

## **INTRODUCTION:**

### **Who Moved My Cheese?**

Who moved my cheese is a fable about four characters who live in a maze and they all love cheese. When the cheese disappears, Scurry and Sniff enthusiastically head out into the maze to find new cheese. On the other hand Hem and Hall feel betrayed and complain. They waste their time and energy hoping the old cheese will return. Hall realizes the old cheese won't return so he sets out into the maze in search for new cheese. He writes what he learns on the walls hoping that Him will follow him. Eventually he discovers new cheese and sees that Scurry and Sniff were already there. Cheese a metaphor for what you want to have in life. It could be a good job, loving relationship, money or health. The very core message of the book is this: things constantly change so we must adapt. The quicker we adapt a change the more satisfied will be with.

Here are 21 lessons I learned from "Who Moved My Cheese?" :-

1. Make things simple and take more actions rather than analyzing past situations
2. Try new things and take a risk
3. Always be at the top of your game and be ready for

change

4. Never settle, always have options
5. There is no security in life
6. You choose your own happiness
7. Never loose yourself to others, always be you
8. Just cause you had it yesterday, doesn't mean you have it today
9. Yesterday's win is today's ego streak
10. Always be present to what's happening in your environment
11. The world does not owe you anything
12. Explore new places and environments to find the gems of life
13. You will die all alone if you don't take risk
14. Life is super easy when you are flexible and open
15. Visualise living the best life ever
16. Not taking actions towards your goal is the killer of life
17. Ask yourself "What would I do if I was not afraid?"
18. Always be taking actions towards your goals regardless of how you feel

19. When you stop being afraid, you begin to feel good
20. The quicker you let go of the old gems of life, the sooner you will find the new gems of life
21. It's safer to go after what you want than to lose hope and be stuck with a shitty situation

*“Life moves on and so should we”*  
— — -Spencer Johnson