

Concentration and Focus

VEV 741 Session 3 – Goal Setting and Continuous Improvement

A quick recap

So far we looked at

Different concentration techniques practiced by high achievers

Had an opportunity to start a journal and to do a mindfulness survey

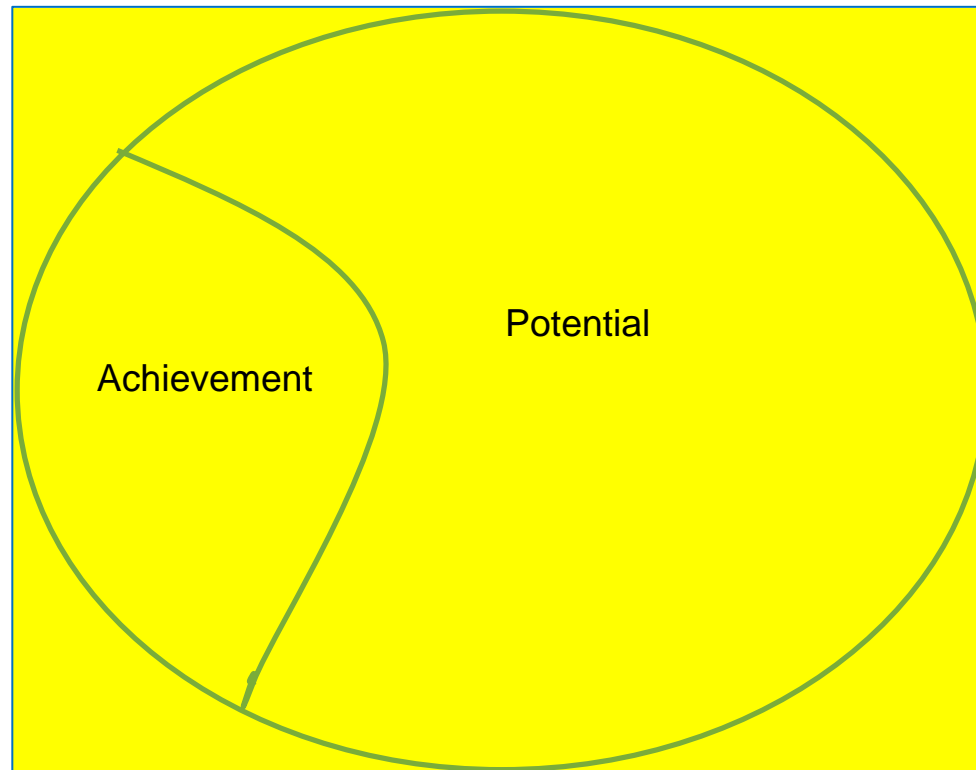
Simple ways to practice concentration

If you need any clarity on these please contact Dushyant or me later.

Sessions 3 and 4

- Understanding your potential and the mental barriers that limit you
- Understanding your personality type
- Identifying a long term goal
- Continuous Improvement – Kaizen

Achievement vs Potential



Talent vs Focus

- Sachin and Vinod started at the same time at school
- They played together in a Harris shield match and scored unbeaten 664 runs
- Vinod also took wickets in the match
- Experts said that Vinod has more talent than Sachin

But what actually happened?



What prevents us from reaching our full potential?

- Self Doubt and limiting beliefs (Lack of atmashraddha)
- Fear of failure (Fear)
- Laziness & delayed action (Tamas)
- Unaware of our own potential (Ignorance)
- Lack of a purpose in life (Tamas + Ignorance)
- Ego leading to disharmonious relationships (Rajas)

What else?

Amitabh Bachchan – Overcoming Deficiencies

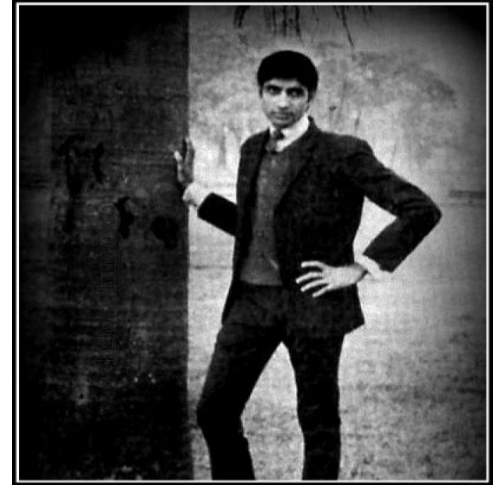
- "Sometimes we are tested not to show our weakness, but to show our strength."
- कभी कभार , हमारा इम्तिहान , हमारी कमज़ोरियों को दिखाने के लिए नहीं लिया जाता ; वो लिया जाता है , हमारी ताक़त को दिखाने के लिए



Early days of career... Late 60s to early 70s

Rejected

- Too tall!
- Too lean
- Baritone voice
- Not hero material!!
- First 13 movies were a flop!!



I had come away from home to seek the possibilities of joining the Industry in some other way. But one look at Rajesh Khanna made me realize that with people like him around, there would be little chance or opportunity for me, in this new profession!

Later

- From flop star to Super star!
- Labelled as “Angry young man”
- Redefined the definition of hero in Hindi films

Still later on

- Overcame a near death experience
- Became bankrupt – ABCCL corporation
- Failed in Politics
- Rose again through Kaun Banega Crorepati
- And is still going strong

Group work

- Each member of a group will
- Identify one deficiency based on personal experience that prevent you from achieving your potential.
- The group will then choose any 1 deficiency and work out a strategy to convert this deficiency into strength
- Make a presentation before the group – only 5 minutes per group

Shadripus – 6 enemies of the mind

- Krodh - anger
- Kaam - desire
- Lobh - greed
- Madh - pride
- Moh - delusion/attachment to harmful people/things
- Maatsarya – jealousy

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