

Podcast #1

Hello everyone this is adee shaikh and you are listening Adees talk show. So lets start up with some introduction. Here We are going to talk about everything that matters.and that includes social issues, social media trends, Motivational and inspirational talks and many more things like Some special news , interviews with some of the great personalities out there and many more..so let's start our very first podcast. Today in our first episode we are going to talk about Results ,

As we know this time of the year is called as the results season so students and parents all over The country experiences Stress , anxiety , depression and what not

So its very important to understand concepts like Failure , stress , anxiety & success , yes success some people think if they succeed in their exams they have won the life's race,its completely wrong there have been students who have secured 95% in their board but they could not stand tall in their entrances. So it is very important to learn about how to manage Success .

- 1) So the first think we are going to talk about is Failure- there are 6 powerful ways to overcome failure in life: 1st- **Understand Failure Is The Key Path To Success.-**

Keep a positive perspective and understand that you only failed because you tried. Failure in life is what teaches you lessons and pushes you a step towards your end goal. If you had not tried, then you wouldn't have failed but then you wouldn't have succeeded either. If you were on a drive and came across a fork in the road, you would not turn around. You would move the fork out of the way, and continue towards your destination. Similarly, failure is like a fork on the road, you have to cross it in order to reach success.

As Denis Waitley once said, -- Failure should be our teacher, not our undertaker. Failure is delay not defeat. It is a temporary detour, not a dead end.

2. Remain Calm and Reflect

Think about it, no matter what you do in your present, nothing will change the past

3. Learn From Your Failures -- Every so often people do not pay attention to their failures. By doing this, you will not be able to cope with and overcome your failures. Through constantly trying over and over again, you will learn the most. If

you can learn from your mistakes, you can overcome failure in life and eventually reach success. As Thomas Edison once said,

I have not failed. I've just found 10,000 ways that won't work.

4. Don't Rationalize Your Failure

Many times when you fail you may rationalize it and give yourself a reason to give up.

5. Self Confidence

Never ever let failure in life scratch your confidence level. If you fail, it doesn't mean you can never do it. Keep going at it and believe in yourself. Once you **develop a strong belief in your abilities**, you will be able to overcome any failure.

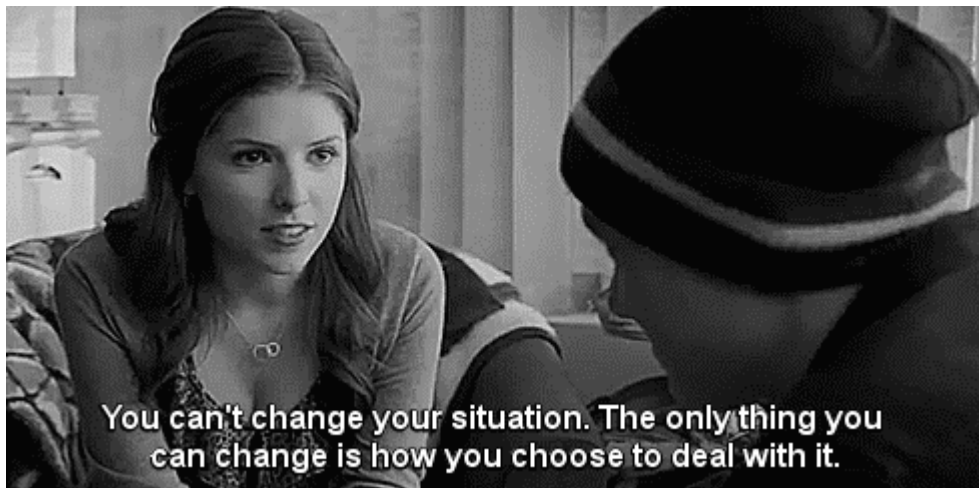
6. Stay In The Present

By wandering in the past or focusing too much on the future, you will miss out on your present. Therefore, don't wander in the past or focus on your future. .

Now lets talk about the 2nd Main Thing That is Stress/Anxiety - here are some tips for avoiding stress or relaxing your mind.

1. STAY ACTIVE - Exercising can help reduce the intensity of stress on your body and mind. Allow yourself an adequate amount of time to clear your mind as this will give you the time and space you need to calmly approach any stressful feeling you may be having. Exercising can also help you feel good about yourself, as well as maintaining your health.

2. ACCEPT THE THINGS YOU CAN'T CHANGE --



The feeling of losing control over a situation often causes stress, but the act of taking control gives you a sense of empowerment. You have completed the hard work for your A-Level exams and you've done the best you can do, now it's important to distract the mind from any negative thoughts as there is nothing you can change right now.

3. KNOW WHAT TRIGGERS YOUR ANXIETY

Everyone has feelings of anxiety at some point in their life. It's a feeling of worry, fear and generally feeling uneasy, and for some it can be quite severe. Learning what triggers these thoughts and feelings for you will help you deal with your anxiety and begin to feel in control of the situation. You could try small things to regain control such as taking deep breaths, slowly counting to 10 and practicing relaxation techniques such as yoga or meditation.

5. 'ME' TIME! -- Always make time for yourself. Whether it's watching a movie, going for a walk, reading a book or taking up a new hobby, everyone needs time to relax without social pressures.

7. THINK POSITIVE THOUGHTS

Try to think with a 'glass half full' mindset as opposed to 'glass half empty'. It's important to stay optimistic and always remember the things in life that you're grateful for.

8. SLEEP!

It's important that your body has time to relax and rest. Stress can put additional pressure on your body so make sure you're getting your 8 hours of sleep per night.

The Next Main thing is Fear . here are some tips for overcoming fear

- 1) **Analyze all potential outcomes** – Many people experience fear of failure because they fear the unknown. Remove that fear by considering all of the potential outcomes .
- 2) **Learn to think more positively** – Positive thinking is an incredibly powerful way to build self-confidence and neutralize self-sabotage.
- 3) **Look at the worse-case scenario** – In some cases, the worst case scenario may be genuinely disastrous, and it may be perfectly rational to fear failure. In other cases, however, this worst case may actually not be that bad, and recognizing this can help.
- 4) **Have a Alternative plan** – If you're afraid of failing at something, having a "Plan B" in place can help you feel more confident about moving forward. .

Now the Main part comes here we are going to talk about Manage Success-

- 1) **Celebrate your success.** Big or small, each success must be celebrated. It doesn't matter if you shout out a little "Whoopie!" or if you call your best friend to share the news. Just take time to celebrate each success which will help build the momentum for more success to come.
- 2) **Don't become complacent.** Just because you've had one small success doesn't mean you can sit back on your laurels. Stick to your plan for growth. Take time to learn new things or learn new skills that will take you into the future.
- 3) **Learn from your success.** Just like we're all told to learn from our failure, take time out to learn from your successes. What did you do right that got you where you are today? Which pieces of the success brought you the most fulfillment and happiness?

Well No one will be following the tips i shared for managing success as after achieving success we are in a different hangover and we dont care about anything .

So This was all for today I hope The Time You invested here will definitely help you in future. So All the very best for your Results . Thank you and Do subscribe to my Podcast for more interesting stuff.