

# **LIVING LIFE WITH 100% BATTERY CHARGED**

**By**

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100% Charged

# ***LIVE* LIFE. PERIOD**

*“Somebody should tell us, right at the start of our lives, that we are dying. Then we might live life to the limit, every minute of every day. Do it! I say. Whatever you want to do, do it now! There are only so many tomorrows.”*

*~ Pope Paul VI*

# LIVE AT FULL POTENTIAL

- Live life with 100% battery charged.
- Do everything you Can: reading, writing, travelling, learning new
- Learn at any age
- Don't waste time, gossiping, criticizing others, backbiting – and other regressive activities that don't get you anywhere.
- Every person has a genius within. Every spark within a person can help him conquer his/her Everest. Every person is able and capable and all that is required is to find that 'genius' within yourself.

# THE 100% CLUB

- 100% Energetic, Enthusiastic, Vibrant
- 100% Happy
- 100% Action Oriented
- 100% Hopeful
- 100% Participation
- 100% Effort
- 100% Determination
- 100% Success

# MORE THAN 100%

- When you are passionate about something and you are 100% involved, your result will definitely be MORE THAN 100%.
- Giving your 100% is a norm to succeed but giving more than 100% is an anomaly – very few are able to do it.
- The numbers you give beyond 100% have the most impact.
- The success comes once you log your 100% effort to achieve anything...but the true satisfaction, peace, and feeling of completeness only comes when you not only GIVE MORE THAN 100% but also TAKE MORE THAN 100% in terms of learning, experiences, broadening of viewpoint and absorbing all that you can. Be like a sponge – soak in every experience of life to the MAXIMUM.

# BE THOROUGHLY USED UP

*“I want to be thoroughly used up when I die, for the harder I work, the more I live. I rejoice in life for its own sake. Life is no ‘brief candle’ to me. It is sort of a splendid torch which I have a hold of for the moment, and I want to make it burn as brightly as possible before handing it over to future generations.”*

*- George Bernard Shaw*

# WORK AT FULL POTENTIAL

- Work is worship.
- Anyone with ambition and passion can achieve what they desire.
- There is brilliance in each one of us. If we back our belief and desire with action, we are sure to achieve success.
- If you give MORE THAN 100% you will automatically find a way to your desire.
- If you passionately want to change, serve and make a difference – you will even find the smallest of ways to begin.



# STANDARD OF INTEGRITY

*“When you are able to maintain your own highest standards of integrity – regardless of what others may do – you are destined for greatness.”*

*- Napoleon Hill*

# MAINTAIN COMPLETE INTEGRITY

- Integrity. This one word should be the solid foundation base on which one should base their profession, career and life journey.
- In your career you will be faced with intimidating situations solutions to which they don't teach you in the textbooks. That is when your most precious learning will take place.
- Tough times don't last but tough people do. Challenges transform you.

# RESERVES OF RESILIENCE

*“When we tackle obstacles, we find hidden reserves of courage and resilience we did not know we had. And it is only when we are faced with failure do we realise that these resources were always there within us. We only need to find them and move on with our lives”.*

*- Avul Pakir Jainulabdeen Abdul Kalam better known as A. P. J. Abdul Kalam, the 11th President of India and an aeronautical scientist*

# DEVELOP RESILIENCE

- Life is all about resilience. Develop your Resilience.
- Every setback is not the end. Get up & move on.
- Build your strength and endurance.
- If you get punched down by failure and bounce back up, you have the strength of perseverance, resilience, grit, determination.
- Most Importantly - Know that only you can control your destiny. The way you chose to react or chose to not react will determine the course of life.

# UNIVERSAL ENERGY

*“If you want to find the secrets of the universe,  
think in terms of energy, frequency and  
vibration.”*

*— Nikola Tesla*

*“Everything is energy. Match the frequency of  
the reality you want and you cannot help but get  
that reality. It can be no other way. This is not  
philosophy. This is physics.”*

*- Albert Einstein*

# CHANNELISE ENERGY FAVOURABLY

- “Chi” is an ancient Chinese term, which can be translated as energy. It is said to be a universal life force, although there is no empirical evidence that such a life force exists.
- ‘Chi’ is present in everyone and everything, but not equally or consistently distributed. It is a part of the universe and is a part of the air which is enveloping us.
- This all pervasive energy plays a major role in our life. It is believed that the right thoughts and words can channelize this energy towards positivity, favourable circumstances and success for us.

# OUR THOUGHTS DETERMINE OUR LIFE

- Quantum Physics, the study of matter and energy, suggests that nothing is solid and fixed and can be in various possibilities at the same time in a vast energy field.
- Our thoughts are linked to this invisible energy field: like objects can apparently be in two places at once, our thoughts can also hold mutually-exclusive ideas at the same time – therefore our thoughts determine what this energy field forms and literally creates our life around us.

# TRANSMIT SUCCESS THOUGHTS

- Imagine wealth, victory, success – and you will achieve it.
- You want success and the universe will serve it to you if you can control your thought process.
- A human mind is a reservoir of power: It can conjure up zillion thoughts. The art is in taking that one thought which you believe in, and turning it into reality.



# ***LIVE* POSITIVE**

- Fill your mind with positive thoughts.
- Let there be no place for negativity, gossip, worry and criticism.
- Every individual is his own person. He alone knows what motivates him and drives him to achieve. With his personal experiences and emotions, he alone can work on his impulse to make it a reality. Don't poison that beautiful ability by clouding it with negative thoughts.

# ***LIVE* POSITIVE**

- Negative thoughts are like toxins for the mind.
- The only way to control your mind and nurture your 'positive thought which is your goal' to scale great heights is to live in the moment.
- There is no past and no future. Your present moment is the only truth and that is all that exists. Just focus on the immediate present moment which is here and now and you will make yourself powerful enough to control your mind.

# WATCH YOUR WORDS

- There is a law of attraction which functions in the universe – what you ask for and believe in, is what you receive.
- Always be conscious of your words.
- What you utter may come to be – so think carefully before you speak. If you constantly say ‘I can’t’, ‘It’s not possible’, ‘it seems to very difficult’, ‘it will not be done in the required time’, ‘I will fail’ – you send out the wrong signals which align with the all-pervasive universal energy around you.

# REINVENT YOURSELF

*“Your power to choose your direction of your life allows you to reinvent yourself, to change your future, and to powerfully influence the rest of creation.”*

*—Stephen Covey*

# REINVENT. EVOLVE. 360 DEGREE CHANGE

- Life has no remote, when you feel it is getting predictable and monotonous, get up and change it yourself.
- To obtain the elixir of life we must rework; reorganize and reenergize to strike gold.
- You may have been putting all your 100% efforts towards your goal with a strong belief in your heart that you will succeed. However, success still eludes you. Why?
- Don't look for miracles. Stop whatever it is you may be doing and take stock of your actions. Visualize the game from a different angle.....and REINVENT Yourself.

# FIND YOUR 'IKIGAI'

- The Japanese concept of “Ikigai” which means "a reason for being" or “the reason for living” is a cornerstone of Japanese culture wherein it is important to find your Ikigai, because discovering it brings satisfaction and meaning to life.
- Your Ikigai is the source of value in your life and it makes your life worthwhile. Your current situation may be good or bad but your Ikigai gives you inner strength and makes you feel that your life is valuable.
- Analyze your Life and Find your ‘Ikigai’

# PERFORM 'SWOT ANALYSIS'

- SWOT analysis is an acronym for Strengths, Weaknesses, Opportunities, Threats
- It is a technique employed by businesses to identify its internal strengths and weaknesses, as well as its external opportunities and threats.
- Performing a SWOT Analysis of yourself will offer you a detailed personal scrutiny of your capabilities and surrounding environment and help you to connect with yourself.

# SWOT ANALYSIS

- Strengths and Weaknesses are intrinsic factors and will depict the strengths and weaknesses of your character.
- Opportunities and Threats are extrinsic factors and will depict the opportunities and threats which you perceive from your external environment.
- This analysis will give you a complete picture of yourself if performed truthfully.



# ENERGY & ENTHUSIASM LEAD TO HAPPINESS

*‘If your energy body is in full vibrancy, the physical body will naturally fix itself’.*

- *Jaggi Vasudev, commonly known as Sadhguru, is an Indian yogi and mystic*

Vibrancy is the state of being full of energy and life. What is life without enthusiasm? It fuels you and ensures that you charge towards your goal to strike gold. As a wise man once said, ‘add life to your days, not days to your life’.

*‘Only staying active will make you want to live a hundred years’ –Japanese Proverb*

- “It has been my observation that the happiest of people, the vibrant doers of the world, are almost always those who are using - who are putting into play, calling upon, depending upon-the greatest number of their God-given talents and capabilities” - *John Glenn. United States Marine Corps aviator, engineer, astronaut, and the first American to orbit the Earth, circling it three times.*

# SECRET OF EVERLASTING HAPPINESS

- Be a livewire: always full of life. When you are energetic and vibrant you bring a new magical gusto in your small tasks. This reduces struggle and inefficiency and fills you with positivity to surge forward
- Happiness is internal, not external
- You can train the Mind to be Happy.
- No person has a perfect and happy life, it is the way of living life that makes it 'Happy'!

# HEALTH IS WEALTH

- Transform your life by feeling totally fit, energetic and vibrant.
- There is strong scientific evidence to prove that whatever your age may be, being physically active can help you lead a healthier and happier life.
- Realize the value of exercise and keeping the body fit.
- Even a small imbalance in your body can turn your entire day upside down. Eat right. Live Right.
- Change in lifestyle will empower you to take control of yourself and perform to super best capability, as when you feel great, you work great!

# POWER OF SILENCE

- Communication is a bridge to your destination
- ‘Silence’ is a very important aspect of Communication
- When to remain silent and when to speak is the core element of communication. It can help you to say a lot without actually saying anything.
- A short silence in a heated argument gives each party the time to figure out their mistakes.
- Used well, the tool of ‘silence’ can help you connect with others and at the same time have a lasting impact on them.

# PURSUE YOUR PRINCIPLES

*“I love those who can smile in trouble, who can gather strength from distress, and grow brave by reflection. 'Tis the business of little minds to shrink, but they whose heart is firm, and whose conscience approves their conduct, will pursue their principles unto death”.*

*- Leonardo da Vinci*

# ADOPT LIFE CHANGING PRINCIPLES

- Life Changing Principle 1 – Acceptance 100%
- Life Changing Principle 2 - Presence in the Moment 100%
- Life Changing Principle 3 - Persistence 100%
- Life Changing Principle 4 – Attitude 100%
- Life Changing Principle 5 - Enthusiasm 100%
- Life Changing Principle 6 – Action 100%
- Life Changing Principle 7 – Contribution 100%
- Life Changing Principle 8 – Love Yourself 100%
- Life Changing Principle 9 - Life Long Learning 100%

# ACHIEVE MORE THAN 100%

- Many of us have simple, straightforward lives. However, we spend our entire lifetime trying to live our normal lives in a regular way. The problem is that no one taught us how to do the obvious. We have generally mastered the voluminous user manuals on how to deal with turbulence and catastrophe in our lives, but we are clueless when it comes to meandering through our daily lives.
- Live in the moment but keep moving forward.....to achieve MORE THAN 100%!



THANK  
YOU

