**17/08/2020 - Monday**

Instead of doing the routine task, Learn the joy of engagement!

1, The structures of everyday

Most of our lives are designed to serve for others, if we don’t have idea then others make you to work for their idea.

Be like Joe in the factory. He will be at the factory even everyone left by 6:00. He always prefers repaired machines and makes them right. In his home, he have beautiful gardens and some small mountains which makes rainbows even at the midnight.

**Be like joe**

**Three main assumptions here:**

1. Experience from the leaders and prospects.
2. Shortcuts are dangerous
3. Based on the past experiences, slow experiment from the experiences

Actual quality of the life is not from the organs or tiny electrons.

* It is the quality of the thoughts
* What we do
* How we feel about it.

Baboon spends one third of their time in sleeping and the rest of the time in travelling, finding food and leisure time.

Yes, humans also doing the same, work, travel, etc.

We have the serial processing like swallowing single bite at a time, hearing single song at a time. So serially enjoy the life.

* One person starts life with a **starving parent**
* One starts with a **physical defect**
* One starts with a **large bank account**

For all the persons some factors are fixed, and no one can avoid eating, sleeping, serving a work, and along with some individuality.

In general, we may look common but if we use a magnifying glass and see, we are not identical person, In fact we are original pieces.

***To live means, to experience in doing, feeling, thinking.***

Time is the scarce resource for us, The life is generally experienced as the amount of time invested, enjoyed and allocated on things. That will tell you about your life.

**Time**

When talking about time we need to borrow few words from finance.

1. Budgeting,
2. Investing,
3. Allocating,
4. Wasting

In most cases “Time is money” , Money is the thing to measure our Time.

Time consuming factors

* Productive activities – (Work/ activities at work)
* Maintenance activities – ( Eating / driving / other activities at home)
* Leisure Activities ( Social media / Hobbies / idling )

If you work 8 Hour a week then you are spending 35% of your time in a week in money making process.

Africans spend less than 4 Hrs a day for making money and rest of their time in chatting, singing, dancing, enjoying the life.

Usually On house hold activities, if the man who cooks for his family loses his self respect and the respect among the society.

*Even we don’t enjoy our jobs we are forced to do it. Because if we don’t then the quality of our life is bound to suffer.*

2, The context of the experiences

We have seen that work, maintenance, and leisure occupies our whole time.

Some love their work and some hate.

Some love the free time and some other got bored.

Happiness is the prototype of positive emotions,

**“Everything we do is ultimately aimed at experiencing happiness”,** we don’t really want wealth, health, fame or such things

The moment we feel active, strong, and alert is based on what we do.

If we are strong and active then we will be happy with that. So the choice of what we do is also affects our happiness.

Have a dream,

Take a risk,

Then only you will be happy, because the happiness is also based on the thing you do to make happiness.

**Negative emotions:**

* Sadness
* Fear
* Anxiety
* Boredom

**Positive emotions:**

* Happiness
* Strength
* Alertness

Positive emotions are auto-pilot modes for the thoughts we have.

How long and how intensively we strict to our goals is the **function of Motivation,** Havegoals and work for it.

We are doing this now

1. Because They want to do it
2. Because they have to do it
3. Because they don’t have better things to do.

There is much more difference in wanting to do it and having to do it.

Yes, Mother terasa and Madonna are the examples for this

Self esteems is related to the ratio of expectation over success!

**21/08/2020 – Friday**

Learning to manage one’s goal is an important step in achieving excellence in everyday life.

We can stay focused in our goals by imagining results of our desires.

To pursue mental operations a person has to learn concentrate attention.

Continuously concentrate on a thing and achieve it. Scattering of attention doesn’t bring anything.

**Emotions + Motivations + Concentration = Quick Desired results**

Even though a child is having enough music knowledge, without the external effort, the child won’t be good enough.

Every professional knew what they are actually doing like, a surgen knew what he did cut , A singer knew what lyrics he sang and need to sang. But in a Job we don’t have a clue that where we are and how long we need to go?

*If challenges are too high:*

* *Frustrated*
* *Worried*
* *Anxious*

*If challenges are too low:*

* *Relaxed*
* *Bored*

***If a high skill is matched with the high demand task, then the curve will be smooth.***

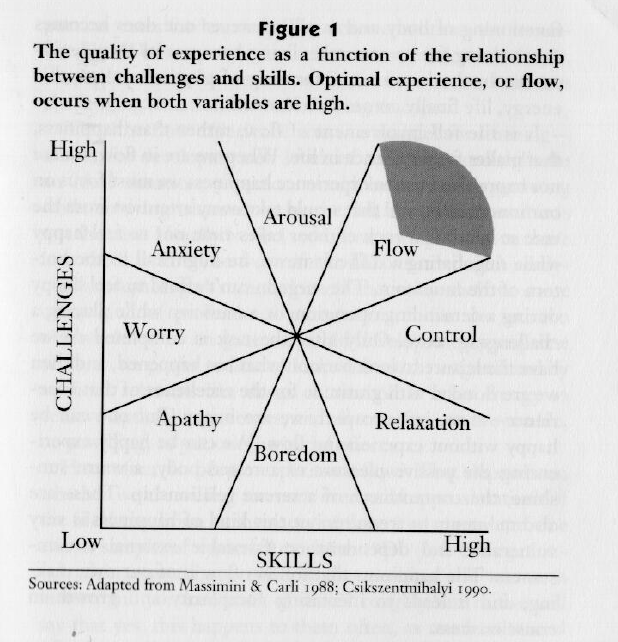
*Then the person is completely occupied and focused, there is no space for distraction.*

*Self-consciousness disappears and one feels stronger than usual.*

*Hours passed by minutes.*

*Then he come know the meaning of the life, then the life comes into its own.*

*If we do the things then we are experiencing happiness of our own, we should feel happy once our current task is completed. We should not enjoy / feel the happiness in the middle.*



**Increase your challenges Improve your skills, Be on the happiness flow curve.**

Mostly people will be in the “flow” while singing, dancing, fishing, etc.

Often in work, it is mostly happening on their work time.

***Keep an eye on these to make the “Flow”***

1. ***Goals***
2. ***Feedbacks***
3. ***Skills***

3, How we feel when doing different things.

The quality of the life depends on what we do in our whole time.

23/08/2020 – Sunday

Food is an ultimate source of happiness; Meals raise the level of happiness.

Though food gives us pleasure , We should not eat all day , If we did we get what we deserve.

Same is applicable for all cases like sex, watching television, relaxation, small doses. Everything combinedly makes us happy everyday.

A traffic controller ,should be more alert than the night watch man. An entrepreneur should be more motivated than a government clerk.

24/08/2020 – Monday

We see that the happiness is high when

* We eat
* We are in leisure
* Talking with people

And we notice that happiness we found is lower *when working on a job* or *working around the house.*

*Adults who are doing their jobs are motivated and happier when* ***they are at home****.*

*For many families, car is the location for togetherness.*

*A person who is stressed at their work, will go for a long drive at a river bed. Once he got peace then he will be back to his home!*

*Men prefers the things which he like the most than his regular works.*

*Vacation and trips helps to clear the mind and change the perspective.*

***Low positive emotions :*** *Early morning and late nights*

*Without a schedule Sunday would be a hectic. But with schedules like going to church or some other plans. Then the Sunday will be spent well !*

***When attention is focused, then minor pains and aches will be vanished. During playing chess, or some having some pains for atheletic competition.***

*The excellence of daily life is finally not depends on what we do it, it is* ***How we do it.***

*The first step in improving the quality of our life is*

1. *To examine / note our daily activities.*
2. *How we feel on doing different things daily.*
3. *Feelings based on places, etc.*

***There is no law that we need to experience things on the same way, it is about what suits for us for the long run!!!***

4, the paradox of work

Job eats one third of our time.

Persons who likes their job become rich! and the others who is blaming their jobs are not getting into rich.

25/08/2020 – Tuesday

If we think the things we are doing, then it feels like less happy and less motivated.

When the thing you do is not like work or like play. Then

* the self esteem is low
* importance is low
* happiness is low
* motivation is low

Married working women is having low self esteem.

Without a goal and the challenges provided by the job, only a rare self-discipline can keep your mind stay focused and insure a meaningful life.

*Job is one way of concentration as it is avoiding distraction and gaining focus for it.*

When spending time in home with family or home we are thinking like we are under utilizing our skills and we lack purpose and as a result we feel bored and anxious.

**27/08/2020 – Thursday**

Free time is the rare scenario for the people who are working. They think that they will be happy if they have more time of it.

How to use the free time efficiently is the toughest talent.

**28/08/2020 – Friday**

If it is Friday , then we have two more to work without interruption , Yes on personal works !!

If you are really hungry for it , then age doesn’t matter, your skills speaks !!

If you don’t like the course/ department / other things, don’t go for it. Choose a career that you can enjoy really!!

No matter how satisfying, life is not about Working alone!!

Even though, the creative people satisfying for their families , they do so many things in their free time as their hobbies.

Workaholic peoples are in the “flow” in their works only. And in the outside activities they will be missed everything. And left with nothing once their energies are consumed.

But if you manage both the activities, you can do anything.

5, the risk and opportunities of leisure

**29/08/2020 – Saturday**

According to Americans, the leisure time is most dangerous. No skills are involved in free time and anybody can do it. Health is also improved once you are occupied on works.

Once you are free then your mind will focus on unsolvable problems and makes you cause anxiety. Once you get into it, then you go into all the less consciousness activities such as watching TV, Taking drugs, getting sexual contents, low consciousness activities, watching same series redundantly.

**31/08/2020 – Sunday**

Biking, playing basketball, playing piano makes feeling good than roaming through mall and watching TV.

Usually we ignore the things which needs a bit extra effort before starting that thing.

Like watching a code practicing video needs some practical sessions and that we don’t like to do the same is applicable for all cases.

For all those persons who is not willing to overcome the very first obstacle will go with less enjoyable activities. This is the only reason that we go for less pleasure activities.

Lonely people with dissatisfied jobs usually fill their time with passive leisure ( such as watching TV, etc )

**01/09/2020 – Tuesday**

***Every flow activity needs an extra half an hour as an extra investment before getting its full good. So focus on the tasks which are considered as flow activities.***

Don’t go for the passive leisure activities, which means the activities doesn’t need an extra efforts such as getting fun with friends, watching TV.

**02/09/2020 – Wednesday**

If you engage in your leisure time , then there is a possibility for the flow activities.

If you don’t have a list on your leisure time, then it reacts opposite.

***Passive leisure cause bad jobs, bad relationships and so on.***

***06 – SEP – 2020 / Sunday***

*People having worst relationship or worse jobs tend to be watching TV often than the average people.*

***07 – SEP – 2020 / Monday***

*If our senior people used their time in passive leisure then our current life will be very hard without electricity and phones.*

*So like that we don’t pass our time like watching TV or something. we need to acquire knowledge and develop our skills until we become expert in it. Money is the second thing on this!*

***08 – SEP – 2020 / Tuesday***

*If you add interest to your leisure time, then it becomes an invention and a best thing.*

*Be an extraordinary people who love their leisure time other than work !*

***Leisure is a true recreation for the mind instead of dulling the mind***

To make use of the leisure time better we need to be full of imagination and full of energy !

6, Relationships and the quality of life

If we think about other people, then only our life becomes best or worst.

We will feel good, energetic and sounds once we are with our friends.

A periodic sex will make them happy!

People who are alone are easy prey for depression and alienation. Suicide is most common on those people who isolates them physically!

***10 – SEP – 2020 / Thursday***

Extroverted people are seeming to be more active and happier, because they let the other activities go.

Interaction with people makes you feel interested.

Extroverts and inverts both are needed

7, changing the patterns of life.

***13 – SEP – 2020 / Sunday***

*I just went to do it like how I liked it.*

Even some of the most scientists changes the routines into discoveries by closely looking into each step of the routines and ignoring the cases which are not really required.

Penicillin, negative photography all discovered by closely noticing the regular activities. Then if you notice your regular activities then you can also find a better discovery of yourself.

Closely watch yourself and develop yourself. Hope you clear about your watching and noticing yourself.

We are living a great life because some one paid a better attention than the normal one to something other than anyone.

**All of us are too distracted to the things that are happening to us without looking into it deeply.**

One small change can convert the routine job of a bored person to the very much interested job that he loves everyday by looking into deeply and changing the boring things in it.

**Three ways for a change**

* One must pay attention closely as to understand what is happening clearly and why it is happening.
* It is not essential to accept the existing ways is the only one to do the job.
* One should try alternative ways happily to find the better way to do it.

These also makes his job as satisfying one.

People will feel discomfort when their tasks exceeding their skills.

Successful people will make their list quicker and pick the highest skilled important works.

If John reed have five mins time, then he will make the list of 20 activities which makes him worried, then he will complete it on priority.

Everyone have the talent to cope with stress but few will handle effectively.

Creative people are the only one who will be the head on everything, All the other people will be working as a day job employees.

Before the leaders no other people think like that. So be the one in thinking.

Instead of doing the boring tasks just combine them and do it in enjoyable manner, as the one did speak in the waiting time at Airport. That is cool and informative for me.

**Sometimes people don’t like their job and loves their homes.**

If the thoughts of the family are binding together then the chances for the flow are high.

***14 – SEP – 2020 / Monday***

*To start conversation with a person is so simple and easy.*

1. *Find out the person’s interest*
2. *Is it effective to continue the story or not?*

8, the autotelic personality.

If we want to enjoy doing a thing, then it is said to be autotelic ( self-goal)

If you play it for money or some fame then it is for outside goal.

According to a theory, persons with lots of challenges and the matching skills are the one who is in the flow !

Autotelic people are more happier than non-autotelic people. Because they are more concentrated on doing things and their tasks are mostly goal oriented.

We will concentrate only on things which makes us good well fare.

Solving people’s problem makes the life interesting !

It is based on how we approach days…… Like what is your interesting field, be cool and be jolly man!

It is purely based on the persons Interest.

There are millions of interesting things in the world to see, to do and to learn. So keep your eye on it and start rocking Man ! So many things we do are really unnecessary.

East or west , Plus or Minus everything is on your Mindset buddy ! Keep working on!

**If one has failed to develop the curiosity and interest in the early years, then it is not too late for the developing it as it will improve the quality of your life.**

Before that first thing needs to be done is to develop the habit of completing the thing with skill rather than inertia.

Time is what one selects to show interest and develop curiosity. That makes the difference.

You will become what you really interested in and focused on.

**Control**

* Attention, therefore
* Experience therefore
* Quality of life.

When you practice a deviation from the goals. Then we should come back on the track as soon as possible.

Those who negotiating the basic tasks goes for beyond the track.

Be with what worth for.

Taking ownership of life is getting back physic energies into the curve we need to be .

8, the love of fate.

***15 – SEP – 2020 / Tuesday***

*We like it or not, but the universe will leave a mark for you.*

*If an animal is given the food and mate, then it will be in rest.*

***16 – SEP – 2020 / Wednesday***

*The chief obstacle to one is oneself, yes and the one which can help one is also oneself.*

*When people think about themselves, their mood will be usually negative**and mostly people start thinking about themselves when the things are not going well.*

*It is necessary to have goals, because if we have goals then we may concentrate well and can avoid the distractions well.*

*A simple way of improving a life is to take ownership of one’s action, one’s work.*

*We are doings things …*

* *We must do*
* *We don’t have other things to do*

*The quality of life is improved if we learn to love what we have to do. – Nietzsche*

*Thieves are really enjoying the thrills in their jobs so they are getting motivated to do that thing.*

***Energy is converted into Positive and Negative . So the guidance should be provided to usage of the Energy in positive ways***

*Each element and each part of our life is dealing with our full life.*

*Calmness is part of our life.*

***\_ The END \_***