Seeing Things Differently

Today, I stand before you to share the essence of this project, to recount my experiences, and to reflect on the profound lessons learned along the way. To get you into the context It's essential to make you aware you about my project “Focus on the Positive”. As per the objective of the project I kept a daily record of my moods and behaviors, noting down when I felt positive or negative, my successes and efforts, and things I am grateful for.

Toastmaster of the day, My Dear Toastermaster and esteemed guests.

A couple of weeks back, I visited my hometown Satara to meet my parents while driving back to Mumbai my father accompanied me. The Pune-Mumbai expressway offered smooth sailing with flawless roads, allowing me to indulge in my love for driving.

However, as we entered the city, the landscape changed drastically. I started coming across our chaotic city traffic, where we wait longer for signals, frequent speed breakers, some harsh auto and car drivers cutting lanes, sometimes people walking on the road without bothering, sometimes street dogs come suddenly in the middle of the road.

I am sure you must have experienced this situation. Due to that, as usual, I lost my cool and got irritated. That irritation was clearly visible in my tone and behavior to my father who was sitting quietly, listening to my frustration.

After that negative feeling, I calmed down after 30 minutes. Then my father asked me, "Do you think you have control over your mind?" Of course, papa, I have full control of only my mind. Papa quietly asked, "Do you see that street dog trying to cross the road?" I said, "Yes. that dog controls your mind, you don't. That auto, that signal, that speed breaker controls your mind, not you."

That simple positive lesson from my father blew my mind. Since that day, I never bothered about what others behaved, at least on the road. In my journal I always show gratitude towards my father for their patient and hopeful perspective towards life.

Another incident with my nephew, he is the son of my elder sister, who provided me shelter for 6 years while I was studying engineering at VJTI Mumbai and during my initial professional years. I inherently felt obligated to guide my niece and nephew in the right direction. He is a finance student. I learned from my sister that he took some crash course classes in intraday stock trading from a YouTube influencer and was considering becoming a full-time intraday stock trader instead of pursuing his master's degree.

That was a challenge for me, how to dissuade him from that decision? You must know, teenagers are hard to persuade, especially in today's generation, they are in a completely different world. I was thinking about how to behave with him in this situation or how to talk to him. That was a negative feeling I noted down in my journal.

During my casual in person conversation with him, I said to him, "Pratham I agree with you, it's quite easy and a trending thing nowadays; everyone is doing this trading. In fact, one of my uncle's sons, who is a shepherd, has also opened an online trading account by watching YouTube videos. While guarding sheep, he does intraday trading. How interesting, right? When I visit my hometown during holidays, he tells me about how to trade and which stocks to bet on trading.

In addition to that, I said to him, "Pratham basically in trading, for you to win, someone has to lose, or when you lose, someone must be winning. That winning guy might be my uncle's son, the shepherd. Believe me, a person like him would be your competitor."

Trust me, that example hit my nephew very hard. He did not agree at that moment, but a few days later, he said to me, "Mama, I changed my decision about trading. Now I am committed to pursuing my master's degree. You opened my eyes when you indirectly compared me to your shepherd cousin."

I felt proud and noted down as positive feeling in my journal.

In conclusion, reflecting on my journaling journey, I've learned the importance of self-reflection, thankfulness, and being open to learning from every experience. By noting down my thoughts each day, I've understood myself better and seen how having a positive attitude can change things.

Thank you.