

EMPOWER YOURSELF, MAXIMISE AND ULTIMATELY REACH YOUR FULL POTENTIAL

By

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THE POWER OF “YOU”

- Realizing the Power of ‘YOU’ is the basis of life. What ‘YOU’ think, ‘YOU’ become. What idea ‘YOU’ conceive, turns ‘YOU’ into a success story. What ‘YOU’ believe in truthfully and blindly from the depth of your heart ultimately happens to ‘YOU’. ‘YOU’ can change your destiny by ‘YOUR’ karma. ‘YOU’ are the architect of your own future.

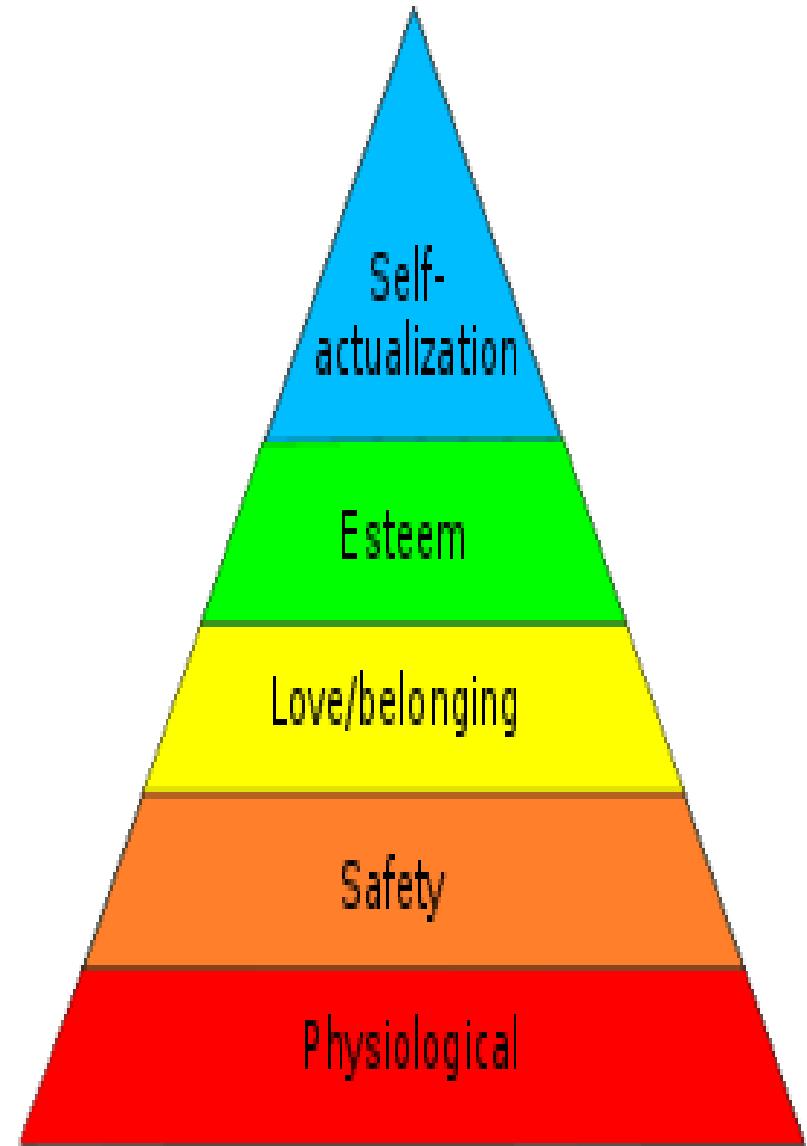


SELF-EMPOWERMENT

- The process of gaining freedom and power to do what you want or to control what happens to you is the idea of 'SELF EMPOWERMENT'.
- The ESSENCE OF SELF-EMPOWERMENT is the acceptance of the fact that YOU cannot always determine what comes your way in life, but you need to equip yourself well enough so that you can steer yourself towards a more effective and fulfilling life.

Maslow's hierarchy of needs'

- Created by American psychologist Abraham Harold Maslow in 1943
- Theory of psychological health based on fulfilling human needs in priority, resulting in self-actualization.
- Needs are represented as a five-tier hierarchical level pyramid with the more basic needs at the bottom. A need on the lower tier must be satisfied first before the individual moves towards satisfying a need higher up in the pyramid.



SELF-ACTUALIZATION

- Self-actualization or the need to realize one's own maximum potential and possibilities is a desire which most people dream to achieve.
- The highest level of need relates to the need for self-esteem and self-worth. Herein lies the importance of self-fulfillment for an individual and the reason why people want to empower themselves and aspire to maximize and ultimately reach their full potential.

WAYS TO EMPOWER YOURSELF & SURPASS YOUR LIMITS



MAKING POSITIVE CHOICES

- Everyone has to make choices in life. Even if you decide not to make a choice – that itself is a choice too.
- Making positive choices ensures that you live a happy and enriching life
- A choice is a positive choice if it is made with a positive mind-set and for a constructive outcome even in the most difficult circumstances.

THE METHODOLOGY TO MAKE POSITIVE CHOICES

- Focus only on your goal and what you desire as the end-result when making a choice
- Don't let the fear of failure disarm you. Sometimes failure is just disguised good luck.
- Don't make any choice when in the moment of extreme emotion i.e. anger, happiness, depression etc.
- Make informed choices based on factual information and not on assumptions or hearsay or gossip
- Don't overanalyze either before or after making a choice.
- Find a quiet time to think about your choice
- Accept the external and internal constraints within which the choice has to be made instead of avoiding them

SETTING GOALS

- Setting specific goals leads to higher performance
- An aim triggers action.
- People find it easier to be motivated by set goals. Further if those goals are put down on paper – it adds a sense of finality to them.
- List what you aspire for in life whether it is material possessions, happiness, strong relationships etc. The structure you need to adopt for fulfillment of goals needs to be chalked out and put on paper.
- Draw out a time schedule of work commencement and completion and the methods to be adopted.

WHAT ARE GOALS

WHAT IS A GOAL

- Goal is a STRONG and PASSIONATE word
- Goes beyond Desire – Aim – Objective – Target - Purpose
- Comprises of Action with a desired Aim

WHAT IS NOT A GOAL

- Dream
- Wish
- Yearning without Action
- Illusion
- Aimless work

THE VALUE OF SETTING GOALS

- Life becomes challenging and exciting
- Your way of working becomes focused and time bound
- Procrastination is eliminated from your system
- Mind remain focused
- Knowing exactly what you want; you know exactly where to concentrate your efforts; And you know exactly what are the distractions which can sway you away from your goal

THE VALUE OF SETTING GOALS

- Helps you organize your Time
- Gives Vision
- Raises your self-confidence
- Gives you an enormous sense of accomplishment when you attain your goals
- Failures don't deter you as you are absorbed with the idea of goal accomplishment.
- Even if you fail time and again to achieve your goal, it only strengthens your determination

SKILL DEVELOPMENT

- A wise man once said, 'add life to your days, not days to your life'.
- Your ability to do something is your skill.
- Skills need to be enhanced and upgraded.
- Your competence and expertise can be displayed by developing your skills.
- Leave your comfort zone, break habits, unlearn what you already know and explore new territories.
- Acquire new skills and hone your existing ones.

TYPES OF SKILLS TO DEVELOP

- Personal Skills
- Interpersonal Skills
- Leadership Skills
- Presentation Skills
- Liasoning and Negotiation Skills
- Communication Skills
- Perseverance Skills

STRESS MANAGEMENT

- ‘Stress - the new killer’ is here to stay. It’s a part and parcel of what we do.
- Stress is the body’s response mechanism against situations. When the body senses an uncomfortable situation it automatically kick-starts a “fight-or-flight” reaction to protect itself.
- Stress need not always be harmful though. It motivates you and helps you to perform better.
- However, too much of Stress – turns it into a disease. It can create negativity and generate inappropriate behavior which can cause immense loss in both personal and professional life.

STRESS MANAGEMENT

- If you learn to manage your stress, you can take total control of your emotions, responses and mindset and truly empower yourself to take control of your life.
- Taking steps to look after your wellbeing can help you deal with pressure, and reduce the impact that stress has on your life.

WAYS TO MANAGE STRESS

- Exercise - Take care of your physical health
- Develop Interests and Hobbies
- Make Time for Friends
- Reward yourself on achievements
- Forgive Yourself
- Consult a medical practitioner if things are beyond your control

SELF PRESERVATION

- The idea of self-preservation or protection of oneself from harm is a basic instinct in humans.
- Nutrition, healthy food, exercise, mental health, social activities all go hand-in-hand in improving our quality of life.
- All these factors which help in self-preservation should be taken seriously as without having a healthy and well-functioning body, all other qualities are of no use and will not empower us.

FINANCIAL FREEDOM

- Financial freedom would mean the luxury of not having to be anxious about money.
- Build an alternative fund other than your savings purely for utilization for that 'One' passion in your life which you aspire for but always ignore due to shortage of funds or guilt of spending. It will motivate you to work hard and achieve.

CHANGE MANAGEMENT

- Change is the only constant in life.
- Accept Change. It is the shortest route to success.
- Acceptance does not mean compromise. It means to consent to the reality of a situation
- Changes are not an end in itself. They are just new beginnings of something different. We just have to transform, change perspective and work from a different angle.
- Approach the goal more creatively, with a new mindset. Sometimes all you need to do may be just to take a leap back and then re-emerge again, this time 'packaged differently'.

LIFE LONG LEARNING

- No person is ever old enough to acquire knowledge.
- Acquiring knowledge and training is an investment; it should not be an afterthought.
- The knowledge, with which we equip our self, will help us acquire that skill set which takes us to the goal of our dream.
- Your ability to learn and transform that learning into an advantage will be the key to unlock your potential.

TWO TEACHERS

- Apart from acquired learning there are two more teachers which impart valuable lessons to students who are willing to learn :—

These are 'Criticism' and 'Failure'.

- Take these teachers constructively and the life lessons imparted by them positively.

Age should never be a barrier to stop studies, work or living. Keep ablaze forever the fire to keep learning.

WORK LIFE BALANCE

- Balance is everything - It keeps you away from boredom, over-indulgence; sickness and disease; stress and anxiety; emotional imbalance and overall lack of control over yourself.
- When balancing your career and personal life don't think it's the number of hours you spend on the two that create a balance.
- Have realistic expectations from life and don't indulge in self-pity.
- Everyone must create their own work-life balance as what works for one may not work for another.

BULLET PROOF MIND

- The single most important factor which directly determines your position in life is your own mind.
- Your achievement is a consequence of how your mind thinks.
- To be successful, you have to first train your mind. You must master your mind and have dominance over your thought.
- Imagine wealth, victory, success –²⁵and you will achieve it.

BULLET PROOF MIND

- Let no one and nothing deviate your focus from your goals and shake your confidence.
- One sure shot way to achieve a bulletproof mind is to declare your goals each day to yourself by jotting them down in a diary. This keeps you focused and on the right path without distractions and digression.
- Keep your mind occupied.
- Think laterally. Make it a habit to observe things innovatively and unconventionally from new perspective

SECRET TO REMEMBER



Mind is the Master-power that molds and makes, and Man is Mind, and ever more he takes the Tool of Thought, and shaping what he wills, brings forth a thousand joys, a thousand ills-He thinks in secret and it comes to pass; Environment is but his looking-glass.

(James Allen)

izquotes.com

A THOUGHT

A 'Thought' is the Alpha and Omega of success.

Lord Buddha said 'what you think, you become'. Accomplishment of your goal has already started when the seed was sown in your brain as a thought. To be successful, you have to first train your mind. You must master your mind and have dominance over your thought.

WHY WE “RUIN” OUR THOUGHTS

We fail to understand:

The

R=REASON for my

U=UNHAPPINESS is

I-I only, and

N=NOBODY else

We don't take responsibility for our thoughts but
blame them on our situations; circumstances

CAN WE CREATE OUR THOUGHTS?

- This Question is itself a 'Thought'!
- The mind is essentially a collection of memory.
- This memory gives you a certain character.
- This memory is being gathered every moment of your life, in wakefulness and sleep.
- Don't Control – Create
- Develop Awareness
- When there is full awareness - there is no thought process

ULTIMATE POWER LIES IN YOUR THOUGHTS

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REACHING FULL POTENTIAL

- Creative Visualization is the art of using mental imagery to achieve desired goals
- Of course creative visualization cannot substitute hard work, training and diligent action, but it can stimulate the mind and body to achieve optimal performance.

You can aspire to climb Mount Everest and do much more in your mind by just creating a mental picture of these events happening in your mind!

A photograph of a boat's deck and railing on the left, with the ocean and a bright sunset sky in the background. The sun is low on the horizon, creating a strong glow and reflecting on the water. The boat is moving, as evidenced by the white wake in the blue water.

EMPOWER yourself
to reach your
FULLEST POTENTIAL

THINKING

A poem written by Walter D. Wintle

“If you think you are beaten, you are ; If you think you dare not,
you don't, If you'd like to win, but think you can't; It's almost
a cinch you won't. If you think you'll lose, you've lost

For out in the world we find, Success begins with a fellow's will,
It's all in the state of mind.

If you think you are outclassed, you are; You've got to think high
to rise, You've got to be sure of yourself before; You can ever
win a prize.

Life's battles don't always go; To the stronger or faster man,

But sooner or later the man who wins

Is the man WHO THINKS HE CAN!”



SUCCESS

practice
instruction
training
learning



Thank
you!!