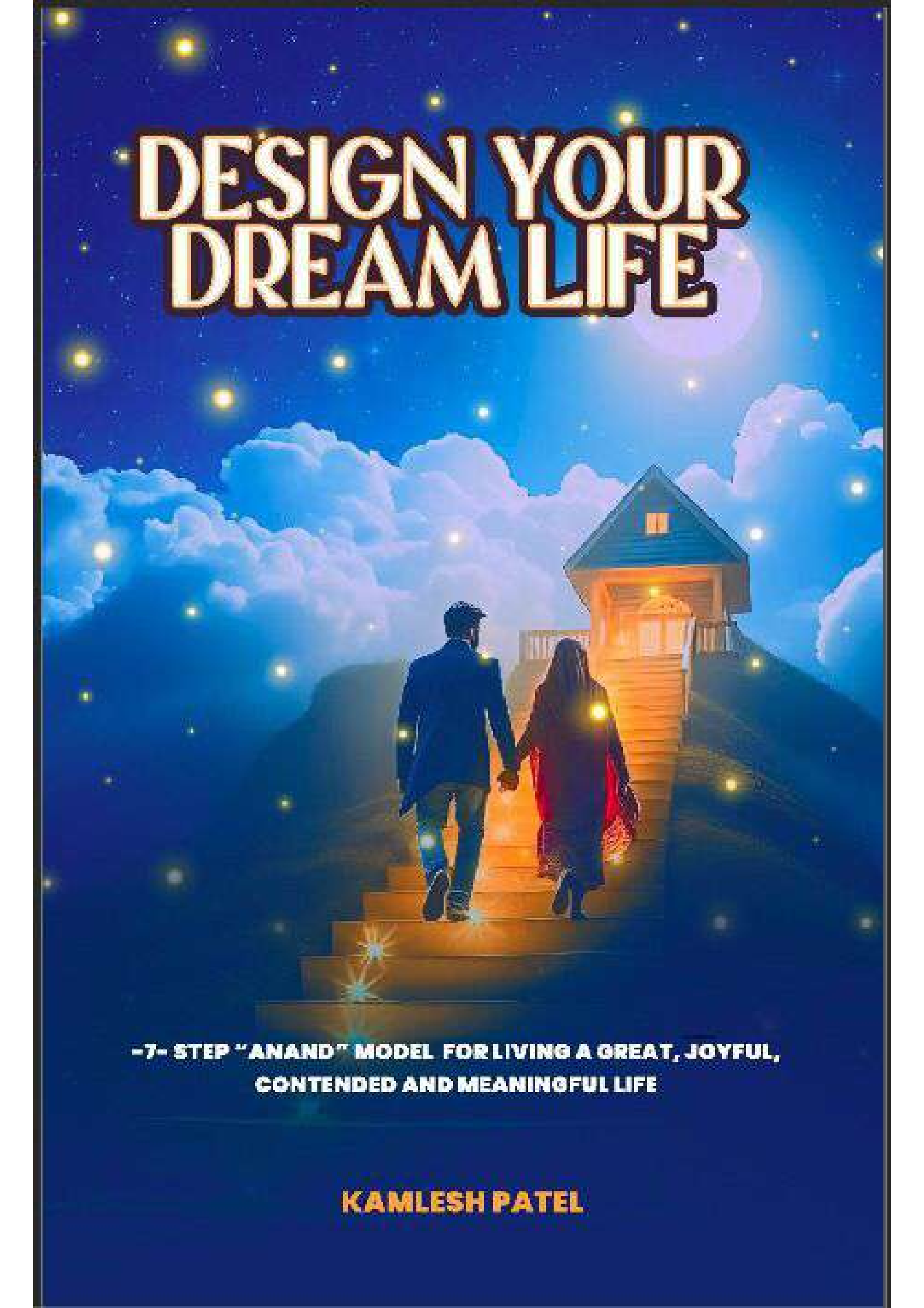


DESIGN YOUR DREAM LIFE

A romantic couple is seen from behind, walking hand-in-hand up a wide, glowing orange staircase. The man is wearing a dark suit, and the woman is wearing a red sari. At the top of the stairs is a small, cozy house with a blue roof and a warm light emanating from its windows. The scene is set against a deep blue night sky filled with soft, white clouds and numerous bright, twinkling stars. The overall atmosphere is dreamlike and hopeful.

**-7- STEP "ANAND" MODEL FOR LIVING A GREAT, JOYFUL,
CONTENTED AND MEANINGFUL LIFE**

KAMLESH PATEL

Design Your Dream Life

**7 – step “Anand Model”
for
Living a Great, Joyful, Contended
and Meaningful Life**

**Conceptualised
by
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Preface

Living life is skill or art or both? As a Student of Life, I am constantly exploring how can I live a great life? What constitutes a great life? What are some golden rules for living a joyful, meaningful and contended life?

Unfortunately, this great subject “Life” is not taught in school and colleges. Though there are many “Self Help “books in market, they are superficial and not comprehensive. So based on my learning's in life I have tried to develop a –7- steps model christened as “Anand Model” for living a great, joyful, contended and meaningful life.

‘Anand “model is consisting seven steps starting from facilitating you on reflecting what you want from life, what should be your purpose of life, your core values, your current assessment of Life quality score, and -30- strategies to achieve 90 % quality life.

The heart of the book is compilation of Positive thoughts, Affirmations, Empowering, Beliefs, Thoughts conveying gratitude given in annexure. The single most important determinant of quality of our life is quality of our thoughts. Our thoughts create our reality. Our life is manifestation of our thoughts. So why not to give nutritious feeding to our subconscious mind daily? If feeding is nutritious, outcome will be enriching. My invitation to all readers to read these positive thoughts/ affirmations/empowering beliefs/ Thoughts conveying gratitude covering all critical areas of life daily /weekly and I guarantee your life will blossom.

Do you have fire inside you to live extraordinary life? If so, go ahead and read, learn, understand and imbibe “Anand Model “along with collection of some great insights in key areas of life.

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Acknowledgments

Learning's given in this model are from various books and articles I read, various speakers including spiritual gurus I listen and most importantly actually practiced by me. My gratitude to all Gurus/learning resources.

I also acknowledge role of Mr. C. Malolan, my friend, who is always first reader of each book and provides me valuable suggestions and feedback. Convey gratitude to Malolan.

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1. Why Life Model?

Why to live life by design / consciously and not by default?

Should we live Life by design or default? Should we follow any model? If we do not live life by design / consciously, there are chances to have lots of regrets at end of life. We may waste our energy on trivial and insignificant issues. Living life consciously will give us lot of clarity and focus in life. Accidental living creates more stress and anxiety.

Conscious living creates more calmness and clarity. Over the years, comfort has increased due to technology and other advancements, but at experience level, quality of life has decreased. What kind of correction is required to live a great life? When we purchase any gadgets, it is accompanied by user manual. What manual we should use for life? To address all these questions and issues, I have conceptualized “Anand Model” for living a great, joyful, meaningful and contended life.

What is “Anand” Model?

‘Anand “model is consisting following seven steps:

1. **First step is reflecting what you want from life? When at the end of life, we will be able to say that we had a great life?** We all have dreams/desires about Professional achievements, our passion/hobby health, relationships, money/material possessions, fame, power, Spiritual Exploration etc. This step will give clarity on what is important and critical to you, so that you will not waste your energy or focus on non-significant or trivial issue. Some examples of

dreams/desires are also given to facilitate in accomplishing this first step.

2. **Second Step is identifying what should be your purpose of life. It is to find out what truly motivates you.** This "why" will fuel your drive and perseverance. Discovering your purpose and aligning your actions with it can bring a deep sense of fulfilment and meaning to your life. Again, some examples are given to facilitate accomplishing second step.
3. **Third step is identifying your core/personal values. Why it is required? Because Core values guide how you conduct your life, both personally and professionally.** Personal values are a set of guiding principles that are important for you and close to your heart.
4. **In fourth step, deep reflection is facilitated behind all our dreams and desires which leads to profound insight that behind all desires/dreams, our ultimate search is for positive emotions.** Conversely, we do not want negative emotions in life. So, skill of living life is how we maximise positive emotions in our life and how we minimise negative emotions in our life.
5. Based on insight at step 4, an assessment sheet is prepared in fifth step to **identify your current life quality score.**
6. Step 6 facilitate in **deciding goal of achieving 90 % quality life** and for that what is in our control and what is not in our control.

7. In Step –7- , based on understanding in step 6, **-30- powerful strategies are given to achieve and maintain 90 % quality life.**
8. Book also provides **–50- Golden rules for living life. Strategies in Step –7- are based on these golden rules.**
9. The heart of the book is **compilation of Positive thoughts/ Affirmations /Empowering Beliefs/ Thoughts conveying gratitude** given in annexure. The single most important determinant of quality of our life is quality of our thoughts. Our thoughts create our reality. Our life is manifestation of our thoughts. So why not to give nutritious feeding to our subconscious mind daily? If feeding is nutritious, outcome will be enriching. My invitation to all readers to read these positive thoughts/ affirmations/empowering beliefs/ Thoughts conveying gratitude covering all critical areas of life daily /weekly and I guarantee your life will blossom.

2. What is the first step to live a great life? Step 1

Be clear about what you want in life

“The Seven habits of highly effective people” written by Dr Stephen Covey, prescribes one very impactful habit “Begin with an end in mind”. We all decide agenda before any meeting. Architect prepares blue print of any building/monument. Likewise, for great life, first step is to reflect what we want from life? When at the end of life, we will be able to say that we had a great life? So, spare some time and reflect on it. It could be related to your

- a. Professional Achievements
- b. Hobby/ passion
- c. Relationships
- d. Health
- e. Money/Material possessions etc .
- f. Spiritual Exploration

In terms of language of current generation, prepare your bucket list.

What You want from life?

1. I want Ultimate Health. (We can divide health in 3 categories: Poor health, Normal health and Ultimate health. What is ultimate health? When you have Full energy, Powerful immune system, Glowing skin, Ideal weight, Deeper sleep, more mental clarity and Control on cravings. Ultimate health means your BMI is less than 25, your cholesterol/Lipid profile is ok, your sugar

and BP is ok, you are not suffering from thyroid, your D3 and B12 are ok, if waist circumference in male is less than 40 and in case of female less than 35., If percentage of muscles and fat is within permissible range.)

2. I want enriching/energetic relationships.
3. I want my son/daughter to grow as a good human being and also, they live a great life.
4. I want to travel to ----- places/countries.
5. I want ----- money. (mention amount)
6. I want a 2/3/4 bedroom flat/bungalow.
7. I want —— two-wheeler/ four-wheeler.
8. I want to retire as ----- (mention position),
9. I want to learn musical instrument/ foreign language/ dance.
10. I want -----
11. I want -----
12. I want -----
13. I want -----
14. I want -----
15. I want -----

Do you want some ideas? Let me share few. If you like it, you can pick up few from list.

1. To live healthy life, fully active and energetic till 130 years. Full of fun, Laughter, joy, bliss, and contentment. (Are you surprised with this desire? Normally we used to know average life span which currently is 75 to 80 years. However, research says that actual potential of Living is up to 120 to 150 years - Lot of research is already going on longevity and number of people living beyond 100 are increasing every year. There are certain parts of the world known as blue zones where large number of people are

living beyond 100. Not only they live beyond 100, they also live quality life. Men can do gardening, surgery, can ride two-wheeler/ four-wheeler even after 100. Women can do all household activities even after 100 years. Old age disease is rare among them. So do add this desire in your list without any hesitation)

2. To reduce my biological age by 10 years. (Again, this desire is backed by research which says one can reduce biological/ body age by adopting healthy lifestyle. Weighing scale which can connect with health app in mobile via Bluetooth gives such data.
3. To be happiest person on earth. (Buddhist Monk Matthieu Ricard was labelled the happiest man in the world. You must aspire to be like him)
4. To live 90 % or 95 % quality life. (How to arrive at quality percentage? I have prepared one worksheet which gives approximate life quality score which is given in step 5 of this book. Obviously, it could not be accurate but just give you broad idea. Why 90 % or 95 %? We are taught to be ambitious and always keep higher goal, but one needs to be practical also. I recollect beautiful dialogue of movie “Jawani Diwani” - “Jitna bhi try karo Bunny life me kuch na kuch toh chootega hi. (How much we try, we always miss something in life) So 90 or 95 % quality life is reasonable and achievable goal according to me.
5. Becoming more and more pure internally- dropping prejudices, dislikes, judgments. Free from malice towards all living beings.
6. Bring abundance in all areas of my life.
7. Want to feel confident, powerful, happy, active, contented, energetic most of the time.
8. Continuous growing - continuous evolution till last breath.

9. Remaining live / light/ full of fun and laughter. (fun loving joyful)
- 10.To contribute / making positive difference to people and situations.
- 11.Be kind, friendly, compassionate and loving with others. Ever forgiving.
- 12.Free from ego, attachment to possessions and results.
- 13.I want to run marathon.
- 14.I want to learn to speak a new language fluently.
- 15.I want to learn to play a musical instrument.
- 16.I want to write a book .
- 17.I want to start a blog / YouTube channel .
- 18.I want to climb Mount Everest / Kilimanjaro.
- 19.I want to learn to be a great public speaker.
- 20.I want to learn to invest in stocks or real estate.
- 21.I want to become proficient in photography.
- 22.To move from Achievement to fulfilment to enlightenment. (In initial years, we want achievements. But at some stage we should start feeling contented with whatever we have. And then final move should be towards enlightenment. Why enlightenment? Because it leads to end of suffering. What is enlightenment? Enlightenment is realizing that we are not body or mind or emotions or doer or experiencer. We are unchanging, infinite, pure, witnessing consciousness.

3. Reflect On Your Purpose Of Life - Step 2

Find out your why?

What are the two most important days in your life? **"The day you are born and the day you find out why,"** Mark Twain famously wrote.

Find out what truly motivates you. This "why" will fuel your drive and perseverance. Discovering your purpose and aligning your actions with it can bring a deep sense of fulfilment and meaning to your life. Reflect on your passions, values, and strengths to find your purpose and pursue it wholeheartedly.

Share Your Potential: Your gifts and talents are meant to be used for the benefit of others. Contributing to the world is a key aspect of fulfillment. Everyone will have different perspectives about purpose of their life. One way to reach answer is first reflecting on what is not the purpose of my life? Once you filtered it out, what remains is true purpose of life.

There is a beautiful Japanese concept "Ikigai" considered as Japanese Secret to a Long and Fulfilled Life. The people of Japan believe that everyone has an ikigai – a reason to jump out of bed each morning. And according to the residents of the Japanese island of Okinawa – the world's longest-living people – finding Ikigai /Your Purpose in life is the key to a longer and more fulfilled life. The term is a combination of the Japanese words 'iki' (to live) and 'gai' (reason), which together signify "a reason to live." Ikigai is similar to the French term "raison d'être" or "reason for being." Ikigai focus

on discovering your purpose through exploring the intersection of what you love, what you're good at, what the world needs, and what you can be paid for. Rooted deeply in Japan's culture and history, ikigai holds belief in the value of life and the potential for happiness when you're aligned with your purpose. This philosophy has guided many toward a meaningful life lived with intention.

The concept of ikigai is said to have evolved from the basic health and wellness principles of traditional Japanese medicine. This medical tradition holds that physical wellbeing is affected by one's mental–emotional health and sense of purpose in life.

Sharing few examples:

1. I want to make a positive difference to situations, people and organization. I want to Contribute in making this world a better place.
2. I want to Work in a spirit of service.
3. There is beautiful quote of Tony Dovale -“The purpose of life, is to activate, unleash, explore, and expand, your fullest potential to grow beyond your wildest imagination. It takes life shifting experiences, that scare average people, to be able to activate and unleash, more of your potential.”
4. Sri Sri Ravishankar, well known spiritual Guru says “Purpose of Life is to celebrate life and facilitate others in celebrating life.” Do not miss any opportunity to celebrate. Celebrate growth and achievements. Celebrate failures too. What requires for celebration? Feeling complete. contented. How can you feel complete? When you love every living being unconditionally. When you practice gratitude and forgiving. When you practice compassion and

empathy. When you focus on what is good in your life rather than focusing on what is not so good in your life. Be Focused on Goal but don't be crazy and feverish for winning or losing.

5. To be the student of life and learn the art and skill of living a great, contended, joyful, meaningful life and share my learning's/ insights to others to facilitate them to improve quality of their life.
6. To Create Life of purity in intentions, thoughts, deeds and words. Transformation from high standard of living (more material things and comfort) to high standard of life (better thoughts and feelings).

You can choose any of the above options or you can articulate your own purpose.

**“Try not to be a man of success, but rather try to
become man of value.”**

- Albert Einstein

4. Reflect On Your Core Values - Step 3

Like business, individual can also have Core values/Personal Values. Why it is required? Because Core values guide how you conduct your life, both personally and professionally. Personal values are a set of guiding principles that are important for you and close to your heart.

Everyone has a unique set of values. What matters to you might not align with others. For example, for some people punctuality is very important but some others are not too much bothered about punctuality. For some people physical fitness is very critical, whereas some people do not bother about this aspect. Some people may value honesty, some people may value hard work, some people may value boldness and adventures in life.

Your values form a significant part of your personal identity. Your values also give you a better understanding of who you are. Personal values are formed by combination of your upbringing and life experiences. Reflect on choices you have made throughout your life and it will point to a pattern of what traits are close to your heart?

When you know your own values, you can use them to make decisions about how to live your life. Personal values influence your behaviors, relationships, how you spend money and everyday life. For example, when one's personal value is Physical fitness, he or she will be very choosy in eating foods and will avoid fried/fast food. Many times, your values guide big life decisions.

When the things that you do and the way you behave match your values, life is usually good – you're satisfied and

contented. Without identifying your values, you will not be able to understand your true self. This is why making a conscious effort to identify your personal values is so important. Values exist, whether you recognize them or not.

Research shows that you might even be more attracted to people who share your values.

Some examples of Personal/Core Values:

1. Humility
2. Contribution
3. Compassion
4. Respect
5. Love
6. Courage
7. Care /Support
8. Integrity
9. Honesty
10. Fun
11. High self esteem
12. Self-discipline
13. Adventure
14. Boldness
15. Dependability
16. Gratitude
17. Kindness
18. Physical Fitness
19. Self-Discipline
20. Punctuality

5. Most Powerful Insight - Step 4

Anything common in our dreams and desires?

Our ultimate search in life is for Positive Emotions

We all have different desires / dreams in life. But we can synthesis one common thing - Behind all our desires and dreams like achievements and success, Fame and power, lots of money and material possessions, fulfilling relationships, good health etc., our ultimate search is life is for positive emotions.

Let us reflect more deeply on these desires.

What will happen if you have more achievements, success, fame, money, material possessions? You will feel Emotion of joy, happiness and contentment.

What fulfilling relationships will give you? Emotion of love and acceptance.

Why you need good health? So that you can enjoy life - emotion of joy and happiness.

So, what is reflection? Behind all our desires and dreams, our ultimate search in life is for Positive Emotions (Joy, Happiness, Contentment, Love, Peace etc.).

Conversely, we want to minimize negative emotions in our life like fear, worry, anger, stress, frustration, depression, boredom, emptiness etc.

So, the art and skill of living life is how you enhance positive emotions and how you minimize negative emotions in your life. If we can keep the ratio of positive emotions vs negative emotions to 90:10 throughout the life, we can say that we had a great life.

I have designed an instrument to measure quality of life which is given in step 5.

6. Assessing Your Current Life Quality Score - Step 5

Let us now examine what is your current level of life quality score.

Assign rank to following emotions in range of 0 to 5 depending on its frequency in your life.

You have six possible answers for each emotion:

0= Not at all

1 =Very slightly

2 =A little

3 =Moderately

4 =Quite a bit

5 =Extremely

Emotions	Emotions
1.Happiness/Joy	11.Worry
2. Sadness/Upset	12. Love
3. Exited /enthusiastic	13. Guilty/ Ashamed
4. Jealousy	14. Inspired
5. Interest (Opp of boring)	15. Nervous
6. Anger	16. Contentment/ Fulfillment
7. Fear	17. Powerful/Confident
8. Stress	18. Depression/ frustration
9.Grateful	19. Active/Alert
10.Peace	20. Boredom/Emptiness

Now find our score A and B as under:

A: Sum your score for questions 1,3,5,9,10,12,14,16,17,19

B: Sum your score for questions 2,4,6,7,8,11,13,15,18,20

If $A > B$ You are Sukhiram- Cheer leader

If $B > A$ You are Dukhiram –Crying Baby

Quality of Life = $A + (50 - B)$

For eg – If score of A is 40 and score of B is 35.

$$\begin{aligned}\text{Quality of Life} &= 40 + (50 - 35) \\ &= 40 + 15 \\ &= 55\end{aligned}$$

Whatever your score is, do not worry. I am now giving prescription for achieving and maintaining 90 % score.

You should undertake this assessment every month to see your progress.

7.Achieving 90 % Life Quality Score - Step 6

Let us examine practical scenario around us and in our life.

1. Will people always behave as per your expectations?
Answer is no. Many times, your spouse, children, boss, colleagues, friends will not behave as per your expectations. (Even you are not always behaving as per their expectations.)
2. Situations will not always happen/develop as per your expectations.
3. There will be problems/ challenges in life till last breath- some small, some overwhelming.

So how we can live 90 % life in such scenario? Fortunately, there is one thing which is in our indirect control - our thoughts. Our thoughts decide quality of our life and outcome in all situations. Because we act as per our thoughts and accordingly, we get result in life.

“The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking.” Albert Einstein

The single most important determinant of positive emotions is quality of our thoughts. Our thoughts create our reality. Our life is manifestation of our thoughts. Our thoughts are energy and entire universe is energy. So, law of attraction works and our thoughts impact every area of our life such as health, relationships, professional life/ work and it also impacts overall consciousness of universe.

The Law of Attraction states that like attracts like. By maintaining a positive mindset and focusing on what we want rather than what we don't want, we can attract positive outcomes into our lives.

Every day we get around 50,000 to 70,000 average thoughts. However, 90 to 95 % of these thoughts are repetitive. Are we in control of our thoughts? Not directly. You Don't Cause Your Thoughts, Thoughts simply arise.

So how to ensure always having positive thoughts? Just the way we breath but are unmindful of the whole breathing process, a good thought should become automatic. It must be integral to our psyche. So how to achieve it?

I am sharing few ideas.

- a. **What goes in your mind defines your world.**
Garbage in, Garbage out. Positive in, Positive Out. Watch the content you consume and company of people you keep. It will impact quality of your thoughts. Avoid mental poison. Strip the complainers, excuse-makers and naysayers from your life today! It'll revolutionize your mindset, performance, happiness and impact. If these people are family members, then love them from afar. Or rather than associating with them daily do it weekly or monthly or quarterly. Surround yourself with Positive/Inspiring people and uplifting environment. Read inspiring books. Listen inspiring podcasts. The world is a projection of our mind. Change your thoughts and your world changes miraculously.
- b. **Concept of the "observer effect."** In physics, this effect suggests that the act of observing something

can influence its behavior. Apply this concept to the mind. By detaching from your thoughts and emotions and observing them objectively, you gain control over them. This allows you to choose your thoughts and shape your reality more consciously.

- c. **Consciously put positive thoughts/ affirmations/ empowering beliefs in your subconscious mind daily.** I have prepared list of positive thoughts/ affirmations and empowering beliefs which is given in annexure to this book. One should read it daily / weekly as it will serve as nutritious diet for our mind and in turn it will influence quality of our daily actions and quality of our life.
- d. **Challenge negative thoughts:** Negative thoughts can hold you back from reaching your full potential. Learn to challenge these thoughts by questioning their validity and replacing them with more positive and empowering ones. This shift in thinking can lead to a more optimistic and productive mindset.
- e. **Keep right intensions:** Let us go now one step further - it is not manifestation but the intention behind those thought matters. A thought with a good intention manifest in a good way and a thought with a malaise Intention will have a bad consequence. So, our intentions determine our destiny. Keep Right Intensions.

As you think, so you become. Quality of thoughts decides quality of life. The path to greatness starts with upgrading your thoughts.

“Strategy is about shaping the future.”

- Max Mckeown

8.Strategies to achieve 90 % quality life - Step 7

So based on above understanding, what should be our strategy to achieve 90 % quality life? I suggest following – 30- strategies to achieve 90 % quality life. These-30-strategies are based on –50- golden rules of living life given in next chapter.

1. Start day with prayer, affirmations and gratitude. Read compilation of positive thoughts/ empowering beliefs / affirmations given in Annexure. It will hardly take 5 to 10 minutes.
2. Daily visit of Garden / seashore / any natural place in morning for walk/ exercise/ yoga/ pranayama and to get sunlight and fresh air. Invest 25 minutes for walk, 25 minutes for light exercise or yoga asanas and 10 to 15 minutes for pranayama.

Why all -3- require? Walking alone is not adequate? No. Our body is having more than 250 joints. All joints do not get movement in walk. Rule of joints is use it or lose it. Hence light exercise/ yoga asanas are required to give movement to each joint.

Also, our body is made of fat and muscles. Exercise/ asanas keep our muscles flexible and strong. Exercise burns extra fat. Apart from this, there are many proven health Benefits of exercise/ yoga asanas.

Why pranayama is required? Our first act after taking birth is to take breath. Our last act will be of releasing breath. As long as breath is there, life is there. Our sedentary life style results in shallow breathing and in turn reduced capacity of our lungs. Pranayama restores full capacity of our lungs. Hence it must be part of our daily routine.

3. After completing walk/ exercise/ yoga, take healthy breakfast. Options are soup, salad of vegetables and sprouted pulses, overnight soaked nuts and seeds, coconut, curd, etc .
4. During the day, move more, sit less. Remain active throughout the day.
5. During Lunch and Dinner, ensure you eat 90 % healthy food. (Vegetables, Fruits, Nuts, Seeds, Cereals/Pulses/Lentils, Whole Grains, cold pressed oil, coconut, cow ghee, curd, Buttermilk, dates, Jaggary etc.) Reduce intake of processed food, sugar, salt etc. Avoid cold drinks and packaged fruit juices completely. Reduce or eliminate ultra processed food which are high on fat, sugar and salt. Risk of chronic diseases is reduced to a great extent if we reduce fast food. Take your Dinner by 7 pm (if this is not possible, at least avoid grains after 7 pm- rationale is that our life force can do only one activity at a time, either digestion or repairing body. If we eat late, digestion will go till morning and body will not get any time for recovery).
6. Ensure Mindful Eating. No distractions like mobile / TV during eating.
7. Ensure Deep restful Quality sleep. Do some stretching and deep breathing before sleep to ensure having quality sleep. As far as possible, do not use alarm for waking up. Allow it to happen naturally.

8. Ensuring annual health checkup of complete body including Complete Hemogram, D3, B12, Cholesterol/Lipid Profile, Kidney Profile, Diabetes Profile, Liver Profile, Skeletal Profile, Cardiac Profile, Dental checkup, BP, eye test PSA, in case of male, mammography in case of female. (normally people miss eye checking and teeth checking / cleaning). Also ensure to do BMD (Bone Merrow Density test) to see strength of bone once every five years,
9. If health checkup shows deficiency in D3, B12, Calcium, Bone Strength, etc, take supplements in consultation with your doctor.
10. Do one act of giving everyday- be it smile, good wishes, blessings, appreciation, mentoring, forgiving, any act of care or support, knowledge sharing etc.
11. Plan To read 100 best books. Daily reading of minimum half an hour.
12. Plan To listen 1000 best podcasts. Daily listening one podcast.
13. Practice The Pareto Principle (80/20 Rule): Focus on the 20% of actions that generate 80% of your results. Identify and optimize these key activities for maximum efficiency and impact. Make “To Do “list based on this and prioritize important /critical activities.
14. Give your 100 % in any task, personal or professional, small or big, without however attachment to results.
15. Do not miss any opportunity of appreciating others, both in personal and professional life.
16. Everyday try to build some network in your professional area.
17. Spend some quality time every day with your family/friends.
18. Do not miss any opportunity of celebration, be it birthday, marriage anniversary or some small or big achievements by any family members. Keep ‘Win

Diary' and write all achievements in it. Once in a month, read it to get positive stroke.

19. Schedule activities that nourish your mind, body, and spirit. Whether it's getting enough sleep, spending time in nature, or pursuing a creative hobby, listening music etc prioritize activities that replenish your energy. Fall in love with nature - trees, sky, air, flowers, sunlight - feel, observe, soak. For this, visiting natural places frequently
20. Daily dose of music at least for half an hour. Music is a great mood lifter.
21. Daily dose of humor - through jokes, comedy Shaw.
22. Daily meditation for 15 to 20 minutes.
23. Daily dance for 10 minutes preferably in the evening. It is a great anti stress therapy and great mood uplifter apart from giving some physical health benefits also.
24. Better management of money and investment. Do have some investment in mutual fund through SIP. Law of compound interest is like miracle and regular saving, howsoever small will give you amazing rerun in long term.
25. Reciting mantras for 20 minutes every day. Mantra chanting raises the vibrations, thus raising the energy within the body and mind, leading to healing, calmness, peace and tranquility.
26. Navigate / Bounce back in adverse situations, irritations, anger, bad days through right kind of thoughts and enhanced resilience.
27. Donate 5 to 10 % of your income towards good cause.
28. Be kind, friendly, compassionate and loving with others. Be more appreciative.
29. Be more grateful - acknowledge all good things and happenings in life by writing it in gratitude journal. End day with affirmations and gratitude.

30. Once in a month, undertake “Life Quality Assessment” test given in this book.

To summarize, strategy should not be focusing on changing the world (which is not possible), strategy should be focusing on changing you.

Living Life is also a skill and like any other skill, it requires to learn some ground rules and then practice it.

- Robin Sharma

9. 50- Golden Rules of Life

-50- Golden Rules of living a Great, Joyful, Meaningful and Contended life

Following are pillars of great life:

1. Achieving and maintaining Ultimate Health- Physical and Emotional
2. Nurturing Relationships -Building meaningful and energetic connections
3. Fulfilling Professional Life
4. Adequate money
5. Passion / hobby / Creative Engagements
6. Spiritual Exploration
7. Our contribution to society

Following -50- Golden rules/ learning's are covering above areas. I have also added some learning's for life after 60 / after retirement as many people do not take maximum advantage of these best years of life.

-50- Golden Rules of living life covering above areas

1. You Are the Designer and Author of Your Life.

You are the architect of your destiny. You have the power to create life you want. Past experiences shape us, but they don't dictate our future. You have the power to choose your thoughts, beliefs, and actions, shaping your life's narrative.

People, events and situations are not responsible for our feelings; our interpretations are responsible.

Choose to take ownership of your life. Take full responsibility of your life. No blame game or excuses. You create your life through quality of your thoughts and responses.

The biggest universal secret is “Your life is result of what you think.” Buddha.

If you are stuck in life, do not wait for environment to change, change your thoughts and situation will improve. You need a mind full of elevated thoughts to rise above the ordinary,

- 2. We can manifest our life by reprogramming our Subconscious mind (which is the miracle gift to us) by using techniques such as affirmations and visualization.**

Affirmations are positive thoughts in present tense. Reprogram the subconscious mind by consistently affirming positive statements and visualizing desired outcomes.

Where our potential lies? In subconscious mind. Open this gift.

When you visualize yourself achieving your goals, you're sending a message to your subconscious mind that you believe it's possible. Visualization can help you to stay motivated and focused and increase your chances of achieving your goals.

Understand concept of neuroplasticity, the brain's ability to reorganize and adapt in response to experiences and stimuli. It explains how repeated exposure to certain words and language patterns can

rewire neural pathways, leading to lasting changes in our cognitive and emotional functioning.

So. keep doing something new. Every new experience has the potential to enhance your brain's ability to change.

3. Respond rather than react.

Between the conditions around and your response to them is a space to think and make decision/ choice.

You can choose to try remodeling the world, or you can start by changing your reaction to it. Your choices should be aligned to what outcomes you want in life.

Detach from your thoughts and emotions. Imagine them as passing clouds; you are the vast sky observing them. By detaching from these mental states, you gain the power to choose your response rather than being a prisoner of your automatic reactions. This space of observation allows you to choose your thoughts and shape your reality more consciously.

Choose your thoughts / beliefs / actions in alignment with what you want. Your words are clothes of your thoughts. Life can be good even in adverse situations if our response / our thoughts/ our attitude is right.

4. Be giver in life. Choose to be Giver.

More you give, more you gain. Our approach in life should be always giving rather than expecting or wanting.

Why should we do it? Giving increases our soul power and brings contentment. Everything in nature does it. The sun gives light and heat. Trees give fresh oxygen. Flowers give fragrance. Rivers give water. No element in nature works with a selfish purpose except humans. Selfishness only gives misery. Life will become worthwhile when we do everything with an intention of giving. Shift your focus from profiteering to offering. Shift approach from taking to giving. Ignite your inner power to give.

As B K Shivani, spiritual leader says, “If we reflect on ourselves, our intentions, thoughts, words and actions are often inclined towards wanting. We believe,” I need love, I should be respected, I want people to meet my expectations, I want situations to be my way ... there is so much that we want. At times we get we want and at other times we do not. If everyone is standing on side of want, who will give? Happiness is never garneted on the side of “wants”. So, shift from wanting to giving.”

Give respect. Give appreciation. Give smile. Give support. Give good wishes. If your elderly people, give blessings. Every Individual is born with a distinctive gift, an inborn talent. Identity your talent and use it to make positive difference to others. Keep giving without any expectations.

Every scene presents an opportunity for us to give; By shifting from expectations to acceptance- we give love.

By forgiving people- we give compassion. By shifting from criticism or gossip to appreciation, we give respect.

By shifting from jealousy or competition to understanding that everyone is getting according to their Karmas, we give cooperation.

What is difference between takers and givers? Taker feels world is created for our pleasure. Giver feel world is meant for all. Taker always feels scarcity and hence always try to grab. Giver have a mindset of abundance. Hence, they share and cooperate. When you are taker, your desire increases. But if you are a giver, your desires will decrease. Whether through your work, relationships, or creative pursuits, the world is waiting for what you can offer.

5. Fall in love with love. Love People for who they are. Love every living being unconditionally.

What is most important thing in your life? Success, money, health, relationships your profession or love? One of the top answers should be love. What is love? In love, you feel one, you feel connected. If we analyze emotion of love, it is an expression of our deep connection. We end up loving a person in whose presence we feel accepted, connected, cared for and completely validated.

On the other hand, loss of connection with others leads to our feeling deep void, emptiness, loneliness, sadness or grief.

To love abundantly is to live abundantly. Let us first seek love and everything else will be added. We all have great need to be loved. Our ultimate search in life is for pure love. Love is the most beautiful emotion/ feeling. Even if you become the most successful in your life, it would be worth nothing if you had no love in your heart. Life has come from love and love sustains life. Prem hi Parmeshwar. (Love is God).

Be of pure heart. See beauty and divinity in every living being. Ensure your mind is devoid of hate, craving and aversion. Spread love. Ensure that your every act is full of love.

Love can never be exclusive. The sun does not choose to shine on some flowers in the garden and not others. Love is inclusive and has many faces - apart from romance, caring, listening, sharing from the heart, just accepting someone for what they are right now/ unconditional acceptance, are all acts of love, as long as you seek nothing in return.

Expand your circle of love. Feel one with people, and life becomes extraordinary. Without the touch of love, life is incomplete. The larger your circle of love, the greater the happiness.

Neema Majmudar, very well-known teacher and author of Indian Philosophy, particularly Vedanta defines universal love and also elaborate it beautifully. She says universal love is an outcome of understanding our connection with everything else. The whole world is one vast, intelligent cosmic order, which connects us to everyone and everything.

For example, the iron in hemoglobin molecule, which runs in our blood comes from iron particles that were released by the collision of stars. The food that we eat is quietly produced by plant kingdom with the help of Sun, water and earth. The house that we live in, the cars in which we travel, the entire economic, social and physical infra-available to us are an outcome of contribution of countless people whose names and identities are not known to us.

The world is vast network of connection, and our existence is deeply intertwined with everyone else through the intelligent order of universe. If we are alive to this connection, our lives are lived with different expressions of love. We understand that all our accomplishments can be attributed to countless factors, including our efforts, contribution of parents, teachers, friends, and employees. This makes more grateful and less conceited.

As we see the generosity in the creation, we begin to open our hearts and reach out to others. We feel empowered as we understand that what we do today connects us to future outcomes. As we are all part of one large cosmic order, we take utmost care not to harm any being that includes humans, animals and plant kingdom through thoughts, deeds and speech. It makes us more accommodative towards others.

We protect ourselves against abuse and exploitation but without anger or hatred towards others. For instance, if teeth bite tongue, we take enough precaution to ensure that our tongue does not get hurt again but we don't start hating the teeth.

Recognizing and honoring this connection through above attitudes and acts is an expression of universal love. Our connection to countless others can be expressed through care, compassion, non-labelling, gratitude, not hurting living beings and environment. As we express love in different forms through our behavior, we not only bring about external harmony but increase our own levels of satisfaction, cheerfulness, and joy.

On the other hand, if we are oblivious to the reality of connection, many emotions such as hatred, pride, loneliness, isolation, dissatisfaction and depression, can emerge.

To conclude, the Upanishads and Gita show us the reality of connection. If we grasp this reality, different expressions of universal love towards every being will flow naturally and organically. Look at flower. Irrespective of who comes by, flowers give fragrance. Come from context that you are flower showering joy and love to everyone.

Remember that song of movie Shore?

एक प्यार का नगमा है

मौजों की खानी है

ज़िंदगी और कुछ भी नहीं

तेरी मेरी कहानी है

एक प्यार का नगमा है

कुछ पाकर खोना है

कुछ खोकर पाना है

जीवन का मतलब तो

आना और जाना है

दो पल के जीवन से

इक उम्र चुरानी है

and also song from movie Khamoshi ?

सिर्फ़ एहसास है ये रूह से महसूस करो

प्यार को प्यार ही रहने दो कोई नाम न दो प्यार कोई बोल नहीं,
प्यार आवाज़ नहीं एक खामोशी है सुनती है कहा करती है न ये
बुझती है न रुकती है न ठहरी है कहीं नूर की बूँद है सदियों से
बहा करती है

6. Practice acceptance.

There is a famous quote, "Grant me the serenity to accept the things I cannot change, courage to change the things I can and Wisdom to know the difference." - (Reinhold Niebuhr)

Will you accept imperfect flow of life or you will fight it? Will you find peace in present situation (good or bad) and present moment?

Sooner you Accept good and bad things that life throws at you, the lighter you will feel. You will come out of suffering. Practice Acceptance.

Nothing is perfect in this world, no situations, no human being, no organizations. Look at brighter side of people, situations and organizations. Life is a beautiful balance between what we can influence/change and what we need to accept. Understanding the difference will lead us to peace and empowerment. True happiness comes from accepting the things we cannot change. By acknowledging and embracing the realities of life, such as impermanence, uncertainty, and the fact that we all have limitations, we can find peace and contentment.

There is Japanese philosophy that is encapsulated in the term “Uketamo” which means “I humbly accept with an open heart.” You suffered an accident? Accept. You had break up? Accept.

When you resist the flow and fight it, you may grow weaker, feel more pain and you suffer more.

On the other hand, if you relax and go with the flow, accepting the things you cannot change, you will be able to stay calm, strong and steady.

This is essence of Uketamo. The more acceptance of life, the more life blossoms.

7. Keep empowering beliefs and eradicate limiting beliefs.

Examine beliefs you holding in your life. Beliefs are deep rooted thoughts/opinions, something you believe even without evidence.

Like many people believe in God, whereas many people do not believe in God. Both are beliefs.

Believe in something to make it your reality. Shift in Beliefs is a game changer. No change in belief, no change in life.

Some examples of limiting beliefs:

- a. I am not smart / Beautiful/ adequate.
- b. I cannot do this.

Examples of Empowering beliefs:

- a. Health is my top priority.
- b. I have a tremendous potential.
- c. Age is just number. One can do any activity at any age.
- d. Efforts has a greater significance than results.
- e. You can grow till last breath.
- f. I am in this world to give.
- g. Talent is not ultimate game, attitude and consistency is ultimate.
- h. Failure is merely stepping stone. Failure is part of success, not opposite to success.
- i. I am more powerful than any problem.
- j. EQ (emotional intelligence) is more important than IQ.

k. Continuous learning is key to grow both professionally and personally.

l. Winners never cheat. If you lie to yourself, you will never grow.

m. Real growth happens outside comfort zone.

n. I feel comfortable in uncomfortable situations.

8. Adopt Positive / Victor Attitude and avoid Negative/ Victim attitude.

What is your everyday outlook? Do you always have a Victor/ positive outlook or a Victim/ negative outlook?

Are you constantly complaining, criticizing, blaming, finding fault, giving excuses, or having jealousy?

Do you react or respond when people do not behave according to your expectations or situations do not happen as you desire?

There are two ways to look at every situation in life. Is the Cup half empty or is the cup half full.

One man was not worried about his becoming bald. He declared "I have less hair to comb!". Another man in identical situation moaned, "I have more face to wash!".

You may look adverse situations as problems or as opportunity to grow. You may focus on petty things in life or you may focus on larger picture and issue. When we change the way, we look at things and people, then the things and people we look at change.

Apart from positive attitude, also develop "Never give up" attitude. The road to success is rarely smooth. Be prepared for setbacks and maintain a "never give up" attitude. Focus on brighter side of people and situations. Every people and situation have two sides - one brighter / optimistic and another negative / pessimistic.

We have choice where to focus our energy. Life is all about choices we make. Our choices decide quality of life.

Nick Vujicic is an Australian who born with tetra-amelia syndrome, a rare disorder characterized by the absence of arms and legs. In initial period of life, he was in pain as he was focusing what he was lacking. Then he decided to focus on what he had- powerful mind - and once he chose this new outlook, his life changed and now he is motivational speaker and author enjoying his life fully. You can find lot of inspirational video clips in YouTube.

9. Investing in learning is game changer.

All it takes one idea to transform your life. Do not sleep till you complete few minutes learning daily.

Be lifelong learner. Continuous learning is key to grow both professionally and personally.

You can grow till last breath. Seek wisdom from mentors, role models, blogs, books, and life experiences.

Learn from criticisms. Instead of being defensive, see criticism as an opportunity for growth.

Stay open minded.

Embrace new ideas and perspectives. Develop a curious mindset.

10. **Health is wealth.**

Body is precious gift to us. If **someone give you diamond having price of Rs. 500 crores, how you will preserve it? In the same way, you should take care of your body.**

Health Should be the top priority of Life. Taking care of your body is an investment where the return is priceless.

Invest –1- hour daily for health, (25 minutes' walk, 25 minutes exercise /yoga and 10 minutes Pranayama.

During the day, move more, sit less.

Ensure you eat 90 % healthy food. (Vegetables, Fruits, Nuts, Seeds, Cereals/Pulses/Lentils, Whole Grains, cold compressed oil, coconut, cow ghee, curd, Buttermilk, dates, Jaggary etc.) Reduce intake of processed food, sugar, salt etc. . Avoid cold drinks and packaged fruit juices completely.

Reduce or eliminate ultra processed food which are high on fat, sugar and salt Risk of chronic diseases is reduced to a great extent if we reduce fast food.

Take your Dinner by 7 pm (if this is not possible, at least avoid grains after 7 pm-rationale is that our life force can do only one activity at a time, either digestion or repairing body. If we eat late, digestion will go till morning and body will not get any time for recovery).

Remain adequately hydrated.

Ensure quality sleep.

Once in a year go for health checkup including dental and eye checkup as prevention is airways better than cure.

11. Good relationships are the key to a happy and fulfilling life.

Most of our relationships are like roller coaster ride. There are occasional highs and many times lows. Initial thrills do not last long. Everything is not sunshine and roses. Family can bring us the highest highs and lowest lows.

Why so? There are couple of reasons for this.

- a. Most of the time we operate from expectations from others not focusing on what we can give in relationships.
- b. We are not perfect, but in relationships we expect perfection from others.
- c. Being appreciated is fundamental human need. However, most of good things we take for granted and never appreciate others.
- d. Attachment to "I am right "attitude.
- e. Tendency to control or dominate others.

So, first shift to improve relationships is drop your expectations and be giver. Keep on reflecting what you can give to your spouse, son, daughter, parents, boss, colleagues, friends. You will have amazingly satisfying relationships.

Do unto others as you would have them do unto you. If you want good spouse, first be good spouse. If you want good friend, first be good friend. This is highest principle of relationships, universal teaching found in all religions.

Also Let go of control: We often try to control every aspect of our lives, believing that it will bring us happiness. letting go of the need for control is liberating. We cannot control everything, and by accepting this, we can find freedom and open ourselves up to new possibilities.

Acceptance, appreciation, deep communication; little acts of caring, empathy are pillars for any great relationships.

12. Strong social connections are essential for well-being.

An 80-yearlong very comprehensive Harvard Research on relationships give some interesting findings.

Researchers have revealed how happy we are in our relationships has a strong influence on happiness, and as a result, on our overall health.

Harvard study has also found good friends are more

important to happiness than money or success. Treasure Friendship, the reciprocal attachment that fills the need for affiliation. We all carry the need for association and affiliation with others and a need for friendship. No amount of wealth, status, or power can adequately compensate for a life devoid of genuine friends.

13. Top Secret to nurture relationships-whenver you have problem in any relationship or feel low energy, start giving positive vibrations to that person at thought level.

What we do normally is behave well but not pays attention to thoughts. Our thoughts are also energy and when we send positive energy, we will get it back because what we throw in universe, we get it back.

Experiment and see miracles. You can heal any relationships by adopting this strategy.

14. Give roots and wings to your children.

Focus on making them good human being. Use your wisdom and experience to nurture values in them.

However apart from this, allow them to choose their career, life partner and give freedom in their choices / decisions.

15. Have a clear vision and set specific goals to achieve it.

By knowing what you want to accomplish and creating a roadmap to get there, you can stay focused and motivated.

Poor plan is much better than having no plan. Have clarity of goals / vision of life followed by appropriate strategy and then relentless execution.

16. Work for a higher ideal.

Why are you working? If it is only for personal profit and pleasure, you become mediocre.

Motivated by a higher ideal you become amazingly successful.

Don Bradman did not play cricket for money.

Ustad Bismillah Khan played the shehnai for the love of it.

Einstein was dedicated to Physics.

We should broaden our perspective and apart from our financial requirement, objective of professional life should also be

- a. To create value in our lives and
- b. To create value in others.

Professional life will also provide the joy of seeing one's creative ideas spawn into reality.

17. Perform your duties without expectations.

Indic scriptures and philosophy regard work as a duty to be performed without expectation.

The Bhagwad Gita says, 'Karmanye Vadhikaraste, Ma phaleshu kadachana' – you have the right to perform actions, but you have no right to fruits.

Efforts has a greater significance than results.

Give 100 % in any task, Professional or Personal, without attachment to result.

Strive for excellence but not perfection.

Action is under your command. Fruit is dependent on factors beyond your influence. Dependence on the fruit makes you a slave to the world.

A century in cricket or a promotion at work is not under your control. But nobody can take away the fact that you are an outstanding person.

Find fulfilment in the action. Give your best to it. You gain merit. You become independent of the result, and success comes to you.

18. Do not get stuck in comfort zone. Real growth happens outside comfort zone.

Do you shy away from challenges because you crave comfort over growth? Discomfort is the Catalyst for Growth, not a Roadblock. Change is rarely comfortable.

We naturally resist stepping outside our comfort zones.

Accept discomfort as an inevitable part of the growth process. Instead of fearing discomfort, embrace it as an opportunity to build resilience and gain a deeper understanding of yourself.

Lean into the challenges, use them as stepping stones, and emerge stronger and more self-aware on the other side.

19. Practice the concept of kaizen, a Japanese philosophy of continuous improvement through small, incremental changes. It emphasizes the idea that significant transformations can be achieved by consistently taking small steps forward.

Start Small: Kaizen encourages starting with small, manageable changes that are easy to implement. These small steps are less intimidating and more likely to be sustained over time.

Consistency Is Key: Consistency is crucial for success in kaizen. It's essential to commit to making small improvements regularly, even if they seem insignificant at first.

Focus on Process: Kaizen emphasizes focusing on the process rather than the end result. By improving processes and habits, you can achieve better outcomes in the long run.

Seek Feedback: Feedback is essential for identifying areas for improvement in kaizen. Actively seek feedback from others and use it to adjust your approach and make further improvements.

Eliminate Waste: Kaizen encourages identifying and eliminating waste in all its forms, whether it's wasted time, resources, or effort. By streamlining processes and eliminating inefficiencies, you can achieve better results with less effort.

Create a Supportive Environment: Surround yourself with people who support your goals and encourage your efforts towards continuous improvement. A supportive environment can help you stay motivated and overcome obstacles.

Celebrate Progress: Celebrate your progress, no matter how small. Recognizing and celebrating your achievements can help maintain motivation and momentum towards your goals.

20. Practice The Pareto Principle (80/20 Rule).

Focus on the 20% of actions that generate 80% of your results. Identify and optimize these key activities for maximum efficiency and impact.

21. Build network of allies and mentors.

Cultivate relationships with influential people who can provide guidance, support and opportunities for advancement,

22. Be authentic if you want to be power in the world.

This means being honest with ourselves, embracing our strengths and weaknesses, and living in accordance with our values.

By living authentically, we can experience a sense of fulfillment and genuine happiness.

23. Radiate self-confidence and joy.

How this will happen? When you Embrace Your Uniqueness: Don't compare yourself to others. Celebrate your individuality and the things that make you special.

Elevate the power of self-expression. It will come through learning and practice.

24. In Professional life, cultivate oneness, cooperation and harmony.

The adrenaline that comes with competition should be replaced by the quiet strength of love. You should move from a deeply entrenched feeling of antagonism to that of understanding and respect.

Your happiness multiplies and you become an outstanding leader.

25. Spot goodness in others.

We are usually very good at spotting mistakes, but we should develop the quality of also spotting goodness.

Look at at least one quality, specialty, skill or talent in everyone. Turn your mind and eyes away from any weakness or weaknesses you see in anyone.

26. Winners never cheat. Do not Compromise on values/Integrity/honesty.

Have an ethical fitness. If you lie to yourself, you will never grow.

One can create wealth by adopting a work ethic and not abandoning it. A work ethic that respects human values, breeds modesty and humility and transforms each member of the team into a karm yogi. Who is Karm Yogi? Karm Yogi is an individual who works with sincerity, dedication and a deep respect for what he does. Because for such karm yogis, their work defines them. Their selfless approach to work and their commitment to their values pave their path to salvation.

Prioritize high values.

Be Impeccable with Your Word: Speak with integrity, honesty, and kindness, both towards ourselves and others. Choosing our words carefully fosters positive communication and avoids unnecessary negativity.

27.Enhance Resilience in the face of adversity. Bounce back from setbacks, learn from failures, and develop the mental toughness to persevere through challenges.

Mental toughness is the ability to persevere through difficult times and setbacks. It's the ability to stay focused and motivated, even when things are tough. Mental toughness is essential for success in any competitive environment.

Be strong enough to accept the challenges of life. Do not say why me? Instead say “try me”. That is the spirit of life.

In the midst of challenges, remember to keep floating and dancing through life. Find your grace and strength to rise/ bounce back. Embrace every moment with elegance and resilience. Have a confidence that you are more powerful than any problem or challenge that you are facing. Heated gold becomes ornament. Beaten copper becomes wires. Depleted stones become statue. So, the more challenges you get in life, you become more valuable. They say in boxing; it does not matter how hard you punch. What actually matter is how hard a punch you can take and continue fighting. It is the same with life. Every test in our life makes us bitter or better. Every problem comes to make us or break us. The choice is ours, to become victim or victorious.

28.True success is happiness, fulfilment, undying smile and full confidence to face any situations in life

What is your perception about success? Lots of money? Lots of achievements? Lots of fame? Lots of power? Success should be seen as confidence to face any situation and ability to keep smile intact at all times.

There is no easy way to success. All successful cricketers, artist, professionals work hard to achieve their dreams.

Nobody can achieve greatness alone. Recognize the pivotal role of team work in achieving success. Inspire others with a higher purpose. Reach out to them with love and affection. Give them reason to come to work excitedly, for the cause/ vision/ mission, not just for pay cheque. Empathize, appreciate and applaud. The positive effect will be profound. Give them the credit they deserve.

While doing all this and giving 100 % efforts, also remember that Positions/ designations/ success/achievements are temporary. Spend more energy on becoming a good /pure human being.

29. Invest 10/15/20 % of your earnings to take advantage of law of compounded interest.

Compound interest is considered one of the great miracles. A regular investment of even small amount gives amazing return in long term.

Golden rule of investment is that all eggs should not be in one basket. That means, you should spread your investment.

It is said that you require 50 times fund of your yearly expenses to live comfortable life post-retirement. Suppose your yearly expenses is Rs10 lacs, you need Rs 5 crore as your retirement fund.

Understand rule 8:4:3 for investment. What is this rule? If you invest Rs. 62,000 every month at @12% (this is possible in mutual fund), you will reach Rs. 1 crore in 8 years. Next one crore will happen in 4 years. 3rd crore will happen in 3 years. By 20th year, you will accumulate Rs. 10 crores. After 20 years, you will be able to add Rs. 1 crore every 10 months.

30. Explore Spirituality.

It is wrong belief that spirituality is for old/ retired people. It is also myth to believe that spiritual life means giving up wealth, aspirations and comfort.

Spirituality is an empowering tool which will facilitate you in living life in a much better way.

Sri Sri Ravishankar, well known Spiritual Guru says everyone wants Unconditional love, Undying happiness, Greatest bliss, Freedom, Connectivity to others, Connectivity to self / centeredness. Only spiritual exploration can provide it. Thus, everyone is spiritual seeker. Problem is we search it at wrong places.

As per spirituality, **Who are you ? Body ? mind ? Various Roles played by you - father, mother, son, daughter, brother, sister, boss, colleague, friend ? No- You are an eternal soul. Your body is just a perishable costume.**

You are not of any caste or religion or nation. You do not have any form. You are not childhood. You witnessed childhood. You are not youth. You witnessed youth. You are not old. You are witnessing it. Like Railway stations, they go on changing: Childhood, youth, old age. The traveler keeps moving.

You are the observer, witness who is inside passing through all these stations. You are pure witnessing consciousness/ awareness, complete, perfect, unchanging, blissful.

31. Believe that this world is grand play and we merely play character.

Whenever you feel joy, know your character is feeling joy, when you are sad, know your character is feeling sadness. If anger is coming, know your character is feeling anger.

Nothing touches your soul which remains pure. Once you develop this awareness, life will blossom. Maya, illusory power of Brahman, creates the illusion that the world is real. Once you know life is play and your soul remains pure forever, you will not be impacted by ups and downs of life. You will easily achieve equanimity.

32. Meditation is the best source of permanent happiness- bliss, for internal cleaning and for self-realization.

Most of the spiritual leaders and paths are common on this aspect.

Osho adds do not do meditation in serious way. Do it lightly. Do it with joy. Life should be celebration. Meditation should be celebration. Choose to meditate once or twice daily for 15 to 20 minutes.

Sri Sri Ravishankar, Spiritual Guru gives 3 golden rules for meditation: During meditation remember and feel

- a. I do not want anything for next few minutes.
- b. I am nothing.
- c. I am not required to do anything.

Meditation is not about doing something. It is not about achieving something. Meditation is about forgetting yourself. Meditation is about killing the meditator.

The doer must disappear. For once the doer disappears, his masterpiece appears. How can there be meditation when there is a doer? As long as there is doing, there is illusion. As long as the doer is present, the ego is present.

Ashtavakra Rishi says becoming a witness is meditation. Then the doer disappears; you remain only as watcher, nothing but the observer. When you are nothing but the observer, then only is there darshan, seeing; then only is there meditation, then only is there wisdom.

33. Observe silence for few minutes periodically.

Einstein said "I think a hundred times then swim in silence and the answer comes". That is the power of

silence. It helps in inner peace/ tranquility and also connecting with self.

Krishna says in the Bhagwat Gita “Of secrets. I am also silence.

“The first step is Vak Maun- silence of speech.

Human energy is often wasted in useless talk. The tongue sometimes does more harm than the bullet. Sensible people speak only when necessary.

Second step is to feel separate from thoughts, feeling that they are coming from outside and reject them before they enter the mind.

Third step is chitta maun/ silence of the mind. Again 3 parts / buddhi Mauna, (silence of intellect), ahamkara ego (silence of the ego) and ichha mauna (silence of the desire).

Fourth step is silence of the senses, made possible by withdrawing each sense from its distracting object.

Silence is stabilized by observing the flow of thoughts, as they arise, swell, dilute or subside, and then taking a quantum jump into pure void of higher consciousness. Whispers from the divine are heightened when the mind is genuinely quit and composed.

How one can practice it?

- a. Few minutes every day
- b. On Mauni Amavasya

- c. While morning walk or evening walk
- d. While waiting
- e. During travel.

Do practice it.

34. Practice surrender.

Surrender all your worries and fears to divine.
Analyse what is in your control, the things that can be influenced and changed by your actions, not about the things that are beyond your capacity to direct or alter.

You keep taking actions on issues in your control, but when you surrender your fear and worries, you will be able to minimize negative emotions.

35. Choose to reflect and understand on happiness.

No one says, "I do not want to be happy." Everyone is looking for happiness in different places.

Anything that brings temporary happiness like possession of material goods, will only create more greed, and an unending circle of joy and sorrow. Your happiness should not become the cause of unhappiness.

To define happiness is a slippery task as each one of us has a different notion of happiness.

Happiness is really a mindset, a mental attitude. Your body may experience disease and pain, while your mind might be happy.

Conversely, your body may be fit and healthy, but your mind is filled with unhappiness due to turmoil.

Therefore, you need to discover what makes you unhappy and overcome that root cause.

Happiness is not a set of emotions but a cessation of all negative emotions. When you are at peace, free of contamination, that is happiness.

Unfulfilled desires, fear, anxiety, jealousy and anger are all causes of unhappiness.

If anger is the root cause of your discomfort, find out the root cause of anger and try to overcome it. Learn to differentiate between actor and action.

The Buddha did not see the person with negative emotions as the enemy; he recognized kleshas, negativities, as enemy. In other words, hate the sin but love the sinner.

Only something that is the opposite nature of fire, can put out the fire. Overcome anger with compassion, violence with love.

Under the complete influence of negative emotions, the actor has no freedom and so no control over himself. Hence, we need to address the cause and not the symptom.

Last but not the least, never compare, complain or criticize. When you compare yourself with others, you forget your true identity and personality.

Happiness is temporary. Bliss is permanent. How to move from happiness to bliss? From temporary to permanent?

Insight is given in the book “Atmamun: The Path to Achieving the Bliss” by Kapil Gupta. Happiness and misery are two sides of the very same coin. To seek one is to seek the other. Bliss is beyond happiness and sadness. Bliss is not dependent on any event. It is a byproduct of wisdom. Bliss is abandonment of search of happiness. Bliss is the way. Seeing life as observer - seeing life as drama. Dropping I. Detaching from mind and body.

Once you are detached from mind, you have no more desires, no conflicts, no judgments or perceptions about people or situations, no labels, no envy, in fact there are no others. Only bliss stays.

Till you achieve this state, at least ensure pure state of mind by pure thoughts and high ethical values.

36. Put your house in order and be organised.

“Life truly begins only after you have put your house in order.” – Marie Kondo.

There is well known Japanese “KonMari Method” which encourages tidying by category – not by location – beginning with clothes, then moving on to books, papers, miscellaneous items, and, finally, sentimental items.

Keep only those things that speak to the heart, and discard items that no longer spark joy. Thank them for their service – then let them go.

People around the world have been drawn to this philosophy not only due to its effectiveness, but also because it places great importance on being mindful, introspective and forward-looking.

Why tidy? The true goal of tidying is to clear away clutter so you can live the life you want.

When you put your house in order using the Kon Mari Method, you have no choice but to listen to your inner voice – because the question of what you want to own is actually the question of how you want to live your life.

When you reassess your belongings and organize your home, you set the stage for a huge transformation. This is the magic of tidying!

37. Practice Mindfulness. Give 100 % efforts in whatever you do.

Once you do this, worry will disappear. You will automatically remain in present.

If you are singing bhajans it should come from every cell of body.

If you are eating, your 100 % focus should be on eating.

If you are walking, your 100 % focus should be on every step.

Choose to live in present moment accepting it fully without any label like good or bad. we all have a treasure of radiant joy and unshakable peace in ourselves / within us. Unfortunately, we look for joy, peace, love from outside, from objects, from people, from events.

The treasure within us not only includes what we are looking from outside but also infinitely greater than anything the world can offer.

Again, how to achieve it?

By watching the mechanics of the mind, you step out of its resistant patterns. If you no longer want to create pain for yourself and others, make the present moment as primary focus of your life.

Mind will again sometimes try to label present moment as unpleasant or unacceptable. Now since you are observer, you will not come in this labelling trap of mind. Whatever the present moment contains, accept it as if you had chosen it. This will miraculously transform your life. Your attention is fully and intensely in now - present moment.

38. Live every day as if it is your last day.

For this, adopt Buddhist Practice of imagining every day, have a little bird on your shoulder that asks,

“Is today the day I am going to die?

Am I ready?

Am I doing all I need to do?

Am I the person I want to be?

When we do this, we come to appreciate all that is beautiful and worthwhile on this earth- nature's seasons; sunrise and sunset; night and day; the earth's green cover, human kindness, fortitude, the creative spirit.

Look at everything as though you are seeing it for the last time and you will appreciate it all more. Why wait for another birthday?

Live every day a bonus. Seize the day and celebrate your survival on the planet earth.

39. Schedule activities that nourish your mind, body, and spirit.

Whether it's getting enough sleep, spending time in nature, or pursuing a creative hobby, prioritize activities that replenish your energy and equip you to handle challenges and pursue your goals with a renewed sense of purpose and vitality.

40. Practice two beautiful Japanese philosophies. Mudita and Webi Sebi,

One is Mudita- To Be happy in others achievements- Drive out envy of those who have done better than you in life.

Another beautiful Japanese philosophy is webi sebi. Wabi Sabi teaches us to seek beauty in imperfection.

Who we are and who or what we have in life will always be far from perfect, and let's learn to be okay

with that. What makes life's journey beautiful is not how perfect it is but how happy it is. Seek happiness, not perfection- accept Imperfections.

41. Do not Compare.

Mind is hooked to comparisons. Everyone has a different journey. When we compare ourselves with others, we want to be like them. Instead, let us have our self-respect and self-esteem. However, you can learn from Role Models. If at all we need to compare, compare with self.

42. Age gracefully.

As we enter our sixties, seventies and eighties, these are our golden years. Be grateful for these extra days, the bonus of an extended life.

Enjoy your well-earned rest. Read a little. Write a little. Listen music. Look up at stars. See how they feel the night with brightness.

43. Age is just a number. Do not allow age to deter you from pursuing your hobby or passion. You can do any activity at any age. It is mind over matter.

There are numerous examples to support this. Bakulaben Patel from Surat decides to learn Argantram- seven years dance course at age of 68, completed it when she was 75 and gave 90 minutes stage performance to accomplish this.

Waheeda Raheman , famous actress, learned wild life photography in her 80s and also organize exhibition of her photographs. Her next dream is to learn Cuba diving.

44.Live close to nature and your spirit will not be easily broken. Spend some time in nature every day.

When you slow down, you can notice the subtle details and colors of nature, such as the flowers, the trees, the sky, and the animals.

You can also feel the breeze, the warmth, and the freshness of the air.

You can appreciate the cycles and rhythms of nature, and how they reflect your own inner states.

You can see that nature is a source of healing, inspiration, and joy. Spend some time in listening music or playing musical instrument.

45.Embracing impermanence: Everything in life is impermanent,including relationships, experiences, and even our own existence.

Instead of resisting this truth, embrace it. By recognizing the transient nature of life, we can fully appreciate the present moment and find joy in the ever-changing nature of our experiences.

हर घड़ी बदल रही है रूप ज़िंदगी छाँव है कभी, कभी है धूप
ज़िंदगी हर पल यहाँ जी भर जियो जो है समाँ कल हो न हो

(Every moment, ,life is changing, some times it is sunshine, sometimes it is shade. Live every moment fully. We may not get this moment again.)

46. Express more Gratitude. Count your blessings.

Gratitude means not taking any good things in life for granted but acknowledging it and feeling grateful about good people and good things in our life.

Energy flows where attention goes; and that grows where attention flows.

Appreciate the good things of Life. Sunrise, Sunset, Flowers, Birds. Be thankful for the good times you have with your loved ones.

Feel Deep gratitude for every breath, every profound experience, every achievement and every energetic relationship.

Always count your blessings.

We normally take positive things in our life for granted. Are you still healthy? Did you get your lunch and dinner today? Do you have house? Are your loved ones around / with you?

There is simple but so many positive things in our life which we do not acknowledge.

Practice this, whenever you face some adverse situation or failure, try to find out something positive and be grateful for it.

Practice writing journal everyday covering gratitude and small wins. "You may call it Win Diary and Gratitude Journal." Research indicates that those who are journaling daily are 25 % happier.

47. Add fun in your life. Choose smile, humor and fun. Cultivate more humor and laughter.

Laughter is the best medicine.

When you go anywhere, carry smile and fun with you. You should be bundle of joy and warmth.

Randy Paush who was suffering from terminal disease said in his last lecture, "Never ever underestimate the importance of having fun. I am dying soon and I am choosing to have fun today, tomorrow and every other day I have left."

48. Be ever forgiving.

Practice forgiving *both for yourself and others*.

Letting go of negativity allows you to release the burden of the past and move forward with a lighter heart.

Forgive yourself for past mistakes, forgive others for their transgressions, and free yourself to focus on the present and the exciting possibilities that lie ahead.

49. Do not feel lonely.

The entire universe is inside you." Rumi

When you are down and out (feeling low), lift up your head and shout,” It is going to be a great day.”

Singing is a great remedy for depression. Singing brings joy and solace.

Another great therapy for depression is walking. Enjoy walking.

Third remedy is books. Reading is a lifelong intoxication.

50. Make a positive difference to situations, people and organization. Contribute in making this world a better place.

Identify your passion, talent, or gift. Set a higher goal in that field. Work in a spirit of service. Shift from consumer to contributor.

10. Concluding Insights

1. Keep high aspirations and made efforts to achieve it, but remember, there is more to life than promotions, achievements, interest rates, dividends, market forces and infinite technology.

जीवन जीतने के लिए नहीं बल्कि आनंदपूर्वक जीने के लिए है.

Do this activity. Presume you are serving notice period in your organization. How your perceptions will change? You will realize that there is much more to life beyond your work. You will also realize that you are ignoring areas such as Your health and Relationships.

Positions/designations/success/achievements are temporary. Spend more energy on becoming a good /pure human being.

2. Extraordinary Life or great life does not mean how much money or how big house or how many cars or how many achievements you got?

Extraordinary Life means are you growing every day? Are you investing in health and relationships? Are you more loving every day? Are you more confident and fearless every day? Are you more giving, contributing and making positive difference to others? And above all do you have fire inside you to live extraordinary life? Each of us has huge potential to live great life. Do it.

3. Present circumstances have made life far more competitive, demanding, and stressful, resulting in a spike in lifestyle diseases like diabetes and hypertension.

We can't control the uncontrollable, especially world situations that have little direct influence on our daily lives.

Focus on changing yourself, since this is all, you can actually control. Make you internally strong.

Commit to stop useless thoughts. Useless thoughts are those related to situations not in your control and without a useful purpose. Also regrets about past and worries about future are useless thoughts. Some other examples of useless thoughts: a. I wonder what — is thinking about me? (Who cares?) Do you really want to waste your time, energy, and life on useless thoughts?

4. **Move on. Don't get stuck in life at any stage.**
We normally get stuck at occasions like break up, death of loved ones, during failures, defeat etc . Do not get stuck. Move on.

Watch little stream in front of you. It seemed to be dancing as it tumbled over little rocks and stones on its way. It never gets tired of flowing. It was not flowing because someone asked it to but because that was in its nature. Though separate, this stream belonged to ocean and eventually would return to it. And along its journey, it was the reason for many flowers blossoming, many birds

quenching their thirst, many hearts rejoicing in its beauty, colorful fish swimming.

Life is a roller coaster ride, punctuated by both happy and unhappy experiences. Every challenge of life offers us a hidden lesson. Learn from it and move on. Clinging to grief and bitterness of the past is folly.

5. Occasionally slow down. Life is not a race. Enjoy the journey.
6. Good trounces evil. Do not give up your goodness.
7. Find the fulfilment in the journey. Life is a journey, Success is a journey, not destination. Savour the experiences and growth along the way. Celebrate success. Celebrate failures too.
8. Take few deep breaths whenever you feel low or anger or irritation. It will restore your emotional control.
9. Hope is a Lifeline: Even in the darkest moments, clung to hope. It fuels your will to survive and find reasons to keep going.
10. Life is multifaceted journey that requires intuition, good intentions, pure thoughts, sharp intellect and deep wisdom. We must do our karma/ actions by giving 100 % without attachment to results and also ensuring that our actions are aligned with our higher values and purpose. Higher values propel and elevate us toward happiness, fulfilment and meaning.

Fearlessness, purity of mind, gratitude, forgiving, service and charity, acceptance, compassion towards all living beings are all higher values. This is the prudent and desirable way of living, leading to true fulfilment and contentment.

Way to lead meaningful life is to ensure that our every action is infused with a sense of purpose and our every decision is made with the highest good in mind.

To summarize, live in harmony with universe, have right intentions, pure thoughts and actions aligned with values and purpose. Also keep sharpening your intellect and wisdom. This is perfect way of living a life.

11. Have an abundance mindset and not a scarcity mindset. Feel abundance in whatever you are having. Abundance is a state of mind unconnected with material assets. When you are deeply grateful for the abundance you have been gifted with, you develop the irresistible urge to give, contribute, and add value to people. You become creative, motivated, and successful. Sudama was a pauper but always felt abundant. The richest man may feel deprived.

12. What kind of world we want? Following song from “Door Gagan ki Chav me” perfectly articulates it.

आ चल के तुझे, मैं ले के चलूं
इक ऐसे गगन के तले

जहाँ ग़म भी न हो, आँसू भी न हो
बस प्यार ही प्यार पले
इक ऐसे गगन के तले
सपनों के ऐसे जहाँ में,
जहाँ प्यार ही प्यार खिला हो
हम जा के वहाँ खो जाएँ,
शिकवा न कोई गिला हो
कहीं बैर न हो, कोई गैर न हो
सब मिलके यूँ चलते चलें

(Let me take you to world where there is no grief, no tears but only love. Let us soak in such dream world, where there are no others, there is no complain, there are no regrets but there is only love and love)

I wish someday world will be like this.

XXXXXX

Annexure

Compilation of

1. Positive thoughts
2. Affirmations
3. Empowering Beliefs
4. Thoughts conveying Gratitude

There are two lists:

1. **List A** : Daily affirmations which we should read in early morning and also before sleep so as to give nutritious food to our subconscious mind
2. **List B: List** of Positive Thoughts/ Affirmations/ Empowering Bellies which we should read once a week.

List A

Daily Positive Thoughts Affirmations/ Empowering Beliefs/Gratitude Thoughts

1. Just now I am feeling on top of the world. Feeling absolutely amazing today. Soaking in nature. Soaking in sunlight. What a great start of the day ! Enjoying vibrant energy.
2. I am bliss. I am peace. I am Sachidanand.
3. I am feeling oneness with everybody. I am comfortable with everybody. I am in love with everybody. Will right hand will hate left one? World is mine. There are no others. I feel natural oneness with everybody.
4. I am a powerful soul. मैं शक्तिशाली आत्मा हूँ

5. I am always happy. मैं हमेशा खुश रहता हूँ
6. I am always calm. मैं हमेशा शांत रहता हूँ
7. I am fearless.
8. All is well.
9. God/ Divine is always with me. परमात्मा सदैव मेरे साथ है
10. My body is always healthy. मेरा शरीर हमेशा स्वस्थ रहता है
11. My house is a heaven on the earth. मेरा घर स्वर्ग है
12. My relations are loving. मेरे रिश्ते प्यारे हैं
13. I have adequate money/ wealth. मेरे पास पर्याप्त धन है
14. I keep growing through new learning every day. मैं प्रतिदिन नई सीख के माध्यम से बढ़ता रहता हूँ।
15. Daily I get opportunities to make positive difference to others. प्रतिदिन मुझे दूसरों में सकारात्मक बदलाव लाने के अवसर मिलते हैं
16. I am surrounded by inspiring people and uplifting environment.
17. I feel very fulfilled as a human being. I am very contented most of the time.
18. Kindness always wins.
19. Life is Beautiful 😊❤️❤️❤️. Life is rich and precious gift.
20. Lokah samastah sukhino bhavantu- I wish happiness for everyone in the world. (most ancient timeless affirmation)
21. I have lot of smiles, fun and laughter in my life.
22. I am giver in my life. **I do not want anything from anyone. I am in this world to give**
23. I drop all my prejudices, dislikes, hate and become empty like flute. Once I become hollow and empty, my sweetness will emerge like melody of empty flute. Melody flows only through a knot free flute.
24. Whatever I will say will be sweet. Like Kabir says," Aisee wani boliye , Man Ka Aapa Khoye, Auran ko

Sheetal kare, Aap bhi Sheetal Hoyal.” (Speak in a manner that makes others feel calm, and you will also become calm, bereft of ego.”)

25. Every day I am getting better and better. My best is yet to come.
26. I am accepting all parts of myself. Both good and bad. I also accept others as they are, I accept fear and uncertainty.
27. I live consciously and pay attention to all areas of my life that is Professional Life, health, relationships, money/finance, spirituality and entertainment/pleasure/happiness.
28. Thank you, Thank you, Thanks you universe/divine for giving me such a great life.

List B

Positive Thoughts /Affirmations/ Empowering Beliefs/ Gratitude thoughts for various areas of life which should be read once a Week

Thoughts for improving Emotional Health

1. I am in control of my emotions most of the time.
2. Life is Beautiful. Life is rich and precious gift. **Just now I am feeling on top of the world. Feeling absolutely amazing today.**
3. I am in this world to be happy and to spread joy. I wish happiness for everyone in the world. (most ancient timeless affirmation). Love can never be exclusive. The sun does not choose to shine on some flowers in the garden and not others. Love is inclusive and has many faces - caring, listening, sharing from the heart, just accepting someone

for what they are right now, are all acts of love, as long as you seek nothing in return.

4. I am overflowing with love, joy, courage, kindness, energy, enthusiasm, excitement.
5. I drop all my prejudices, dislikes, hate and become empty like flute. Once I become hollow and empty, my sweetness will emerge like melody of empty flute. Melody flows only through a knot free flute.
6. I will avoid talking when not required.
7. Whatever I will say will be sweet. Like Kabir says," Aisee wani boliye , Man Ka Aapa Khoye, Auran ko Sheetal kare, Aap bhi Sheetal Hoye." (Speak in a manner that makes others feel calm, and you will also become calm, bereft of ego.)
8. Smile is my best makeup.
9. I am universe's favorite child. I am blessed and will bless others.
10. I know one who has a good health and right thoughts is the richest person in the world.
11. I am accepting all parts of myself. Both good and bad. I also accept others as they are, I accept fear and uncertainty.
12. I feel very fulfilled as a human being. I am very contented most of the time.
13. I live consciously and pay attention to all areas of my life that is Professional Life, health, relationships, money/finance, spirituality and entertainment/pleasure/happiness.
14. I trust my potential. Champion is one who never gives up. Our defeat is not that world did not recognize us; our defeat is when we ourselves do not recognize our potential.
15. I know Life is an echo. What I send out comes back. What I sow, I reap, what I give I get, what I see in others exists in me. I will not judge, so I will not be

judged. I will radiate and give love, and love will come back to me.

- 16.No task is small. I Fulfil any job as expression of love for supreme. Everyone has a precise place in the scheme of divine. Each one is important. There is no redundancy in divine's creation - both big and small - good and bad - are divine's creation with purpose - nothing be condemned - none to be despised- I do my role in joy and dedication.
- 17.I am thankful for what I have. I have Stopped craving for what I have not.
- 18.The present moment beautiful. All is well.
- 19.Whatever happens in life, I will be happy.
- 20.I have consistently great attitude towards life.
- 21.I invest in activities that boost my mood. (five-star experiences - travel, healthy food, reading/ learning, music, movies / dramas, sports, spending time in nature or with children)
- 22.Thank you, Thank you, Thank you universe for showering on me so much happiness and joy.

Thoughts for improving Physical Health

1. Health is my top priority. Every day I invest time for walk, exercise/ yoga, pranayama.
2. **I am getting younger and fitter every day.** I look and feel younger than my true chronological age.
3. I am embracing exercise as joyful part of my daily routine.
4. I am nurturing peaceful and restful sleep routine.
5. I get healthy food every day.
6. My body has an amazing self-healing power. Medicines will be my last option. Only 10 % disease is in body and 90 % in mind.
7. I have a consistently high energy level.

8. I have an excellent healthy diet.
9. My pain is improving. My sugar/BP is becoming normal.
10. Thank you Thank you Thank you universe/divine for healthy body, teeth, eyes, ears, great functioning of all organs - heart, kidney, liver, lungs pancreas, prostate gland, all my systems like digestive system, nervous system, respiratory system, endocrine system, skeletal system, circulatory system, reproductive system, urinary system, immune system and all other systems/ organs / cells.
11. Thank you thank you thank you universe/divine for all the healthy food I am receiving in my life.
12. Thank you. Thank you, universe/divine, for the sound quality sleep I am getting every day.
13. Thank you Thank you universe/divine as I am looking younger, my face and skin glowing.

Thoughts to enhance resilience while facing Challenges/ Tough situations in life

Shift from stress to calmness and from fear to boldness and resilience

1. I am more powerful than any problem or challenges which I may face in life.
2. I am a peaceful soul. This situation is tough but I am certain about crossing it calmly. I have faith in God, in my ability and in my destiny.
3. Whatever happens happens for good.
4. I respond every situation with calmness and stability.
5. I accept challenges as opportunities.
6. Confidence is about believing yourself.
7. I feel comfortable in uncomfortable situations.
8. This too shall pass.

9. In the midst of challenges, remember to keep floating and dancing through life. Find your grace and strength to rise/ bounce back. Embrace every moment with elegance and resilience.
10. होना है जो होना है, इस बात से डरना क्या, मरना है हम एक दिन, हर रोज़ यू मरना क्या मरने से भी पहले तू डर डर के ना मर जाना ऐ मेरे दिल नादा, तू गम से ना घबराना (Whatever is destined to happen, will happen, why to worry for it, we are going to die one day, but why to die every day getting overwhelmed by challenges.)
11. I know every test in our life makes us bitter or better. Every problem comes to make us or break us. The choice is ours, to become victim or victorious.
12. Thank you, Thank You, Thank you universe/divine for power, strength and calmness given to me and helping me in solving/overcoming challenges/adverse situations in my life.

Thoughts to face Fear / worry

Shift from fear to faith

1. I surrender all my worries, fears, and doubts to the universe, trusting that everything will work out for my highest good.
2. God 's blessings and powers are a protective shield around me and my family. Thank you, Thank you, Thank you universe/divine for providing this protective shield.

Thoughts for Energetic and healing Relationships

1. **कोई भी गलत नहीं है हर कोई अलग है.** (No one is wrong, everyone is different). **I am feeling oneness with everybody. I am comfortable with everybody. I am in love with everybody. Will right hand will hate left one? World is mine. There are no others. I feel natural oneness with everybody.**
2. **I do not want anything from anyone. I am in this world to give**
3. Brother, sister, father, mother, all are roles. I am soul and others are also soul. (this wipes away ego and conflicts) (this will establish soul to soul connection) .
4. If someone behaves badly with me, I will think that -" I am a loving soul. He is behaving badly but I understand he is in emotional pain. I respond with compassion."
5. I know Life is an echo. What I send out comes back. What I sow, I reap, what I give I get, what I see in others exists in me. I will not judge, so I will not be judged. I will radiate and give love, and love will come back to me.
6. Nothing is perfect in this world. I will accept imperfections and focus on brighter side.
7. **I have a close, loving relationships with my father, mother, wife, sisters and their family, brother in laws and their family, and friends.**
8. I have a close, loving, healthy relationships with my children.
9. I am giving roots and wings to my children.
10. Overall, I feel I am a fantastic Parent.
11. I will drop all conflicts as I choose to get bliss rather than spending my limited time of life in conflicts.

12. I am right and you are also ok. (drop I am right and you are wrong / evil)
13. More friends = more time on earth and more happiness **I have a friend I can always count in to be there for me.**
14. I invest a good deal of time and energy in my friends and family.
15. **I consider myself to be a very good friend to others.**
16. I have a fantastic, active social life.
17. I do not require approval or validations from others.
18. I radiate unconditional love, kindness and acceptance to every soul irrespective of what they have done or how they have behaved
19. Thank you thank you thank you universe/divine for the amazing vibrant energetic supportive relationships I am having with all. Family, Friends, Colleagues, boss, Neighbours, vendors which bring so much happiness to my life.

Thoughts for abundance in Money

1. I am a money magnet.
2. I am in control of my investment and expenses.
3. **I feel that I have a high level of financial security I my life**
4. Thank you thank you thank you universe/divine for abundance of money in my life so that I can fulfill all my requirements and desires

Thoughts for Professional Life

Comparison to self-respect

Competition to cooperation

1. I am the owner of ---- (Think Like an Owner of institute where you are working, Not Just an employee/ Manager)
2. My boss is my mentor.
3. My colleagues are my friends.
4. **My career is very fulfilling to me. I love what I do.**
5. **My career challenges me and keeps me learning and growing.**
6. **I am very good at what I do.**
7. I trust my potential. Champion is one who never gives up. Our defeat is not that world did not recognize us; our defeat is when we ourselves do not recognize our potential
8. Occasionally I get Slow down and relax. Life is not a race.
9. I am good public speaker.
10. I believe winners never cheat. (Honesty is telling truth, integrity is keeping promises and fulfilling expectations)
11. **I will Never Lose Sight of the Big Picture. I will Keep my long-term goals and vision in mind, and make decisions that align with them, even if they require short-term sacrifices.**
12. **I will Build a Network of Allies and Mentors. I will Cultivate relationships with influential people who can provide guidance, support, and opportunities for advancement.**
13. People are very tender, very sensitive inside. Age or experience does not make any difference in this. Inside, even within the most tough people, are the tender feelings and emotions of the heart.

14. Humility is the greatest of all virtues because us of it come all other virtues.
15. I appreciate others (both in personal life and in professional life) whenever they do something good.
16. It is not necessary that my progress is at the cost of others. There are adequate resources and opportunities in universe.
17. My best is yet to come.
18. I am capable of anything
19. I believe in myself. I have a tremendous potential.
20. Everyday my confidence is growing.
21. I attract lots of opportunities and I give my 100 % in each assignment.
22. I am open to limitless possibilities.
23. Through my work, I contribute to the society.
24. Thank You, Thank You, Thank you universe/divine for very fulfilling Professional life.

Thoughts for Continuous Learning

1. I am a lifelong learner.
2. An investment in knowledge pays the best interest.
3. I am coachable. I am open to feedback and ready for correction.
4. I embrace new ideas.
5. Life is a discovery channel. Every day, there is something new to learn and one is never too old to learn.
6. I feel quite confident in my intellectual abilities.
7. I push myself mentally and stretch my intellectual abilities every day.
8. I will continue to invest in my personal development through books, attending events, podcast etc.
9. Thank you thank you thank you for learning's and wisdom I keep receiving from books, TV talks,

podcasts, online programs, spiritual masters and many other sources which help me in making better choices in my life.

10. Thank you thank you thank you for facilitating publishing great books which become world best seller. It provides tremendous happiness through creative work and satisfaction of making a positive difference/ impact.
11. Thank you, Thank you, Thank you universe/divine for providing me so many learning and growing opportunities.

Thoughts for Quality of Life

1. **I love the house I live in.**
2. **My home provides me peace.**
3. I plan extraordinary experiences / five-star experiences for myself on an ongoing basis.
4. I am dedicated to improving my life in every category.
5. Thank you, Thank you, Thank you universe / divine for providing me travel opportunities to some best parts of India and the world including Kashmir, Simla, Kulu, Manali , Kerala and Switzerland
6. I am satisfied with my possessions/gadgets like TV, Mobile Phone, two/four wheelers, refrigerator, music system etc. Thank you, Thank you, Thank you universe for all material possessions given to me.
7. I have a lot of joy and fun in my life.
8. **Thank you , Thank you, Thank you that I am becoming more and more fun loving and humorous day by day .**
9. I feel that I am truly living my life to the fullest.
10. Thank you, thank you, thank you universe/divine for entertainment I am receiving everyday from movies,

songs, nature, children, food, friend, family, etc. They all provide experiences.

11. Thank you, Thank you, Thank you universe/divine for providing me so much fun, joy and entertainment in my life.

Thoughts for preventing Anger

1. Anger does not solve anything. It builds nothing. But it can destroy everything.
2. If you are right, there is no need to get angry, and if you are wrong, you do not get anything by being angry.
3. Thank you, Thank you, Thank you universe/divine for helping me to control my anger.

Thoughts for Patience

1. Patience with family is love, patience with others is respect, patience with self is confidence and patience with God is faith.
2. Thank you, Thank you, Thank you universe/divine for helping me in remaining patient in all situations.

Thoughts for Contribution/ Legacy/ Positive Difference to others

1. I contribute to others/make positive difference to others and make this world a better place.
2. **The key to fulfilled life is contribution, not accumulation.**
3. Thank you, Thank you, Thank you universe/divine for providing me opportunities for contributing/making positive difference in others.

Thoughts for Spiritual Exploration

1. Who am I? I am not the body. I am not the mind. I am not emotions felt by me. I am not the various roles performed by me. (father, mother, son, daughter, brother, sister, husband, wife, boss, friend, colleague). I am not doer/ enjoyer/ sufferer / experiencer. I am witnessing consciousness. As a pure consciousness, I am perfect, unchanging, blissful. I as a pure consciousness/ awareness is free from conflicts and confusion of my ego. Aham Brahashmi. I am part of divine.
2. I am not the doer. Drink this divine nectar of trust and be happy. I am not doer. I am knower and observer. Look things as watcher, not thinker.
3. Do not feel lonely. The entire universe is inside you.”
Rumi
4. Relaxation is meditation, effort is ego.
5. Be a little lighter. Be a little peaceful.
6. Nothing happens in this world without wish of divine
7. Thank you thank you thank you for my spiritual orientation and all divines in my life including
8. For rest of my life, I will observe whatever happens in my life as a play. Whatever comes, in whatever is happening outside. It is all play. I should not get disturbed by it. Nothing belongs to Me. Nothing is in my control. It is all happening as per divine 's will. Let me enjoy watching this play as an observer.
9. I will continue to have aspirations / dreams and I will continue to work for it but with clear understanding achievements, all reputation, all money and material possessions, all problems and responsibilities will fall the day I will die. So, I do not require to take life very seriously. I must enjoy the journey/ play as observer

Additional Thoughts for women

1. The empowered woman is powerful beyond measure and beautiful beyond description.
2. My smile is my beauty. It is the best makeup.

Other Books by Author

- 1. Ordinary to Extraordinary Life**
- 2. Be the Grand Master of Your Life**
- 3. Blossoming Post Retirement**
- 4. Modi Magic**
- 5. Nivurti Pachi Jindgini Jamawat (in Gujrati)**

All books are available on Amazon.

