

Basic Tool to Live A Good Life

Start –

1. We hear a lot about needing to be productive, high achieving, and high performing in our job and business, and then we talk about some people do and some people don't and how we aspire to become better at producing and high achieving, put it another way we are referring maximizing our potential and live a good life.
2. Toastmaster of the day, my fellow toastmasters, and dear guests. Today I am honored to be doing this speech titled "Tool to live a Good Life". This speech is to tell you about the life tool that I learned recently that is helping me maximize my potential and try to live a good life of my definition that I had been struggling to achieve. I hope you find it useful too.

Main Body

1. Let me start with my real experience - I am the 4th child to my parent after my three elder sisters, My parents are not that educated so, you know they think with orthodox way or we can say traditional perspective where they aspire to have Kuldeepak(Successor of the family). So, while growing up I got more attention, Caressing and love from my parents as compared to my elder sisters. Due to that, I grew up stubborn, egoistic, rude, self-centric. I used to think that why I should listen to others or any book author. I would learn everything from my life experience, or if there is anything to important read would read in my retirement age. And, due to that type of attitude, I didn't have many friends during my school or even in my college life.
2. During the initial phase of my professional carrier, on one fine day I was having arguments with my colleague and I was trying to make the point we should learn from our experiences and then he said one thing that hit me, if you want to read or learn something early age from other's experience it has a compounding impact on your life, there will not be the meaningful impact if you decided to read books at your retirement age. So he gifted me one book as a Christmas gift, the book was How to win friends and influence people by Dale Carnegie, you all might be aware. And after reading that book had a great impact on my life, now, I have more colleague friends than my school friends. And always think what if I learn and understand the book in early life itself, there would have been a different and more positive impact of it on my life.
3. After getting a good book reading experience, I started considering books to improve my productivity and thought process in the aspiration of living a good life. Years before I read a book which is basically on "how to read a book?". In that book author mentioned 4 phases that need to be followed if you want to get more benefits from any book especially those based on personal development.
4. **CEAT**
 1. **Consume** - Understand and learn the content of the book.
 2. **Evaluate** – (This is most important phase)Test read content, Try to apply your thought process around it, to see if it really means something to you. Or does it make a point or sense to you? try to validate it by your reasoning thought process. In this phase, when something sense to you, you started to think about it and this helps you cement it within

your memory, allowing you to recall the key ideas later and apply them in your day day activities.

3. **Apply** – Implement, apply to execute that tested idea, lesson, or concept. Be talking family, friends, neighbour or colleague
4. **Teach** - Teach that other implicitly through your actions or teach people thought explicitly.

As per my knowledge, this one has implicitly implemented it by sharing lessons by below TMs in previous Toastmaster club meetings

TM Gaurav - sapiens

DTM Ron - Throw Your Hat Over The Wall

Conclusion

1. A man's lifetime experience is transcended into another human being through books. If someone wants live multiple life in single life then that person can achieve the same through reading books. If any person read a book with the CEAT approach he or she always finds an improved version of themselves.
2. This Basic affordable tool which used by ultra-rich people like Bill gates and Warren Buffet, Even though they are very rich and successful they spend their most of time reading a book then why we should not?

Toastmaster!

- 1) Name of the speaker: Somnath Jagdale
- 2) Path: Visionary Communication
- 3) Level: 1
- 4) Project: Writing A Speech With Purpose
- 5) Speech Title: Basic Tool to Live A Good Life
- 6) Time limit: 5-7 Min