the story of the Satyagraha Movement led by Mahatma Gandhi, the father of the nation. He chose the path of non-violence and got huge public support as well for fighting with Britishers without creating violence. Mahatma Gandhi's ideas and motivation impacted Indians' minds so profoundly that they prepared to walk and support his decision and words.

There are countless other stories and examples of great leaders and individuals who teach us that this is the type of life we want to live. Go and choose the type of people to spend time with. After some time, you will start developing the same habits and your habits will turn into actions and your actions will change your life and your perspectives as well.

Let's look at why it's critical to surround yourself with the right people in life.

We are all humans, and what we see, feel, and do on a daily basis often shapes our mindset and habits as well. You will learn a lot if you sit with people who talk about life, goodness, success, support and dreams. You will also become one of them after some time and encourage others to do the same. You will eventually become one of them and believe the same viewpoint if you spend the majority of your time with people who have no vision, no life goals, a mundane and unsatisfying life, and no learning and growing mindset talk. This is all called the "circle of influence."

As a result, it is critical that we understand our values and life goals, what and how we want to become as indigenous peoples, and where we want to live in order to find a similar circle of people with the same mindset. If you feel you are distracting and in the wrong group of people who are not encouraging you to grow, change it right now. It will be your best decision to save your life and future.

I believe that to live a good life, we need good people around us. We cannot change the whole world and society but we can change the circle of people if they are not fitting into our vision or on the road to success.

As per one survey report, a fact came out that kids and children have maximum learning potential and grabbing things from surroundings at an early growing age. Slowly it is found that as we grow up our potential and dreams synchronize due to many fears and environment, we feel around us. Fear of failures, rejections, unacceptance and many more. It has been found that as we grow up with family, friends and society, we hear more No as compared to the YES. For everything we are taught to play the safe side and not take risks. Our parents and society used to put lots of boundaries and

limits and expect that we all need to follow that. It is happening because of a circle of influence of thoughts and mindset that have been in process since many generations.

There are very few people we meet who encourage, prepare us to fight challenges, grow with ups and down, how to deal with failures and difficulties in life and how to overcome and win.

It is impacting our mindset for not coming out of our comfort zone to choose and do something out of the box and reach greater height.

So, have you also felt the same with you and in your surroundings? If yes, then it is the time to change your mindset and change your circle and find some positive community of people who have a growth mindset instead of putting limits and boundaries.

Is it also impacting you and you want to come out of this environment? Then, take the responsibility to be the change first and the world will change with you as well.

Your Circle of influence decides your growth in life and your growth will happen only if you surround yourself with positivity around you.

“Your circle of influence dictates your path.”

- **Jon Bielecki**

This is a real-time example quote. All the successful personalities you could see have chosen their companies wisely. They had adopted good surroundings and a mentor who actually helped them reach their goals. Sometimes, we get these questions in our minds: "How can we do that?" We have our family, certain friends and certain neighbours with us, and changing them is not always possible because they are a part of life.

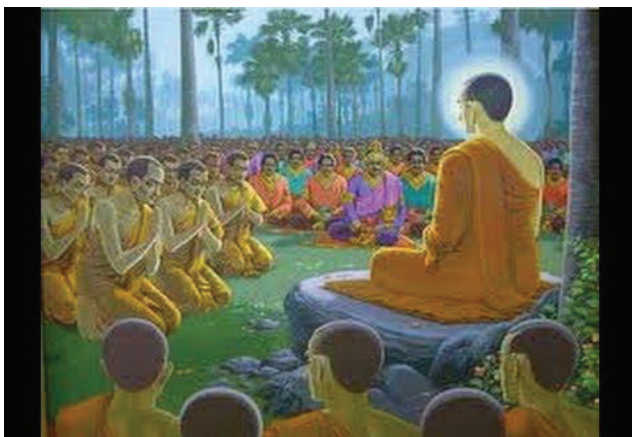
What we can do is choose not to be distracted by negativity and instead focus on positivity and a healthy mindset in order to grow in life. But make sure, it's your life and you have all the rights and freedom to choose your company.

Exercise-7: Note down the names of five people (friends, family, mentors etc) and which qualities of them inspire you.

Chapter-8: MAKE PEACE WITHIN

“The practice of forgiveness is our most important contribution to the healing of the world.”

- Marianne Williamson



This story is related to Mahatma Buddha. While travelling, he reached a village where people gathered to welcome him and listen to his discourse. Buddha started teaching people regarding forgiveness and tolerance.

He said that anger is fire, it not only burns others but also to oneself to ashes. So, we should renounce anger and be forgiving. Every villager was listening to him with so much interest and admiring his knowledge. But there was one person who was naturally very angry by nature. Upon hearing this, he stood up and said in a hoarse voice, “I have never seen such a hypocritical beggar. You are spreading wrong and meaningless words to these villagers, are you not ashamed?”

Mahatma Buddha did not react. Instead, he was very calm and composed as before and continued giving him discourse. Seeing this, the person got very furious and went in front of Mahatma Buddha and spat on his face. Even after this, Buddha remained calm and did not react at all. After finishing up his discourse, he left with his disciples for another village.

On the other side, the person after spitting, returned back to his house and remained in anger for long. He kept thinking about Buddha for a long time. As his anger started to subside, he started repenting thinking about what all he said and did to Buddha.

He went back to check and ask for forgiveness, but Buddha had left for another village after completing his discourse. Whole night the man kept cursing himself and feeling guilty for whatever

he did today with Buddha. Next day he went to a neighbouring village looking out for Buddha. He saw that Buddha was giving his discourse to the villagers like yesterday. He grabbed his feet and started weeping and asked for forgiveness. He apologized to Buddha for all his actions and words.

Buddha looked at him in amazement and asked, "Who are you? Why are you apologising?" Get up.

The man replied, you do not recognize me? I am the same person who misbehaved with you yesterday in the village at the time of discourse. What I did was absolutely wrong. Hence I have come to ask for forgiveness. The entire night I was in guilt and could not sleep.

Mahatma Buddha, upon hearing this says to the man, you are still living in yesterday. I have moved on and am living in the present. Why are you staying in yesterday? You have already repented for what you did, now your heart has purified so move on. Do good deeds to improve your present rather than thinking about the past.

Hearing these words of Buddha, tears flowed down from his eyes, and he decided to do good deeds and make his life better. He decided to renounce his anger and incorporate love in his nature.

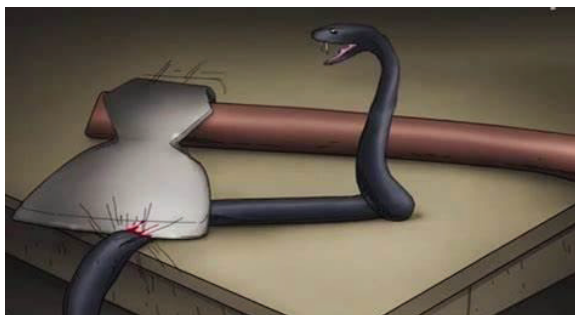
We all have been hurt by someone or the other in our life. Who on this earth has never been hurt by someone? The answer is, NO ONE. But how we deal with this is totally upon us. Most of us stay with the feeling of hurt and then think to take revenge back with that person. Not realising that, this act of ours is going to impact us only, no one else.

Sometimes we get hurt from our parents' opinions or decisions. As we grow up, we get hurt by our friends, batchmates, and college mates. When we start doing a job, from our bosses, from our colleagues. This keeps continuing. There is no end to it. Sometimes the impact would be so much that it would leave you traumatised. Experiences which are physically or emotionally abuse, leaves you traumatised. But holding upon these experiences does damage more to us. Holding on that pain, you might be the one who pays most dearly.

"The weak can never forgive. Forgiveness is the attribute of the strong."

- Mahatma Gandhi

One day a snake entered the carpenter's workshop. It was dark inside as the workshop was closed by then. The snake collided with something and got slightly injured. The snake thought that somebody was trying to hurt him, so he got furious and lifted his hood. He tried to bite that thing in anger, but as much as he tried to bite that thing, he injured himself more. He could not understand why he was getting hurt in return, he thought that thing was trying to kill him, so he thought to hurt that thing more, in order to do so he decided to roll around that thing as if wanting to suffocate him with all his strength. Unfortunately, this time the whole body of the snake got injured and covered in blood. The snake was trying to hurt a saw without realising that it was doing more harm to himself. In order to hurt a saw, the snake lost his life.



Same is the story with all of us. Till the time we keep anger within, we keep hurting ourselves thinking that we will take revenge and then will get peace or happiness. But that is totally wrong thinking. If we decide to let go of resentment and anger, we would be happier and more peaceful in mind. Forgiveness means different things to different people. Getting hurt by people or things is natural, but if we learn to forgive and move ahead, our lives will get much easier and happier. It can help you free yourself from the control of another person who harmed you.

Forgiveness does not mean forgetting things or excusing the harm done to you. But it means making up with the person who has harmed you and also making peace which will allow you to focus on yourself and move ahead in life.

Holding on to anger only causes pain to us and makes our relationship bitter with everyone around us. Also, we will be wrapped up so much in our anger that we will forget to live in the present and our mind will always be occupied with the thing which made us angry. We will stop enjoying our life and will always feel sad, unhappy, depressed, anxious. We will lose connections with our dear ones because we will not be able to focus upon anything else except our anger.

On the other hand, we adopt forgiveness, everything in our life will look beautiful. We will enjoy and cherish every single moment spent with our friends, family and dear ones. We will be at peace and make peace with everything. Letting go of grudges and forgiving people is very important for us to live a healthy life and a peaceful mind. We will be able to make our relationships with everyone healthier and strong. We will be able to keep ourselves away from all the depressions, anxiety, and low self-esteem. Rather, I will be happier and content with the things and people around. It will also help us in stronger immunity and heart health.

Having said these, is it easy to forgive people? If it would have been so easy, we probably would not have been talking about all this here. Is it possible that everyone will start forgiving? Will people stop hurting us?

The answer to all these questions is simply NO. Nothing will change immediately. People will never stop hurting other people. But we need to make peace with ourselves. Our own betterment, we need to learn the art of forgiveness. Without this living a life would be very tuff rather impossible.

So, what should we do to forgive people? How do we get to learn the art of forgiveness?

Forgiveness is a commitment to change, and it starts from us first. It will take lots of practice to learn the art of forgiving people and for that we need to first understand the importance of forgiveness.

Need to recognize the value of forgiving and how it can help improve our lives. Consciously we need to keep reminding ourselves to forgive others and self, whenever we get hurt or we hurt someone.

If we have hurt someone, we need to analyse the situation and ourselves and understand things. Acknowledge our emotions and recognise how those emotions have affected your behaviour and made you hurt others. Learn to forgive yourself upon assessing the situations and things which made you hurt others. That way you will release your anger which you are caring for yourself and move on. You will also learn to act more maturely in similar situations in the future.

Practice to forgive others, because if you are holding on to the anger which has been caused by others, you are more likely to give control of your life to others. Upon forgiving you will take charge of your life and situation, giving more power to you. It will help you in making peace within and helping you to make better decisions and move ahead in life. The other person will be defeated by your act as they will lose control in terms of impacting you in any way.

Forgiveness is not easy, and it does not come to many. But if learnt, life becomes much easier and happier. Sometimes people do not hurt us intentionally, it happens due to many circumstances, so learn to understand people and situations. Analyse the situation from another's point of view as well and learn to empathise.

“Life is 10% what happens to you and 90% how you react to it.”

- Charles R. Swindoll

This quote defines everything. So, by learning the art of forgiveness, we chose to react in a positive and peaceful way and make peace with ourselves as well as with others. This is totally up to us, how we want to live our life. Would you choose a life filled with depression, anxiety, sadness, revenge or a life which is peaceful, happy, exuberant, content.

Exercise-8: Peace comes, when we trust the natural timing and let things take their time to grow. After putting significant effort, we need to surrender. We need to let go of the need to control everything. Make a list of things that you can control and you cannot control.

Controllables:

Non-Controllables:

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