FROM EXCUSES TO RESULTS

LEARN AND PRACTISE

ACTION-ORIENTED

WINNING



CHOICES

the RHEA PATEL way

Even when you are on right track, you will get run over if you just sit there.

- Wayne W Dyer

AUTHOR'S ONE-POINT VIEW

WHY SHOULD YOU READ MY BOOK?

I am sure you would like to know my response to the above question.

I will give a very simple reply. But before that I would like to ask you a question. My question is, whenever a work is encountered by you, what is your first response?

Mostly the first thought would be how you can avoid the work. You would also think about the difficulties you might face while working. You may blame, complain, feel trapped and then create excuses, excuses and excuses for not doing the task

Through this book, I have made an attempt to shift your focus from excuses to actions and results, results which are long term and are aligned to your life goals.

So, my objective in one statement is to shift your focus

FROM - REACTIVE EXCUSES



TO - PRO-ACTIVE WINNING ACTIONS AND RESULTS



That is it and here we go ...

ACKNOWLEDGEMENT



I am indebted

- to the great authors for constantly educating and inspiring me through their wonderful works of writing;
- to my grandfather (Maganlal M Patel, popularly known as Master Motivator Patel) for his inspiration, guidance and support during conceptualizing, writing, and publishing this book;
- ✓ to my mother (Urvashi Patel) for the sketches to make the book more effective;
- to my father (Ajay Patel) and my sister (Dhea Patel) who did a great job in the role of the first readers and advised a lot of value additions;
- ✓ to all friends, known and unknown, who contributed, directly or indirectly. to give the shape to my dream; and
- ✓ finally to you, my dear readers, for your decision to share my
 views.

Rhea Patel

It would almost be better never to have an inspiring thought than to have it and fail to act on it.

- William James

TO THE READERS

During my interaction with my friends, relatives and other people in society, I have always observed their thinking and behaviour with reference to their understanding of the relation between their actions and personal effectiveness.

Instead of being proactive, many of us react. We expect positive actions from others which should have positive impact on our life. We blame others for our



failures. This attitude blinds and blocks us further. We get into the vicious circle of blaming and complaining.

We need to take charge of our own life by being pro-active. The choice is with us. We need to leave the psychologically created constraints aside.

I have tried to be rather simple. I believe that the principles and concepts are always simple. This simplicity will attract all. I will be happy, if the winning choices are discussed in families, schools, institutions and offices, and the ideas implemented.

I request you to tolerate my directive tone at many places. The directive tone has been deliberately used to make the points more forcefully.

I am confident of your resorting to effective choices which will take you thousands of miles ahead on the path of progress.

I would welcome your feedback and suggestions.

Rhea Patel

26 July, 2020 Mumbai

HOW TO USE THIS BOOK

The book covers 41 pairs of choices.

Each choice is discussed in two Parts, A and B.

The content of Part A is intended to provoke you to think and reflect.

The content of Part B is rather direct and explain the concept behind identifying the right choice.

Let me make it very clear that there is nothing black and white about the choices. No choice can be said to be effective for all the people, in all the situations, at all the times, and at all the places. A choice which we have defined as a rational one, may not work in a different situation.

I want to make it clear to you that the choices which I have termed as rational and effective ones are generally so. However, their validity and appropriateness should be assessed based on the merit of a situation.

In case you find yourself too busy to take action, read and reflect:

You cannot be so busy driving that you do not have time to stop for petrol!

You do not know when and where and in what conditions your vehicle will stop because petrol is fully consumed. You need to take time out for self-development and to keep pace with changing circumstances.

In case you feel lethargic, read and reflect:

If you are praying for rain, stop complaining about mud!

Difficulties and hurdles are meant to be overcome, not to be complained about.

The book is all about your pro-active mindset.

INDEX

1.	I want to Think (Not I have to Think)	08
2.	Awareness, Acceptance, and Action	10
3.	Choices (Not Circumstances and Chances)	12
4.	Choices (Not Habits)	14
5.	Self Learning	16
6.	Big Good Intentions and Small Good Acts	18
7.	Intellect and Wisdom	20
8.	I Can (Not I Cannot)	22
9.	Play to Win	24
10.	Efforts (Not Luck)	26
11.	Design (Not Default)	28
12.	Facts (Not Feelings)	30
13.	Pro-Action	32
14.	Keeping Quiet (Not Talking Negative)	34
15.	Doing (Not Talking)	36
16.	Available and Fit for Use	38
17.	Taking Risks	40
18.	Curious Excitement (Not Depression)	42
19.	No Hopelessness and No Helplessness	44
20.	Doing (Not only Trying)	46
21.	Knowledge and Action	48
22.	Action first - Motivation next	50

23.	Energizing (Not only Relaxing)	52
24.	See Intentions before Behaviour	54
25.	Purpose (Not Personality)	56
26.	Creativity (Not Conformity)	58
27.	Problem Prediction and Prevention	60
28.	Improving (Not only Maintaining)	62
29.	Flexibility (Not Rigidity)	64
30.	Creative and Analytical Thinking	66
31.	Freedom (Not Control)	68
32.	Good (Not only Pleasant)	70
33.	Living (Not only Existing)	72
34.	Present (Not Past and Future)	74
35.	Journey (Not Destination)	76
36.	Input and Process	78
37.	Action (Not Blaming)	80
38.	Conscious Behaviour	82
39.	Learning from Setback and Failure	84
40.	Relating (Not Rigidity)	86
41.	Start now (No Procrastination)	88

I WANT TO THINK and I HAVE TO THINK

A SINCERE REQUEST

Reflect on the difference between the attitudes of "I want to think " and "I have to think ".

You will not be able to appreciate the contents of this book without developing and attitude of "I want to think".

Thinking is the foundation of our life.

WANT TO THINK

My Choice
Thinking in advance
Prevent problems
I control my life
Leader mentality
I enjoy thinking

HAVE TO THINK

Compulsion for me
Think in crisis
I solve problems
I am being controlled
Slave mentality
I dislike thinking

I think about what I want to achieve in life.

I think what I need to do to achieve my goals.

I think about ways of using my potential to the maximum.

I think about limitations I need to take care of.

I think about hurdles which I might face.

I think about ways of overcoming the hurdles.

I think about the help I need from others.

I think about monitoring my progress.

I think about preventing contingencies.

Add to this list

Between

I want to Think and I have to Think you must choose I want to Think all the time

I am strongly convinced about the following facts about thinking.

Thinking is a skill, not potential. Therefore, thinking, like any other skill can be taught, learnt and developed.

Thinking, like any other skill, can be measured in quantitative terms. Thinking skill can be measured in terms of thinking speed, thinking variety, thinking creatively, thinking rationally, and thinking to relate things.

If you believe that thinking is a torturous process, you are wrong. Thinking can be enjoyed, provided you think for a defined positive purpose and follow the proven system.

At this point I would also emphasize the need for putting down your thoughts on paper, which would result in getting clarity of thoughts.

In conversation, you can get away with all kinds of vagueness and nonsense often without even realizing it.

However, when you put your thoughts on paper it becomes harder to deceive yourself or anybody else.

MY CHOICE

Today, I think to develop a foresight to design my life in an effective manner.

02 - A **10**

AWARENESS and ACCEPTANCE and ACTION



I WORK

I work for self development ...
I work to realize my ambitions
I work with ...

consistency. commitment, conviction, dedication.

I ACCEPT

I accept myself ...

I accept my ambitions

I accept my strengths

I accept my limitations

I accept the responsibility for actions I need to take ...



I KNOW

I know myself ...

I know my ambitions

I know my strengths

I know my limitations

I know what I need to do ...









Blocking Attitudes

Self Righteousness: I know all and I cannot be wrong.

Self Justification: I can give hundreds of proofs.

Self Glorification: I am the best and can do the best.

Among Awareness and Acceptance and Action you must choose All all the time.

The three essential steps of self-change and self-development processes are

Awareness, Acceptance, and Action.

In Hindi we would know them as जानना, मानना और करना.

We should be aware of our goals, strengths, limitations, areas of improvement, environment and opportunities etc. Having known we should accept also.

Awareness without acceptance will be de-motivating for taking actions.

Actions without awareness could lead us to misdirection.

Actions without acceptance could be half-hearted.

Awareness and acceptance without actions are meaningless.

Important to note:

To become aware is easy. There are many sources and methods.

However, accepting is a major hurdle because of mental blocks of Self-righteousness, Self-justification and Self-glorification.

The action step becomes easy once we accept things in right perspectives.

MY CHOICE

Today, I reflect to improve my awareness and then align awareness, acceptance and action.

CIRCUMSTANCES or CHANCES and CHOICES

THREE PEOPLE - THREE CHOICES



Three people, an Englishman, an Indian and a Japanese were travelling through a jungle. Suddenly they saw a lion coming towards them.





The Indian started praying to God with folded hands to save his life.



The Englishman saw around and picked up a big piece of dry trunk of a tree and got ready to fight.

Seeing them the Japanese bent down and started tightening his shoe laces.

The other two gentlemen laughed and asked, "Do you think you can run faster than the lion?"





The Japanese smiled and replied very confidently, "I am not planning to run faster than the lion. I am planning to run faster than you two!"

If you believe that times are bad for you, they will be, because your actions will be predicted by dealing with bad times.

If you believe that all times can be good for you, they will be, because your actions will be consistently supporting your growth, despite conditions around you.

- Alan Weiss

13 03 - B

Between

Circumstances or Chances and Choices you must choose Choices all the time

You should understand the difference between the following terms.

- 1. 'Being controlled' and 'I have to'
- 2. 'Being in control' and 'I want to'

When you keep on thinking about the circumstances and chances without identifying the opportunities and choices you have, you are being controlled by the circumstances and chances. They are external to you and you have little control and influence on them.

However, when you look for and identify the opportunities and choices the circumstances offer to you and then take action and move on, you are in control of yourself and your life.

When you are controlled, you resort to inaction. Even if you work, you work out of compulsion. This is the mindset of slavery. You do not derive any pleasure out of your actions.

However, when you do not resort to blaming circumstances and chances, you engage yourself into activities saying, 'I want to'. You work by your choice and derive pleasure out of your work.



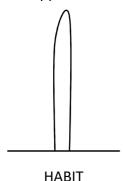
Today, I take responsibility to be in full control of my thinking, feeling, speaking and working.

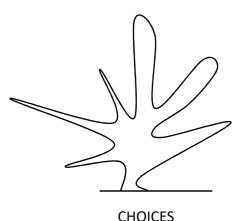
HABIT and CHOICES

If you do what you always did, you get what you always got.

You become a slave of a singular path and also blind to the possibilities and opportunities.

I have many choices for responding to any situation and I can choose the best possible choice to be effective and successful.





Banta's son very innocently asked Banta, "Dad, if you see Rs. 50 and Rs. 5 currency notes lying on the road side, which one will you take?"

A very quick response came from Banta, "My son! The answer is very simple. I will take Rs. 50 note for sure."

Disapproving Banta's son said, "Dad, therefore people create Banta jokes. I will take both the notes!"

We are what we repeatedly do.

- Aristotle

The only way to discover the limits of possible is to go beyond them into the impossible.

- Arthur C Clarke



15 04 - B

Between
Habit and Choices
you must choose
Choices
all the time.

Habits are formed by repeatedly thinking, feeling, speaking, and doing the same or similar things in same or similar ways.

For an example, if you always evaluate everything in a negative manner, you may develop a blaming, complaining, prejudiced, and pessimistic mindset. This might lead to inaction in positive direction. You may lead a life without meaning and purpose.

However, if you start looking at everything positively, you start seeing the opportunities and you create hope, enjoyment, and optimism.

It is your choice to recognize the alternatives available to you and to choose the most effective ones in any given situation.

Don't be slave of negative habits. You have the choice of either controlling your habits or getting controlled by them. You may act as per your habit, but the action should be taken knowingly.

Controlling habits is as good as having no habits which makes you open and flexible.

MY CHOICE

Today, I decide to choose creative actions making me effective and progressive every moment.

05 - A **16**

BEING TAUGHT and SELF LEARNING

POTENTIAL

A person gains knowledge as he acquires information from external sources.

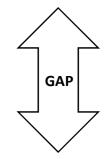
He gets information about what is wrong and what is right; what is good and what is bad.

This gap is a paradox.

This paradoxical behaviour

arises when the

knowledge is not matured into wisdom.



PERFORMANCE

Yet, he chooses the wrong path detrimental to him and abstains from what is rightful and beneficial.



The illiterate of the 21st century
will not be those who cannot read and write,
but those who cannot **learn, unlearn and relearn**.
- Alvin Toffler

Between

Being taught and Self Learning you must choose Self Learning most of the time.

HELEN KELLER

She was born in 1880. When she was one and half years old, she was struck by an unknown illness, making her both deaf and blind on recovery.

She started learning Braille at seven and eventually learnt to speak.

She did not stop despite her handicaps. She graduated with honours in 1904 and became an accomplished public speaker. She wrote five books.

She dedicated herself to helping handicapped, poor, and oppressed people.

At the age of seventy five she received honorary degree from Harvard University. She was the first woman to be bestowed upon with this honour. She died at the age of eighty seven.

Three films were made on her life.

She achieved more than most of normal people. She was physically handicapped. She could overcome all by her determination.

MY CHOICE

Today, I work in positive directions for continually upgrading my knowledge, skill and mindset.

06 - A **18**

BIG GOOD INTENTIONS and SMALL GOOD ACTS

TWO BROTHERS



Let me tell you the story of two brothers, one married and having children and the other bachelor. Both worked in fields together and divided the grains equally among them.

The elder brother thought, "I am married and have wife and children. I have additional hands to work and support me in bad times. My brother has no one."

Thinking so every night he put one bag of grains in his brothers store.

The younger brother thought, "I am alone. My brother has a family to support. He certainly needs more grain then me." Thinking so he also put one bag of grains in his brother's store.

This continued for some time, till one night they got into one another in darkness.

A LITTLE ACT BY A LITTLE BOY

A contest was organized to find the most caring person.

The winner was a four-year old child whose next door neighbour was an elderly gentleman who had recently lost his wife.

The little boy went into the old gentleman's yard, climbed into his lap and just sat there.

When his mother asked him what he had said to the neighbour the little boy said, "Nothing, I just helped him crying."

19 06 - B

Between

Big Good Intentions and Small Good acts you must prefer Small Good Acts all the time

Let us differentiate between intentions and actions.

Intentions are our desire for an outcome we want. However, only having good intentions will not yield any result. We may talk about our intentions, but that is of no use unless we take actions to convert our intentions to reality.

I will ask you one simple question. The question is,

"How will you prove your good intentions?"

There are two proofs which you can offer.

- 1. The actions in the direction of your intentions
- 2. The results of your actions.

Obviously, having big and ambitious good intentions are desirable; but small good actions in that direction shall convert your dreams to reality.

Many small steps continuously taken can result in a big journey.

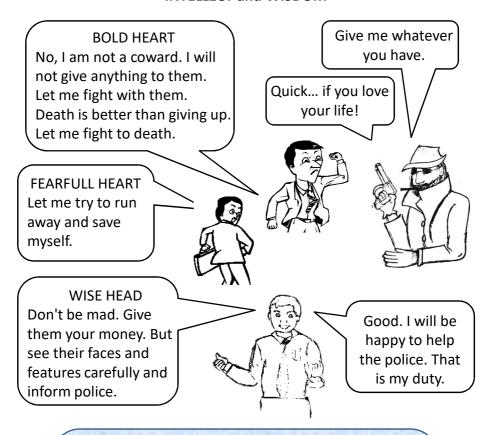


MY CHOICE

Today, I take consistent steps, however small, to convert my good intentions to reality.

07 - A **20**

INTELLECT and WISDOM



A businessman was narrating to one of his friends how he was robbed of all his money, watch, rings etc. by dacoits last night.

The friend was surprised. He asked, "But you had your pistol with you."

The businessman laughed, "Yes, I had. But they could not see it."

Never fear shadows.

They simply mean there is a light shining somewhere nearby.
- Ruth Renkel

21 07 - B

Between Intellect and Wisdom you must choose Both all the time.

Our logical thinking faculty, is often misused by most of us to create logic, and very often ill-logic, to justify our thoughts and actions. These justifying logics are created by our intellect. Hence, you need to train your intellect to be positive and think positive.

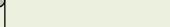
Over and above intellectual faculty, we have the power of our conscience and wisdom to tell us what is right and what is wrong.

You need to ask three basic questions before offering any justification or creating a perception and taking action:

- a. Is it true?
- b. Is it useful?
- c. Is it provable?

The answers should be given by using our intellect and wisdom both.

Your logical intellect and creative wisdom used together shall never misguide you.





MY CHOICE

Today, I choose to understand reality using my rational emotional faculties in right proportion.

ICAN and ICANNOT

I can't ... I can't ... I can't



I can't make a public speech because I never spoke before

I can't get a good job because I don't have good physique



I can ... I can ... I can ...

I can't cook ... It is so boring ...



All great speakers must have made their first speech sometime ... somewhere ...

All successful people in employment don't necessarily possess good physique ...



I can learn and make cooking a great fun ...

Every great work is first impossible.

- Thomas Carlyle

The journey of hundred miles begins with one step.

- Confucius

They conquer who believe they can.

- John Dryden

23 08 - B

Between
I can and I cannot
you must choose
I can
all the time.

Most of us create negative and painful mental experiences, without physically experiencing, by sheer imagination or self-talk.

When such imagination or self-talk is negative, disabling and weakening, the result is a "I cannot" belief which generates a feeling of hopelessness and helplessness.

"I cannot" belief is self-destructive and puts us in a vicious circle of inaction and pessimism.

Think rationally. Take action. There is little risk in taking actions. There are higher physical and psychological risks in inaction.

You will find numerous ways, once you decide, to change your belief to "I can" for things you need to do.

Remember what Anthony Robbins says,

When you cannot, you must, When you must, you can!

MY CHOICE

Today, I believe my enormous potentials to take me to my cherished goal of self-realization.

PLAY TO WIN and PLAY NOT TO LOSE

There is so much damn work!

I am forced to work:

There is no choice.

I don't want to be fired.

I don't want to lose my job and income If I am fired my family shall be ruined. I cannot take any chance with my job ...



Avoiding pain and suffering



TWO SOURCES OF MOTIVATION TO WORK



Aspiration to grow



There is a lot of work. I learn by working more. Learning results in my personal growth also.

This way I can prosper in life ...

He who can work is a born king of something. - Thomas Carlyle

Enjoy what you do and do what you enjoy and you will never work!



Between Play to win and Play not to lose you must choose Play to win all the time

There are two ways of thinking or expressing the same thing. For an example :

- a. I will remain cool / happy / excited / smiling.
- b. I will not get angry / unhappy / withdrawn / remorse.

Compare the two expressions "cool" and "not angry". If you want to be cool, why to use the word 'angry' at all and then negate it.

NEVER SAY

I will not get depressed when things go wrong.

I will never frown.

I will not talk negative and react negatively.

INSTEAD SAY

I will remain excited even when things go wrong.

I will always smile.

I will talk positive and respond positively.

Your choice must have positive expressions.

Focus on where you want to go, not on what you fear. This is the attitude to succeed.

MY CHOICE

Today, I decide to play win-win and live to be happy and make others happy.

LUCK and EFFORTS

AN ANSWERED PRAYER

I asked for **Strength** – and God gave me **Difficulties** to make me strong;

I asked for **Wisdom** – and God gave me **Problems** to solve;

I asked for *Prosperity* – and God gave me *Brain and Brawn* to work;

I asked for *Courage* – and God gave me *Dangers* to overcome;

I asked for *Love* – and God gave me *Troubled People* to Help;

I asked for *Favours* – and God gave me *Opportunities*.

I received nothing *I Wanted*;
I received everything *I Needed*.

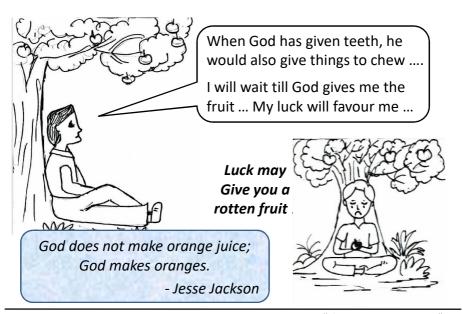
Good timber does not grow with ease.

The stronger the wind, the stronger the trees.

-J William Marriot

Man who waits for roast duck to fly into his mouth must wait very long time.

- Chinese Proverb



Between
Luck and Efforts
you must choose
Efforts
all the time.

Look around to find out people who are successful in real sense without any efforts on their part. You will find probably not a single one.

Now, look around to locate people who are successful by virtue of their efforts, hard work and perseverance. You will find many. Their efforts have certainly taken them ahead in the path of success.

People believing in ONLY LUCK

Do not identify and take advantages of the opportunities which are available to them.

People believing in FFFORTS

create opportunities
irrespective of
circumstances, favourable
or unfavourable.

Took around. See opportunities. You will find many.

Else create opportunities.

Prepare yourself psychologically and physically. Get up and move. Enjoy sweating.

MY CHOICE

Today, I decide to focus my energy to get what I want. I know effort is the right key.

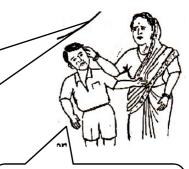
DESIGN and DEFAULT



The child has spilled the milk ... The milk is wasted ... But ...

Mother - 1

You are so careless ... I don't know what you will do when you grow up! How much I am trying to teach you ... But you make a mess of whatever you do ... Next time you do it ... I am going to ...



I don't know what is wrong with me and my mom ... She always ill-treats me ...



I have become wiser ...
Full marks to mom!

There is nothing so practical as a good theory properly applied.
- K Lewin

Mother - 2

This is an opportunity to teach him and make him learn the correct way of lifting a jar full of milk ...

- 1. Would not you like to play with the milk on floor ...
- 2. The floor has become dirty ... I will teach you to clean ...
- 3. Now you have become dirty ... Go and take bath ...
- 4. Now I will teach you how to handle the jar full of milk ...
- 5. Now, you must practise ...
- Okay. You have learnt a new thing today.

Between Design and Default you must choose Design all the time

You keep yourself engaged round the clock in the following activities.

Thinking,

Feeling,

Speaking and

Working.

There are two ways of spending time,

You "Design" and spend time according to your "Design".

The activities take place on their own and your time passes by "Default".

Your default may -

Take your thinking to undesired and undesirable directions.

Your feeling could be negative and misdirecting.

You may speak what is not required to be spoken.

And, you may behave inefficiently and ineffectively.

THINK
BY DESIGN
FEEL
BY DESIGN
SPEAK
BY DESIGN
BY DESIGN
BY DESIGN

MY CHOICE

Today, I decide to be aware of each moment and develop abilities to design situationally effective responses.

FEELING and FACTS

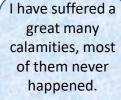
See the snake! How big!

A very dangerous creature! You must kill it.

I am so afraid!

Let us shout for help...

or let us run away quickly...



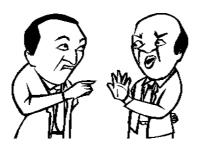
- Mark Twain



Hey! Don't be so upset.
Hardly three percent snakes are poisonous.
Again they bite when we disturb them...

FACT-BASED DESIGN
Pro-Action
Conscious Responsibility
Accepting Difficulties

FEELING-BASED DEFAULT
Inaction / Reaction
Unconscious Blaming
Avoiding Difficulties



Strong feelings are messy and unreasonable.
It's unfortunate to have them, worse to show them, and useless to discuss them.

-Tom Rusk

31 12 - B

Between
Feeling and Facts
you must choose
Facts
all the time.

Perception out of only feelings may be impulsive, emotional or prejudiced, and may be incorrect, misleading and therefore ineffective and undesirable.

These perceptions prevent us from seeing realities and the other side of the coin.

Confidence based on only feelings maybe over-confidence, and may also be misleading.

It is very human to have feelings, but it is better if feelings are supported by facts to the maximum possible extent to take us closer to the situational realities.

Feelings supported by facts make us wise and intelligent and lead us to effective actions.

Every morning in Africa, a gazelle wakes up knowing it must run faster than the fastest lion or be killed.

Every morning a lion awakes knowing it must outrun the slowest gazelle or starve to death.

It does not matter if you are a lion or a gazelle; when the sun comes up, you better be running.

MY CHOICE

Today, I choose facts to guide me to take short and long term decisions effectively and efficiently.

13 - A **32**

REACTION and PRO-ACTION



I did not get the job
Because I could not give replies ...
because my teacher did not teach me ...
because my father had no money ...
because he was not educated ...
because there is lot of corruption ...

because unemployment is the problem ...

because ... because ... because ...

I did not get the job

because I could not give proper answers.

The total responsibility is mine.

I should have prepared well.

From this moment I will start preparing.

I will work hard for the next interview.

I know

I can ... I will ...

I can ... I will ... and

I am sure to succeed.



People who don't work are often more exhausted than people who do.

- Michael Levine

We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop.

- Mother Teresa

Between Reaction and Pro-action you must choose Pro-action all the time.

In a given situation you have the choice of making either impulsive reaction or pro-action responses.

Reaction is

- a. transferring responsibility to others,
- getting affected by environmental factors,
- having feeling as a driving force, and
- feeling hopeless and helpless and getting into inaction
- e. Blame and complain circumstances.

Pro-action is

- a. accepting responsibility for action and outcome,
- initiating and carrying on with action irrespective of environmental hurdles,
- c. having fact as a driving force, and
- d. developing feeling of selfesteem, courage, and personal strength out of enabling beliefs.

Proactive thinking offers many alternatives to choose from to manage a situation effectively.

MY CHOICE

Today, I choose to accept an obstacle as a challenge and find creative solutions to overcome it.

TALKING NEGATIVE and KEEPING QUIET

If A equals success, then A = X + Y + Z

X being work, Y play, and
Z keeping your mouth shut.

- Albert Einstein



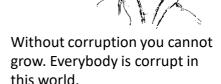
We pay taxes. This is public place. It is our right to spit on the walls. Who can stop us?

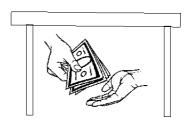


Let the company go to hell ... We want more salary ...



Unche Log, Unchi Pasand! Consume tobacco, Enjoy life





We are sending our children to schools. Teachers should take the responsibility of teaching or they should give grace marks ...

Those who say it can't be done should stay out of the way of those who are doing it.

35 14 - B

Between

Talking Negative and Keeping Quiet you must choose Keeping Quiet all the time

Negative talk is not action-oriented. It is, in fact a responsibility-avoiding behaviour. Generally, it is feeling based and can be ill-intended.

Many people get attracted to the negative talks for the sake of avoiding action and responsibility. Therefore a negative talk spreads negativity contagiously.

It may give relief temporarily due to less work or no work, but the effect in the long run on the individuals and the society shall be devastating.

Continuous negative talking for a long period would have a permanent effect on one's personality, which may get inherited by his/her coming generations.

We must learn to keep our mouth shut instead of spreading contagious negativity.



Today, I choose to think and speak positive I do choose the company of the people who think and speak positive.

TALKING and DOING

WALK THE TALK

Edmund Hillary, the man who first scaled Mount Everest, tried three times to scale the peak, but had been driven back.

When he got back to New Zealand after his third attempt, a dinner was thrown in his honour.



Asked to share his feelings and experiences on the climb, he chose to address the picture of Mount Everest that was stuck on the wall,

"Mount Everest, you must know one thing. You have a problem that I don't have.

"Your problem is that you cannot grow beyond 29,208 ft. On the other hand, through patience and consistent perseverance and effort, I can cross 29,208 ft."

Hillary successfully climbed Everest on his fourth attempt.



Life is not long, and too much of it must not pass in idle deliberation how it shall be spent.

- Samual Johnson

It is foolish to brag about the amount of assets you have, because that means you have nothing else to brag about.

- Kim Woo-Choong

37 15 - B

Between
Talking and Doing
you must choose
Doing
all the time.

The people who do only talking, sooner or later, get exposed. They are not respected by others.

Talking can be boastful and maybe because of an inferiority complex and a strong psychological desire to show superiority.

Only talking does not set good personal example. It does not lead you anywhere in life. It makes you live in a world of false perceived satisfaction.

Action results in progress. Talking only could be reactive. Doing is active.

Action is demonstrative. It is seen by people around you. It results in increased self-esteem and self-confidence. Your actions makes others also confident of you. Your reliability gets established.

Talking is easy. Walking the talk is difficult. Leaders walk the talk, and so should you.



Today, I dedicate myself to walk the talk consistently. I also choose to set high personal examples.

AVAILABLE and FIT FOR USE

One side - Available

I am struggling day and night with my supervisors and workers to produce more and more ... You are not able to sell

What can I do? Customers are not accepting ...
I am following up with all the dealers and wholesalers ...



The other side - Not fit for use



We will never buy. We have burnt our fingers once ... Even if they give us free of cost, we will not go for it ... The product has no quality ...

Greatness lies not in being strong, but in the right use of strength.

- Henry Ward Beecher

An employee, who has requested a raise, found this note in his pay envelope, "Your increase will be effective when you do."

- Rose Sands

39 16 - B

Between Available and Fit for use you must remain Fit for use all the time

We are available to our environment all the time.

Students are available to teachers, teachers are available to students, employees are available to employers, servants are available to masters, businessmen are available to customers, and so on for all of us.

Availability without willingness and ability to add value does not mean anything.

I will ask you a question to reflect. My question is -

In our country 'employment' is a problem or 'employability' is an issue?

We never pay for something which is not fit for use. In the same way no one will pay a person who is not fit for use or employable.

Concentrate on your fitness to perform - physical, intellectual, and emotional. Work to improve your knowledge and skills. Also work to develop proactive attitude. Sharpen your abilities continuously.

Use your abilities to add value to whatever activity you undertake.

First you deserve, then you desire.



Today, I decide to continuously improve my abilities to add value to my environment.

17 - A 40

TAKING RISK and INACTION

RISKING

To laugh ... is to risk appearing fool.

To weep ... is to risk appearing sentimental.

To talk ... is to take risk of appearing fool.

To work ... is to take risk of failure.

To climb ... is to take risk of falling.

To love ... is to risk not being loved in return.

To hope ... is to risk despair.

To drive ... is to risk accident.

To live ... is to risk dying.



- ✓ But risks must be taken because the greatest hazard in life is to risk nothing.
- X The person who risks nothing does nothing, has nothing and is nothing.
- ✓ Only a person who risks is free.

Security is mostly a superstition.

It does not exist in nature.

Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure or nothing.

- Helen Keller



41 17 - B

Between Taking Risk and Inaction you must choose Taking Risk all the time.

Imagine an activity which does not involve uncertainty and risk. You will find none.

You cannot keep on worrying and remain inactive.

Many a times you perceive risks, in your imagination, which are not real. You need to differentiate between psychologically created and perceived risks and actual risks.

You must avoid creating imaginary risks by default and impulsive thinking and negative and disabling self-talk.

Even in uncertain situations, risks can be calculated with a reasonable degree of accuracy. The evaluation increases the situational awareness and your confidence for taking risk.

Doing nothing carries higher risks than taking risks to do something and doing it.

If you want to go to sea without any risk of capsizing, don't buy a boat, buy an island.

- Marcel Pagnol

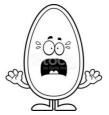
MY CHOICE

Today, I choose to evaluate my actions and possible outcome objectively to increase my awareness and confidence.

18 - A **42**

DEPRESSION and CURIOUS EXCITEMENT

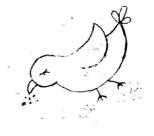
TWO SEEDS



Seed 1

I am afraid

Why should
I go below the ground?
I will have to suffer there in darkness ...
There is uncertainty.



There is food for me

Seed 2

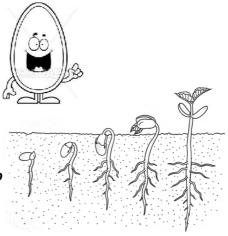
If I go below the ground,
I will multiply ...

I will grow ...

I will contribute ...

I will be fulfilled

I will continue to live generatio after generations



Think excitement, talk excitement, act out excitement and you are bound to become an excited person.

Life will take on
a new zest, deeper interest, and greater meaning.
- Norman Vincent Peale

43 18 - B

Between Depression and Curious Excitement you must choose

Curious Excitement

Undesirable and uncontrolled emotions are indications for a need of taking corrective actions.

When you are afraid and sad and depressed on account of uncertainties, it tells you to get up and get engaged in some activity. It does not tell you to sit idle and get into depression more and more.

Depression is the result of fear or anxiety for future uncertainty. This worry is created mostly by our imaginations. It gets further intensified if you keep on thinking about it and brooding over it again and again or for a long time.

Whenever you are depressed, get up and get out. Ignite your curiosity. Look for new things. Look for new opportunities. Get excited and remain excited. Visit friends. Talk to them. Go out to see a movie, Go and watch children playing in the garden. It will be more energizing and encouraging if you start playing with them.

Action out of curious excitement works as an antidote to depression. It only can remove your mental and physical lethargy and remove your fears



Today, I choose to engage myself in activities with complete commitment and dedication.

HOPELESSNESS and HELPLESSNESS

I want grapes.

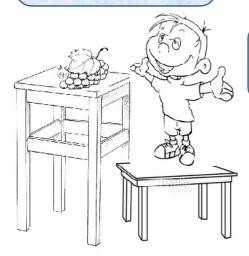
What can I do? I am so small! My mother has left me alone. She will come after two hours. I am hungry.

I cannot do anything but cry ... and cry ... and cry ...

Success is how high you bounce when you hit the bottom.

- General George Patton





An adversity is really an opportunity to grow.

- John Gray

Let me think what I can do.
I will certainly find an
effective choice
And here I am!
I got what I wanted ...

I am not old enough to play baseball or football. I am not eight yet.

My mom told me when you start baseball, you are not going to be able to run that fast because you had an operation.

I told mom I would not need to run that fast. When I play baseball, I will just hit them out of the park. Then I will be able to walk.

45 19 - B

Between Hopelessness and Helplessness you must choose None all the time.

When you don't get desired results or things don't turn out to your expectations, and when things go out of your control, you may feel hopeless and helpless.

These feelings of hopelessness and helplessness should never be allowed to enter your life. These feelings are emotional and impulsive and take you away from reality and rationality.

Most of the problems, difficulties, constraints, risks and adversities are created by imagination and perceived psychologically. They may not be real. These emotional and negative perceptions should be avoided all the time by fact-based rational thinking.

Even if adversities are real, they are to be fought with and to be overcome. The process must by enjoyed.

Instead of hopelessly and helplessly crying over spilled milk, it is better to go out to earn a fresh glass of milk.

MY CHOICE

Today, I am hopeful and I know people around me are prepared and ready to help me.

TRYING and DOING

I will try to get up early,
I will try to concentrate on the study.
I will try to get help from my teachers.
I will try to get more marks.
I will try to succeed in life.





I get up early.
I concentrate.
I get help from my teachers.
I secured 90 percent marks.
I am successful today and will continue to succeed.

The best way to escape from a problem is to solve it.

- Brendon Francis



The difference between doers and dreamers is that the **dreamers** wait for the mood before taking action, while the **doers** create the mood for acting.

- Daniel Gresen

47 20 - B

Between
Trying and Doing
you must choose
Doing
all the time.

Try to lift a book kept on your table. Just try, don't take it! Just keep on trying without lifting it!

How funny! You just cannot try. Either the book has been lifted by you or not lifted by you. There cannot be anything other than these two. Did you get the message?



Trying is as good as not doing. Introspect, when you say "I am trying" or "I will try", you are either avoiding action or avoiding the responsibility of possible failure.

Trying may be an excuse for postponing action. Therefore, never say "I will try to get up early and try to study." Instead, say, "I will get up early and study."

Eliminate the word "try" from your life and feel the difference. Your confidence and commitment will reach new heights.

MY CHOICE

Today, I choose to engage myself in positive, effective, and contributing actions.

KNOWLEDGE and ACTION

I got Gold Medal in psychology. But I know, whatever I studied cannot be practised. It is having no use at all!



A lot of people know what to do, but few people actually do what they know.



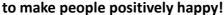
I am happy. I got good marks in psychology. It helped me a lot ...

To be aware of my personality

To design motivational programs and schemes for employees

To train school teachers to make them understand their students and improve their influence on the students.







If a man has talent and cannot use it, he has failed.

If he has a talent and uses half of it, he has partly failed.

If he has a talent and learns somehow to use whole of it, he has gloriously succeeded and won a satisfaction and triumph.

- Thomas Wolte

49 21 - B

Between Knowledge and Action you must choose Both all the time.

You can design winning actions by the following steps:

- a. Put principles and theories to actions.
- b. Understand the principles governing your actions.

Designing effectiveness and success means putting knowledge and action together. This has been practised by all successful people through the ages.

Knowledge without action is of no use. Action without knowledge may take you to misdirection; you may succeed once in a while by chance.

For an example, we all have read about honesty. Knowledge of honesty does not make us honest.

Similarly, knowing the principles of self-motivation and being self-motivated are two different things. You need to practise the principles for being honest and self-motivated.

MY CHOICE

Today, I choose to combine knowledge and action to be effective and successful.

MOTIVATION and ACTION

When I joined this school, there was no discipline among students.

The pay was very low.

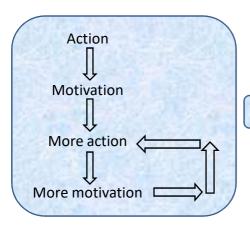
The parents were very unhappy.

The cooperation from colleagues were missing totally.





But I had a vision of an excellent school ... I worked very hard and today I am one of the most respected teachers of the city.



Action Motivation Cycle

We should be taught not to wait for inspiration to start a thing.

Action always generates inspiration. Inspiration seldom
generates action.

- Frank Tibolt

Between Motivation and Action you must choose Action all the time.

If you wait for some external factors to motivate you,

- a. The wait could be too long;
- b. You surrender the key of your action to the external factor;
- c. You make yourself available for psychological manipulation to the external factor;
- d. You suffer failure due to non-action in absence of a motivator to match your psychological and physical needs;
- e. You develop a habit of blaming others for your failures and responsibility-avoiding behaviour;
- f. You don't remain your own self.

Action brings results. Results generate motivation -

Then more action and more motivation and the cycle continues.



MY CHOICE

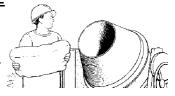
Today, I choose action to get the desired results. I know, the results will motivate me for further action.

RELAXING and ENERGIZING

TYPES OF PEOPLE

Physically active, Mentally dull

I get so exhausted physically



Mentally active, Physically dull

I get so exhausted mentally.

Active both physically and mentally

I am always full of energy. I use both mental and physical energy.

He is the most efficient and effective employee of the factory.







He is an ideal husband. He always bothers for everything I need. He supports me in everything I do. He is more than a friend. I am really fortunate.

He is gem of a man! He not only helps the needy ones, he also contributes a lot in the overall development of the society. He has so many practical ideas and so much energy to work ...



53 23 - B

Between Relaxing and Energizing you must choose Energizing all the time.

All work and no play make you dull and less efficient - just forget this psychologically limiting belief.

We have been given a script, by our parents, teachers, elders and society, of dividing the life into two parts - work and play.

'You have to work' and 'You should play'. 'To work' is a compulsion for earning and 'To play' is a choice for spending and enjoyment and so on.

What a wrong way of dividing life activities!

Don't look for activities for relaxation. Instead, look for activities which can energize you. Don't sleep to relax, sleep to energize. Change your attitude from relaxing to energizing.

Change of activities, irrespective of intensity of your involvement, may be highly energizing. All depends on your attitude towards what you do.

Develop a sincere interest in your work and you will find that you will be able to control the work, instead of the work controlling you.

MY CHOICE

Today, I choose to play when I work and to work when I Work and play are same to me.

OTHER'S INTENTIONS and BEHAVIOUR

Your product is good. We are happy.

Intention = Your Progress Behaviour = Very Good





Your product is not giving us the services promised.

Intention = Your Progress
Behaviour = Good

I suggest you to make the changes, which I have mentioned in my letter. So that your services improve.

Intention = Your Progress
Behaviour = Just Okay





Hey! Never buy this Product ...

I have been cheated. Unless and until we teach a lesson to the company, they will never change.

Intention = Your Progress
Behaviour = Not Good

It is only with the heart that one can see it rightly; what is essential is invisible to the eye.

- Saint Exupery

Between

Other's Intentions and Behaviour you must focus on Other's Intentions all the time.

Understanding intentions of others is the basic step of healthy interpersonal relations.

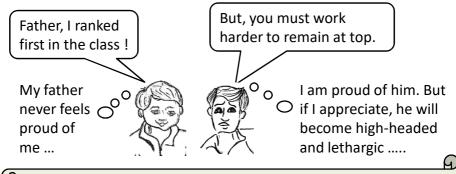
Behind every behaviour, pleasant or unpleasant, the intentions are generally noble. This is basic human nature.

Behaviour is external and hence visible. Intentions are internal and hence not visible, unless properly expressed.

All of us are not trained/expert behaviourists. Many of us do not know how to behave effectively in a given situation.

Behaviour may be spontaneous and impulsive reaction. Intentions are basic and for long duration.

Why should we bother about rough outer "personality" of a coconut? Instead we should see the inner sweetness and softness.

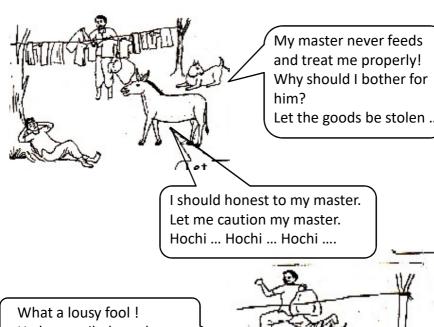


MY CHOICE

Today, I choose to understand intentions of people I interact with, and to express my intentions effectively.

25 - A **56**

PURPOSE and PERSONALITY



What a lousy fool!
He has spoiled my sleep ...

Had I understood the good intentions of my donkey

Instead of spending time on deliberating who is right and who is wrong, spend time on thinking what is right and what is wrong; what is useful and what is not.

57 25 - B

Between Purpose and Personality you must focus on Purpose all the time.

You have a purpose of your life. An organization also has a purpose for its existence. Same holds good for a family, a society, a state and a nation, and the world.

Personalities are engaged to realize the purpose by carrying out a defined process.

On many occasions, we forget the "process" and the "purpose".

We spend energy on discussing personalities and how to change them. In this process precious energy is lost which would have been otherwise spent collectively for a productive purpose.

I salute the unknown author who said,

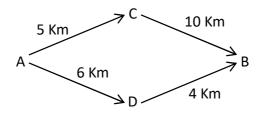
Small minds discuss persons; average minds discuss events; great minds discuss ideas.

MY CHOICE

Today, I choose to work for a purpose to be more effective and efficient for getting maximum out of my potential.

CONFORMITY and CREATIVITY

You want to travel from A to B. The routes indicating distances are given. Which route will you follow?



The normal answer : The route A - D - B.
The standard reason : The shortest distance

Questions which should be raised:

- ✓ How are you travelling?
- ✓ When are you travelling?
- ✓ Who are with you?
- ✓ Are you carrying valuables?
- ✓ Do you have any other work en-route?
- ✓ Does the route suit your vehicle?
- ✓ Any other similar consideration?

When patterns are broken, new worlds can emerge.

- Tuli Kupferberg



Should I

FOLLOW BLINDLY

or

FOLLOW WITH CONVICTION?

The man who asks a question is a fool for a minute; the man who does not ask is a fool for life.

- Confucius

59 26 - B

Between Conformity and Creativity you must choose Creativity all the time

Conformity is following an established system without challenging it, assuming the system to be efficient and effective.

Creativity is seeing things generally not seen by others.

Creativity is challenging the confirmed systems to find a better way, better method or better product for higher efficiency and effectiveness.

Creativity brings progress and adds value to life.

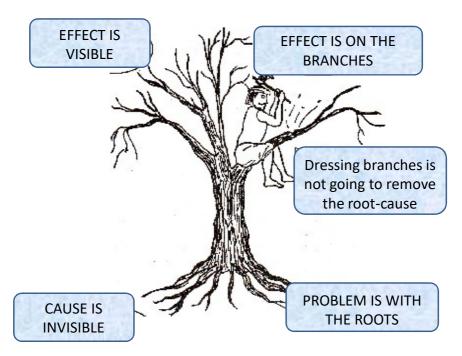
Creativity can be learnt by seeing beyond, seeing the total picture, seeing two sides as well as periphery of a coin keenly with intensity.

Conformity is maintaining status quo. Creativity is challenging the status-quo. Challenging leads to change for progress.



Today, I am highly enthusiastic about challenging today's norms for positive and creative improvements.

PROBLEM SOLVING and PROBLEM PREDICTING



Discovery consists of seeing what everybody has seen and thinking what nobody has thought.

We call things we don't understand complex, but that means we have not found a good way of thinking about them.

- Tsutomu Shimomura

What we need is not the will to believe, but the wish to find out, which is the exactly opposite.

- Bertrand Russell

61 27 - B

Between

Problem Solving and Problem Predicting you must choose Problem Predicting most of the time

We always talk about the techniques of solving problems. We have been taught analytical and creative thinking to analyze and find innovative solutions for a given problem.

However, we have not been taught how to locate and identify a problem before it surfaces up.

Problem Predicting requires the skills of being sensitive and asking probing questions. This sensitivity shall enable us to identify ourselves to our surroundings with higher intensity.

This intense identification shall enable you to predict problems well in advance as your focus shall be on continuous improvement. Not only the problem would be predicted, but you would also be able to locate the root cause of the problems.

Once a problem is predicted and the root cause identified, you can take actions to prevent it.

If the prevention is not possible, you can predict the time of its occurrence and take remedial actions. You will never be caught unaware when the problem would occur.



MY CHOICE

Today, I choose to be intense and to concentrate on minute derails of my surroundings for continuous improvement.

IMPROVING and MAINTAINING

Weep not that the world changes - did it keep a stable changeless state, it were a cause indeed to weep.

- William C Bryant



If you are just holding your own, others are passing by you.



When all think alike, no one thinks very much.

- Walter Lippmann



Man is a creature of hope and invention, both belie the idea that things cannot be changed.

- Tom Clancy

Definition of insanity:

Doing the same old thing and expecting different results.

I shall make electricity so cheap that only the rich will be able to afford candles.

- Thomas Alva Edison

63 28 - B

Between Improving and Maintaining you must choose Improving all the time.

Our life is a process and, therefore, a journey.

Naturally, the journey cannot be static. We constantly move with reference to time. Travelling is a dynamic process.

Some people just travel from one place to another. They miss the places in-between. They "maintain" themselves in the midst of a dynamic process.

Don't be like those people. The purpose is continuous addition of value to yourself and your surroundings.

Let us focus on big innovations as well as small improvements. If you make "small but continuous improvements' a philosophy of your life, you will make a big difference.

Always remember, the people never progressed who resisted change and improvements.

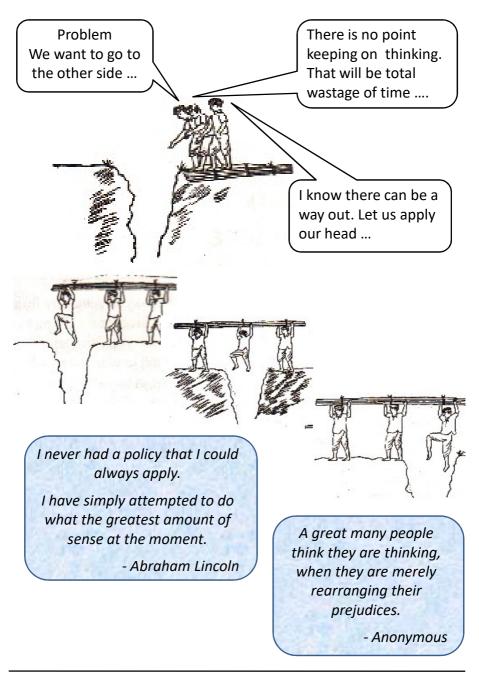
Change is a reality. Accept it with conviction.



MY CHOICE

Today, I decide to perform better than yesterday by learning from and meditating on whatever I do.

RIGIDITY and FLEXIBILITY



65 29 - B

Between
Rigidity and Flexibility
you must choose
Flexibility
all the time.

Do you generally form opinions about people and places and hold on to your opinions for long?

Do you form opinions about an issue and hold onto your views whatever may come?

Let us consider the following facts:

- a. People change with reference to time and place.
- b. Issues have different impact and relevance with reference to time, place and people.
- c. It is our right to change our opinions, beliefs and convictions and to act to be effective situationally.
- d. Without change life cannot be imagined. Change brings improvements. Be flexible to accept changes.

Flexibility, within accepted ethical norms, is Wisdom.



Today, I choose to mould myself to accept life willingly and effectively as it comes to me.

CREATIVE THINKING and ANALYTICAL THINKING

5 W - 2 H METHOD OF PROBLEM UNDERSTADING AND SOLVING

WHAT?

What is the problem?
What are the influencing elements?
What are the disadvantages?
What are the expectations?

WHO?

Who is responsible?
Who will take action?
Who will monitor?
Who will provide resources?

WHY?

Why should we change? Why should he do this?

WHEN?

When do we act?
When do we monitor?

WHERE?

Where is the effect?
Where should we work?

HOW?

How should we change? How should we move?



HOW MUCH?

How much should we change? How much efforts should be taken? How much time should be spent? How many people should work?

Imagination is the highest kite that one can fly.

- Lauren Bacall

Ideas are nobody's property; they belong to whoever expresses them best.

- Emilio Ceechi

67 30 - B

Between

Creative Thinking and Analytical Thinking you must choose Both all the time

Creative thinking is thinking with an open and curious mind beyond boundary, challenging everything, without worrying for immediate practicality, without immediate rational analysis and critical judgement.

This enables us to explore many possibilities. Creative thinking makes us more imaginative and divergent.

Analytical thinking is logical, systematic, practical, and evaluative. It enables us to analyze using facts and data, see pros and cons of an issue.

This guides and enables us to take non-emotional decisions with awareness of the risks involved.

We need to develop both the faculties to be effective problem solvers.

Creative thinking shall enable us to find various alternatives, may be imaginary. Analytical thinking shall enable us to select the best positive and practical choices.

A very effective tool to develop creative and analytical thinking is asking probing questions.



MY CHOICE

Today, I choose to have an open mind to receive all inputs to enable me to select the best possible action.

CONTROL and RESPONSIBLE FREEDOM

I am not ok – You are not ok

Nothing is right in this world. Everybody's life is meaningless. Life is not worth living.



I am not ok – You are ok

You are worthy and respectful.

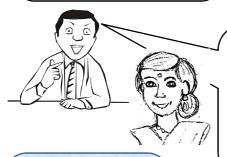
However, nothing is right with me. I do not find any value and purpose of my life.

I am ok – You are not ok

I am fine. You are useless. Nothing good can happen to you with your attitude and behaviour.



I am ok – You are ok



Everyone in this world is unique and is okay.

We all have a purpose.

We all have individually different psychological and physical make-up.

We have right to be ourselves.

Some people regard discipline as a chore. For me it is a kind of order that sets me free to fly.

- Julie Andrews

Freedom is nothing else but a chance to be better.

- Albert Camus

69 31 - B

Between Control and Responsible Freedom you must choose Responsible Freedom all the time.

Controlling results in obeying which could be a compulsion. Controlling and obeying create master-slave relationship which is against the basic human tendency and nature.

Think of a society where there is no control and no obeying. Everybody is fit to be free and enjoys freedom.

Freedom is not indiscipline; it is not individual independence; it is not selfishness; it is not disrespecting others; it is not "I win at your cost" attitude. Freedom is subordination to basic natural systems.

Naturally freedom has to be supported by a individual driven sense of responsibility.

Freedom is interdependence. It is understanding each other; it is willing-working for each other. It is 'I win - you win' attitude. It is certainly not a helpless and hopeless compulsion.

Freedom results in contribution, progress, discipline, and happiness for all.



Today, I choose to be free by being self-disciplined and responsible to my surroundings.

GOOD and PLEASANT

It is a rough rood that leads to the heights of greatness.

- Latin proverb



Parry O'Brien was an Olympic shot-put star.

One night when he was still in high school, his father was awakened at 3.00 a.m. by a series of strange thuds outside. It was a week before his son's annual school sports.

He went to the window to see what was wrong. There, under the street light, was his son heaving the shot.

'What on earth are you doing?' he shouted.

Parry replied, 'I got an idea about how to throw the shot better and I couldn't wait until morning to try it out.'

Happiness is different from pleasure. Happiness is something to do with struggling and enduring and accomplishing.

- George Sheehan

An aspirant disciple said to Master, 'I really wish to enroll in the path of truth.'

The Master said, "You can accompany our caravan only if you can accept two things.

"One is that you will have to do things which you do not want to do.

"Secondly, you will not be permitted to do things which you desire to do.

"It is wanting which stands between man and the path of truth."

71 32 - B

Between Good and Pleasant you must choose Good all the time.

Pleasure could be temporary and short-lived. Good is permanent and universal.

Pleasure is impulsive and feeling based.

You gossip. It gives you pleasure. If you continue, it will poison your mind in the long run.

You read good books and meditate. You work and perspire. It may not be pleasant. However, it is good. It will make you intellectually stronger.

Fast food is pleasant. You need to visualize the ill-effects in the long run.

You avoid difficulties. However, if you work hard and overcome the difficulties, you become stronger and remain stronger.

Good things always result in desirable outcome in the long run. Pleasant things need not always bring goodness.

Evaluate your short-term actions out of your impulses and temptations. Ask a simple question - Are they aligned to your long term goals?



Today, I choose to relate my daily activities to my long term life goals.

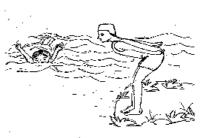
EXISTING and LIVING

A WORTHY LIFE

A man risked his life by swimming through the treacherous riptide to save a youngster being swept out to sea.

After the child recovered from the harrowing experience, he said to the man, "Thank you for saving my life."

The man looked into the boy's eyes and said, "That's okay, kid. Just make sure your life was worth saving."





Purposeful Life

If a man hasn't discovered something
that he will die for, he is not fit to live.

- Martin Luther King, Jr.

Physical and Spiritual Life
From what we get, we can make a living;
what we give, however, makes a life.
-Arthur Ashe



Emotional and Social Life

I am of the opinion that my life belongs to the whole community and as long as I live, it as my privilege to do for it whatever I can.

I want to be thoroughly used up when I die. For the harder I work the more I live...I wont to make it (life) burn as brightly as possible before handing it on to future generations.

- George Bernard Shaw

73 33 - B

Between
Existing and Living
you must choose
Living
all the time.

Everyone in the world, including you and me, is existing. The question is "Are we living?"

The purposes of living, as per Stephen Covey, are

- a. to live i.e. physical well-being,
- b. to love i.e. emotional and social well-being,
- c. to learn i.e. intellectual well-being, and
- d. to leave a legacy i.e. spiritual well-being.

On the above considerations, we need to evaluate our activities. Existence without a meaningful purpose is as good as no existence.

We need to understand the purpose of our life. We also need to give meaning to our understanding by corresponding action.

Introspect. Whether the activities you engaged yourself in during last week, during last month, during last year have made and will make your life more purposeful?



Today, I choose to give a purpose to my existence and strive to make a meaningful living.

PAST & FUTURE and PRESENT

First I was dying to finish high school and start college and then I was dying to finish college and start working and then I was dying to marry and have children.

And then I was dying for my children to grow old enough for school so that I could return to work.

And then I was dying to retire.

And now I am dying - and suddenly I realize I forgot to live.





Happiness is not a when or a where; it has be a here and now.

The Present

We worry about what a child will be tomorrow, yet we forget that he is someone today.

- Stacia Tauscher

The Past - Present - Future

We don't have to allow the programming of our pas to control our present and future.

- Anthony Robbins

The Present

To be upset over what you don't have is to waste what you do have.

- Ken Keyes, Jr.

Between Past & Future and Present you must live in Present all the time

Many people living in the past say...

"Had I got into that college...",

"Had I married that girl...",

"Had I studied medicine...". and so on

Many people living in the future say...

"I will be happy when my son...",

"I will be successful when...", and so on.

The people living in the present say...

"I am working now to succeed... ",

"I am enjoying this moment because... " and so on

Remember past is gone and future is yet to come. Present is now, and therefore, it is called a present.

Your life is "here and now". Be aware of this moment and make it meaningful.



Today, I choose to concentrate on the present; I must enjoy my life here and now.

JOURNEY and DESTINATION

LIFE SPAN - WHAT DID YOU ACQUIRE?

Our life span has been divided into eight parts by the psychologists. During each part we acquire certain positive and certain negative attributes.

Evaluate your past and project your future. Assess to what extent you have acquired positive as well as negative attributes. This introspection shall help you to change for the better.

<u>Stage</u>	Positive Attributes	Negative Attributes
Infancy	Trust	Distrust
Toddler	Autonomy	Dependency
Pre-Schooler	Initiative	Guilt
Schooler	Industry	Inferiority
Adolescent	Identity	Role Confusion
Young Adulthood	Intimacy	Isolation
Later Adulthood	Generation	Stagnation
Old age	Ego-integrity	Despair





If what you did yesterday still looks big to you, you hove not done much today.

- Anonymous

77 35 - B

Between Journey and Destination you must focus on Journey all the time

Many people wait for an event to be happy. For examples, I will be happy when I complete my education, when I get a job, when I get married when I own a house, and so on.

You need to understand that an event is a momentary affair, which you cannot hold for ever.

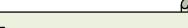
Once an event is over, you need to get ready for the next one. You cannot afford to stay for ever at a milestone. If you stay at a milestone for a long period, you stop progressing during that period.

Enjoying an event is fine. However, what is required to enjoy life is to enjoy the journey between the two events also.

Enjoy studying and learning and you will enjoy getting through the examinations more.

Enjoy swimming and you will enjoy more reaching the other side of the sea.

Enjoy playing and you will enjoy getting energized for the next activity.



MY CHOICE

Today, I choose to enjoy the present moment of my life; I know my destiny is decided by what I do now.

INPUT & PROCESS and PRODUCT



A king had a dream. He saw a king in heaven and a dervish in hell.

The king exclaimed, "What is the meaning of this? I should have thought the dervish would be in heaven and king in hell."

A voice answered,

"The king is in heaven because he respected dervishes.

"The dervish is in hell because he compromised with the kings."

Possibility: 1

Wrong Input + Right Process

= Wrong Product

PLUS

INPUT

Possibility : 2

Wrong Input + Wrong Process

= Wrong Product

PROCESS

Possibility: 3

Right Input + Wrong Process

= Wrong Product

EQUALS TO

PRODUCT

Possibility: 4

Right Input + Right Process

= Right Product

Between Input & Process and Product you must focus on

Input & Process

Whenever we talk, there will be either positive impact, negative impact or no impact. Let us call it the result or the product of the process we followed for our communication.

The process of communication involved two elements – What we talked (input) and how we talked (process). If both the elements (you may call them as the input and process of communication) are appropriate to the situation, the impact will be positive.

Can I say, If the process is right, the product will be right.

Naturally, we must focus on the contents and the processes of the four activities we are engaged in. The activities are,

Thinking

Feeling

Speaking and

Working.

Can we practise the right processes to get the desirable end product.



Today, I keep my conscious focus on the processes of all the activities undertaken by me.

BLAMING and ACTION

'Why did God ever make such a world for anyway?' A youth complained, adding, 'I could make a better world than this myself.'



'That', a friendly sage suggested, 'is just the reason God put you into this world, to make it better. Now go ahead and do your part.'

The man's greatest failing is that he looks almost always for an excuse in the midst of misfortune that befalls him through his own fault, before working for remedy which means he often finds the remedy too late.

One day, a partially deaf four-year old kid came home with a note in his pocket from his teacher, "Your Tommy is too stupid to learn, get him out of school."

His mother read the note and answered, "My Tommy is not stupid to learn, I will teach him myself."

And that Tommy, in spite of only three months of formal schooling, grew up to be the great Thomas Edison.

I will make electricity so cheap that only rich will be able to afford candles.

81 37 - B

Between Blaming and Action you must choose Action all the time.

These are the impacts a blaming habit will make.

It negatively affects your attitude - immediately, and over a period of time.

It creates negative and unhealthy side effects - especially stress.

It adds unnecessary emotions to the situation.

It attracts others to you who are also negative.

It creates a picture of life that is not accurate.

It forms and reinforce a habit of looking at the negative.

It causes you to miss seeing the "good",.

It puts the problem in control making you lose the control over the situation.

It uses your energy that is essential for making your day work well.

It reduces your effectiveness as an individual.

The conclusion: Stop blaming and stop complaining.

Focus on Action, Action and Action!

MY CHOICE

Today, I put all my focus on actions with reference to my long term goals of life.

UNCONSCIOUS IMPULSES and CONSCIOUS BEHAVIOUR

UNCONSCIOUS IMPULSIVE SELF-TALK



A drunkard youth was coming out of the wine shop. He was unable the walk properly.

A priest, who knew the youth, saw him.

Father went close to him and said, My son, I am terrible sorry to see you coming out of the wine shop."

The youth immediately and very casually replied, "In that case, Baba, I am getting in the shop again."



CONSCIOUS PRO-ACTIVE SELF-TALK

In a wintry season, with the temperature below zero, an old pilgrim was making his way to the Himalayas.



'My man,' exclaimed a fellow traveler, 'how will you get there in such a cold season?'

'My heart got there first,' was the cheerful reply, 'then it is easy for the rest of me.'

83 38 - B

Between

Unconscious Impulses and Conscious Behaviour you must choose Conscious Behaviour all the time.

At times, you may be making impulsive behaviour for some short term gratifications and pleasure.

The examples could be eating junk food, gossiping, wasting time on useless and may be undesirable activities. It can even be sudden emotional outbursts. Generally, we undertake these activities without much of a thinking.

The following quote shall make the difference between conscious and unconscious thinking and behaviour clear.

To get ANGRY is easy.



But to get angry for the right reason, at the right time, at the right place, on the right person, in the right way, to the right degree,

That is not easy!



Today, I decide to be aware at conscious level of all my thoughts and behaviours.

SETBACK & FAILURE and LEARNING

To the optimist all doors have handles and hinges; to the pessimist all doors have locks and latches.

What happens to good people when bad things happen to them?
They become better people!
- Robert H Schuller

You attitude when you lose
will determine
how long it will take until you win again.
- Walter Doyle Staples

I am not old enough to play baseball or football. I am not eight yet.

My mom told me when you start baseball, you are not going to be able to run that fast because you had an operation.

I told mom I would not need to run that fast. When I play baseball, I will just hit them out of the park. Then I will be able to walk.



The good news is –

The bad news can be turned into good news,

when you change your attitude.

85 39 - B

Between Setback & Failure and Learning you must focus on Learning all the time

I would like to reproduce what a great author has to say on the topic of problem management.

The same will hold good when it comes to managing a failure or managing a setback and even managing a difficult situation.

Here are four questions I have asked myself over the years that have helped me manage my problems.

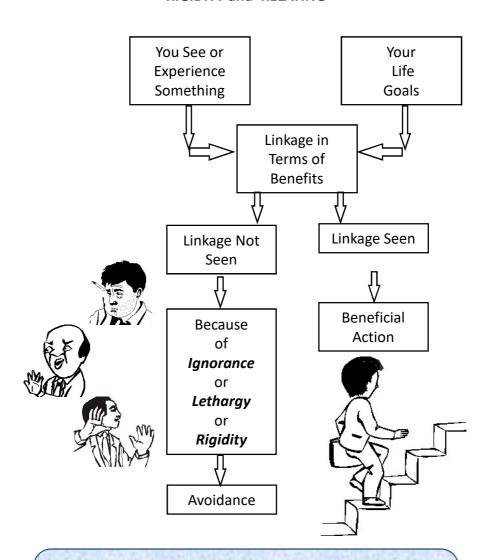
- 1. If this is the first time I have encountered this problem, what can I do now so that I don't encounter it again?
- 2. What good is there in this problem that will create growth and advancement for me as I deal with it?
- 3. How can I build up my resistance during the time it takes to fix the problem?
- 4. How can I change my perspective so my problem impacts me more positively?

Todd Duncan in "Power to be Your Best"



Today, I decide to learn from the difficulties, setbacks and failures I encounter.

RIGIDITY and RELATING



OPPORTUNITY

Opportunity is totally bald except a few hairs in front of the head. You need to catch it by those hairs only, because once it moves away, it becomes impossible to catch it from behind.

87 40 - B

Between Rigidity and Relating you must focus on Relating all the time.

Why do we accept or reject a thing or an event?

When we perceive a linkage between our life goals and the thing or the event in question, we tend to accept it, else we reject. Again, stronger is the linkage, higher the intensity of acceptance.

Unfortunately, we fail to link many of the things and events with our goals because of ignorance. This is the reason many aspiring professionals do not focus on improving their personal skills.

There is a story about a big stone that lay as an obstacle on a roadside and proved a hazard to many travellers.

Many tripped and fell, but nobody bothered to remove it or push it aside.

One day a poor shepherd saw the stone and set about trying to move it out of the way.

As he moved the stone, he saw a purse lying under the stone. On it was written –

'To the man who will remove this stone, this gold.'

MY CHOICE

Today, I keep an open mind to see each moment providing me an opportunity to grow.

PROCRASTINATION and START NOW

ANY ACTION IDEAS IN YOUR MIND? WHAT ARE YOU WAITING FOR? MOVE ...

NOW IS THE TIME ...

YOU MAY RELATE: A PRACTICAL EXAMPLE

The Principal of an engineering college called toppers of each year and asked, "What is the worst thing that has happened with students at the end of the college years?"

The first year student said, "The worst thing which has happened after first year is the scores taking a southward dip because of high-headedness and casual attitude."



The second year student said, "It is the realization at the end of the year that nothing has been done for personality development for two years."

The third year student said, "The worst thing is majority of the students gets selected in campus by leading companies and you are being left out at the end of third year."



The fourth year student thought for a while and said, "The worst thing is one stands at the end of fourth year and realizes that four years have been wasted!"

89 41 - B

Between
Procrastination and Start Now
you must choose
Start Now
all the time.

YOUR ACTION PLANS

IF YOU HAVE YET NOT STARTED, HERE IS WHY YOU SHOULD START NOW

Don't reserve your best behavior for special occasions.

You can't have two sets of manners, two social codes - one for those you admire and want to impress, another for those whom you consider unimportant.

You must be same to all people.

- Lillian Eichler Watson



MY CHOICE

Today, I choose to do what is necessary to be done at the moment.

90 41 - B

THE TEST OF THIS BOOK

is not

the attractive layout, motivating contents, or an interesting read;

but

the action which you take after reading the book!

Today I am convinced that
Even when I am on the right track,
I will get run over if I just sit there.

Life is not a destination;

It is a journey ...

It is continuous learning ...

It is continuously working ...

It is continuously progressing

LEARN AND PRACTISE

01 - A

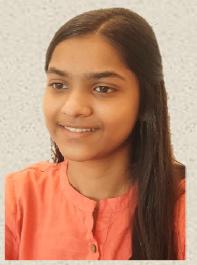
ACTION-ORIENTED WINNING CHOICES

the RHEA PATEL way

RHEA PATEL: SELF INTRODUCTION

I just completed SSC from Euro School, Airoli, Mumbai under ICSE Board. I am preparing for HSC now and aspire to become a computer professional.

I have a deep interest in psychology, particularly ego states and transaction analysis and psychology of achievement. In addition, I am interested in psychological and behaviour testing.



I am presently studying a few simple tests and the methodology of conducting and interpreting such tests.

I am also interested in drawing and painting, video making and playing chess.

I am also keen to learn computer coding and planning to develop some apps to help students in studies.

Having got the inspiration and guidance from my grandfather, this is my first venture of authoring a book.

RHEA AJAY PATEL

B-1303, Azziano, Rustomjee Urbania, Majiwada, Thane West, Mumbai 400601

Phone: +91 9619535725

Mail: rhea.mybookbarter&gmail.com