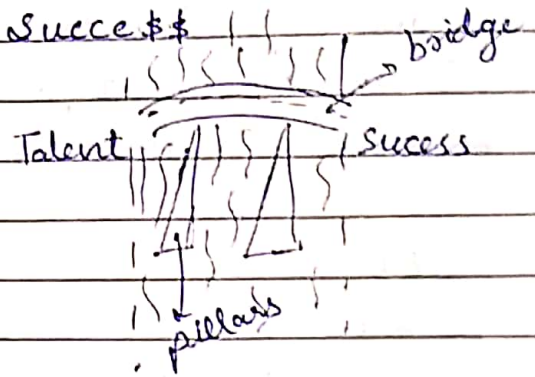


Running cheetah at high speed
 \Rightarrow Conversion of ability/potential into performance

~~Success~~ Success

One of the definition \rightarrow ~~success~~ Success

IQ



With freedom comes responsibility
 Responsibility to your IQ

Bridge the gap btw talent & success
 \hookrightarrow bridging this gap = performance

The river represents
 a challenge

Foundation \rightarrow courses are pillars to bridge the gap
 \hookrightarrow it is never visible, but always relevant

The super structure cannot stand without foundation

Technical aspect is just a part, other factors contribute too

Taking a concept, transforming it into a product & selling it
 which has value

$$2 + 2 = 4$$

4 is a good answer, but a hopeless solution

solution adds up a value, if it's not adding value, it's just answer, not solution.

99.5%

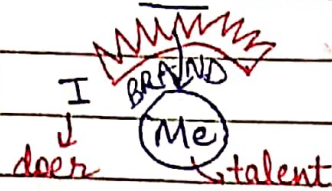
100 is not the limit

add more than you got

$$99.5 + 200$$

→ luck by chance

99.5 + 200



→ luck by design → design for yourself

I am responsible to me.

I am the incharge of design which will take Me to 200
The driver (or does) is I.

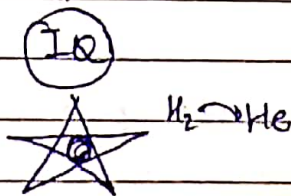
VEE

↳ WEE

→ Excel

work ethic

To succeed is to get a result
to excel is an action



I am building my brand

I am harnessing

I have the hands on the steering

I have the ability to steer my brand from its already
achieved height to greater heights

99.5%

200

Sergey Bubka

Broke world record at 17

6 months later, broke his own record

In 11 yrs, he broke his own record 17 times
before he retired

Yelena Isinbayeva

Broke her own record 15 times

What got you here, won't get you there → book by

Martin

What got you here is one hell of a ^{head} start, but you may not end up going there with what got you here.

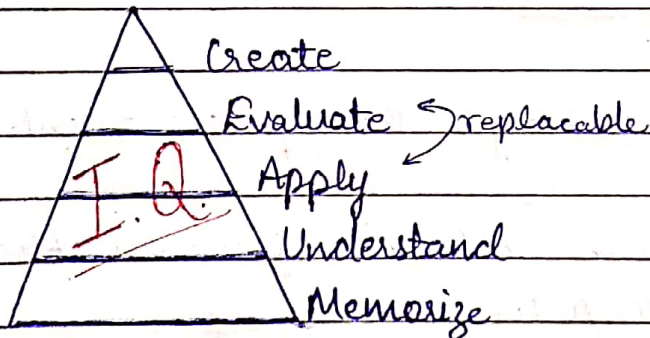
03/04/2019

Every challenge when met with ability, becomes opportunity.

There won't be any opportunity if there is no challenge

Work Ethics

Work ethics will get us excellence, and that would increase our probability for success.



Non-engineers

REACTIVE
Engineers

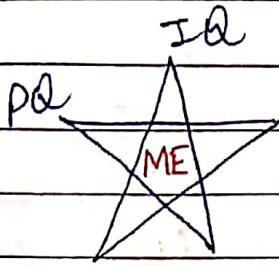
A → Awareness

D → Discipline / Design

B → Believe

= Excel

C → Confidence



PQ → Physical Quotient

You need better stamina.

How agile are you?

How you are able to concentrate 4 hours as compared to class of 1st hour?

Are you able to concentrate for hours into the project?

How do you get your body to be physically fit?

1) Nutrition

पुष्टि

2) Posture

Posture

3) Water

पानी

4) Yoga (Breathing)

योग

5) Sleep

Pillow

11/April/2019

Performance matters, execution bridges the gap btw talent & success.

Discipline is just a shadow of excellence, focus on ~~discipline~~ excellence and discipline will follow.

Speed and accuracy

You have become accustomed to only one side of the equation.

You have more ability than that.

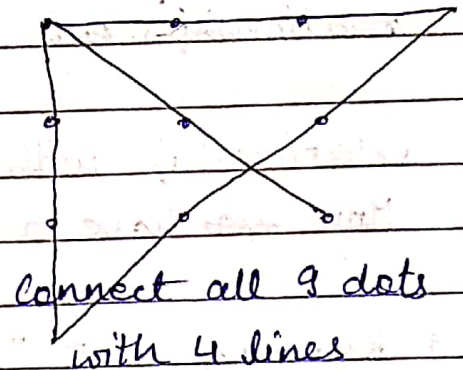
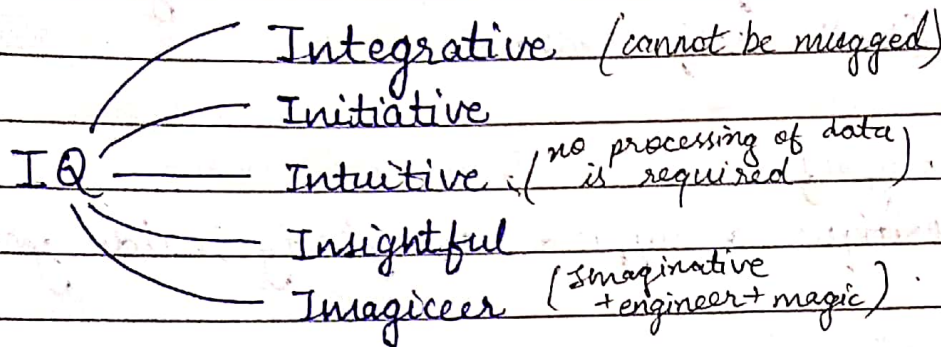
How short is your down time matters. It cannot become zero, but we can tend it to zero.

When you fall, how quickly you get up and run again is important.

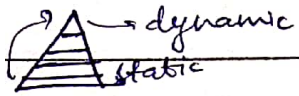
How can you manage your IQ?

Use your IQ to increase your intellect.

Simplest thing you need to do to EARN is to (L)EARN!



We are moving from a static intelligence to dynamic intelligence



I need to have: DYNAMIC Intelligence Ability

The more data that is processed (through the brain) more experienced is the judgement or wiser is the person
6th sense is somewhat same as your intuitive ability

Imagiceer → Imaginative + magic + engineer

Reactive people give answers, Creative people give solutions

Emotional Intelligence

What is it?

The capacity to be aware of, understand, manage and express emotions well (both self & others)

The capacity to be aware of, understand, and manage our relationships well (both self & others)

Relationship with myself

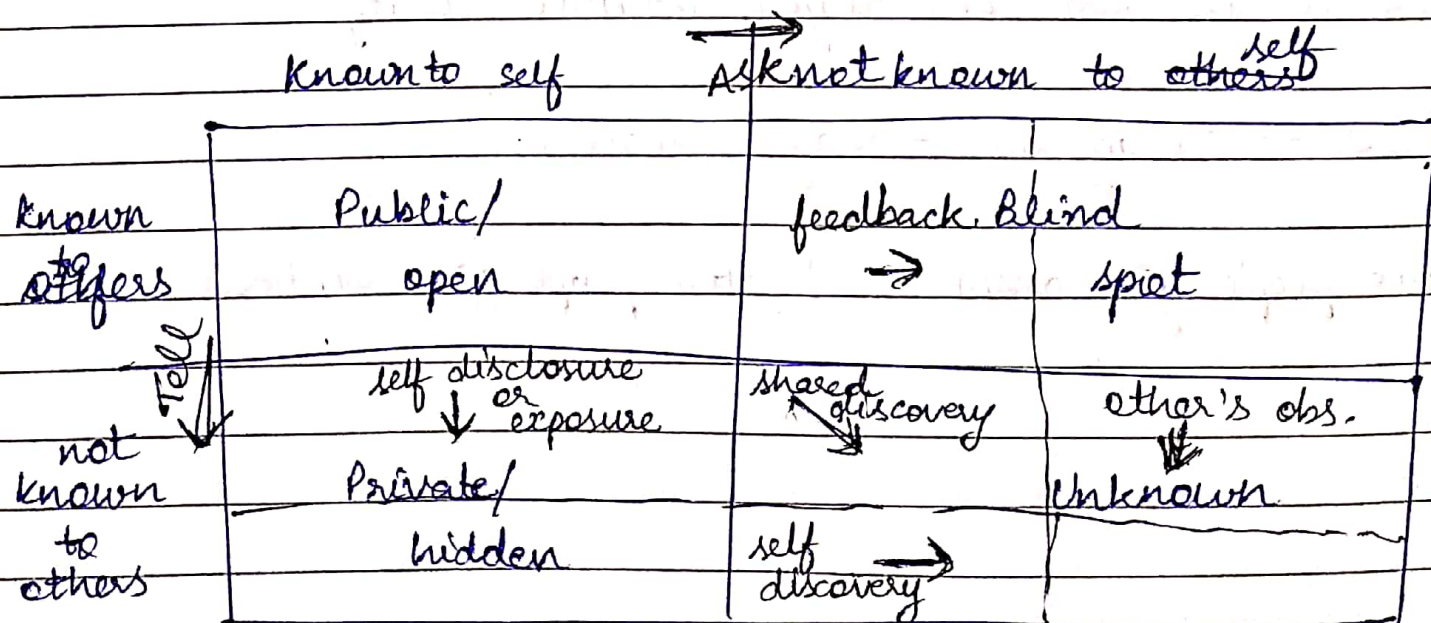
You ~~are~~ have a critique, a supporter, everybody inside yourself

1. Knowing our "self"

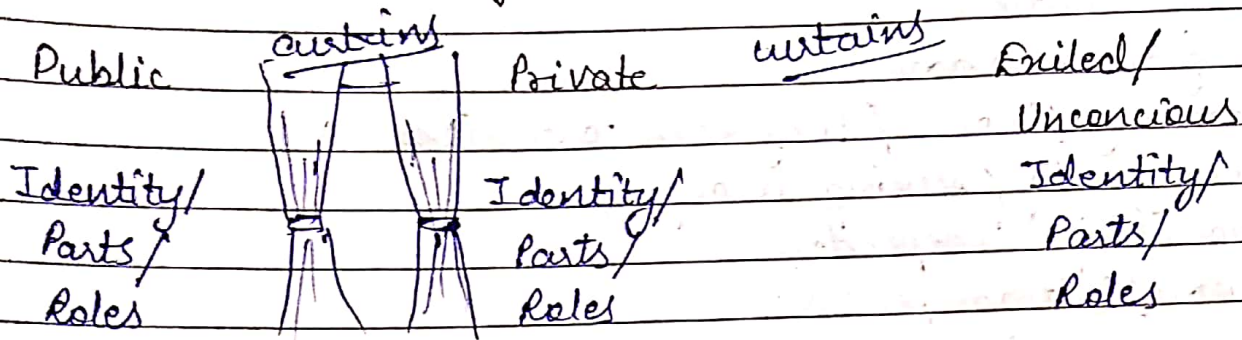
One thing others know about

one thing others don't know about

Self - through the Johari Window



Multiple parts / identity



Knowing the curtains

- Fear
- Guilt/shame
- Honour
- Cultural/Group acceptance
- * Dreams, Desires, Hopes
- * Healthy boundaries
- * Freedom
- * Safety/ trauma

- Managing the "gap" can be exhausting
- We all need witnesses

- Identities are fluid/dynamic
- Are certain aspects dominant to the detriment of others?

⇒ Nurture our multiple identities

We are all multi-dimensional beings, we need not put all our efforts & energy in one direction

1) Stages of life

Adolescence

Identity creation

Testing the boundaries

Uncertainty / Choices / Long-term conclusions

Second family / Seeking belongingness

Responsibility / Independence

Societal / Cultural pressures

Sexual maturity / Hormones

Relationships

Emotions

Opinions on the moral universe

Understandable Crisis / Conflict

- Who am I? Who do I want to be?
- What are the rules & boundaries? why?
- What is right? What is acceptable?
- Why should I care?
- What is life all about?
- What are my priorities?
- Finding your own balance
 - individual v/s belonging
 - safety v/s risk
 - head v/s heart
 - experiment / adapt v/s stick to what worked before?

Takeaways

It is a period of major change

Crisis & conflicts are expected

Accident, pain and injuries will unfortunately happen. What comes after these is the suffering.

Dr. Asunima Sinha → climbed Mt. Everest & other peaks even after losing one leg.

Normal Abnormalities

e.g. A cold is an abnormality, but it's so common, it should not be too bothered with.

Your emotional weakness allows you to think that you are the only one suffering.

Resilience is important.

Social Quotient (SQ)

Teamwork. A lot of courses do not aim at improving teamwork. It's individual learning, you & the machine.

TEAMWORK → 80% → 400

ME → 20% → 100 → this can increase by exploring and pushing yourself!
500

SQ has multiplier effect on IQ.

Linkage btw IQ & SQ is very strong, because, first you should know yourself & then progress on working with others.

Our intelligence is making better use of our physical abilities.

A lot of electrical activities happen in brain.

Millions of neurons are present in human brain.

Mirror neurons are present too.

↳ these are known to mirror the actions of others

Sharing
Synergetic
Social Quotient E Sympathy
Sporty → sportsman spirit
Selfless

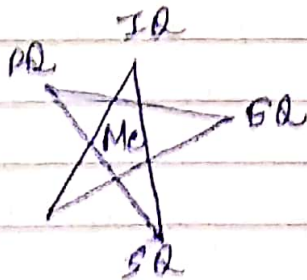
Synergy → related to mirror neurons
↳ in terms of passing

sportsman spirit → don't grudge, don't stick with what happens

If somebody said something wrong, don't ~~give~~ hold grudge against it, don't respond, may they are having a bad day

How long does it take to recover from down time takes cost.

Selfishness is natural to us. It is like a defense mechanism given to us



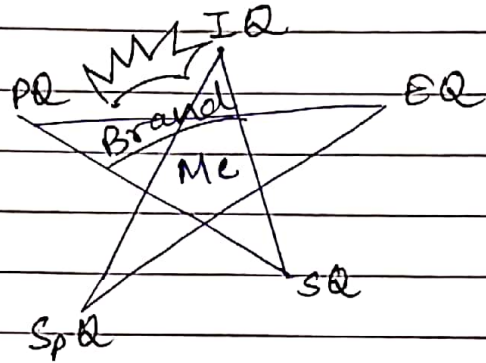
Taking charge of myself
Nurturing myself

He who knows, and knows he knows is a wise man, seek he

He who knows ~~know~~ not & knows he knows not is a child, teach him.

He who knows not, and knows not he knows not is a fool, shun him.

23/04/2019



Self-Awareness

- Belief

- Confidence

- Design

= Excellence

→ we take charge of what we're gonna do

Social Quotient has multiplier effect

Hands that work are dearer to god than lips that pray.

Spiritual Quotient

— Spark

turning the ignition on

— Sprightly

— Spunk

grit, determination, perseverance

— Spic & Span

— Sporty

bounce back ability, to laugh off, get up after falling, etc.

Child like
ish

→ spark is an imp. quality we should maintain
curiosity

Luck ← preparation — by design
↓
↑
opportunity

Excellence is never an accident because preparation is always behind an opportunity coming your way.

