

CONTENTS

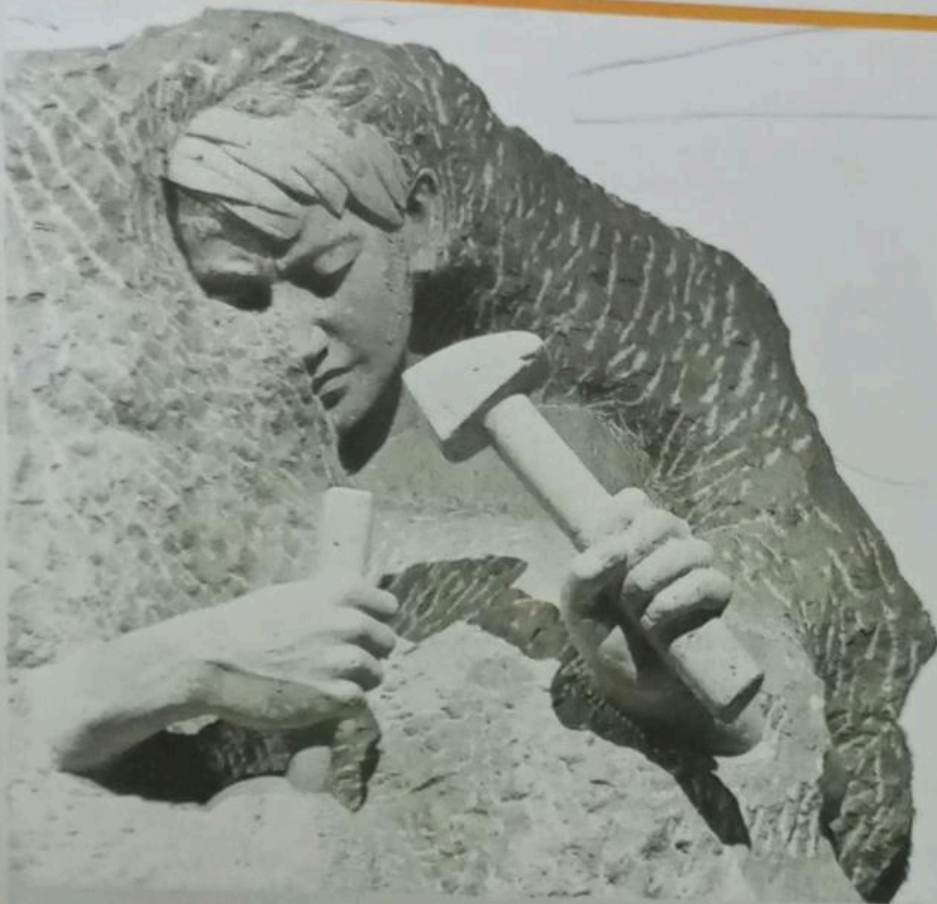
Lecture Sequence	Module Name Lecture Title	Page Number
01.	Remaking Yourself RESTRUCTURING YOURSELF	001
02.	Remaking Yourself POWER OF HABIT	008
03.	Learning from Legends TENDULKAR & TATA	013
04.	From House to Home LISTENING & UNDERSTANDING	019
05.	Facing Failures WELCOMING CHALLENGES	026
06.	Facing Failures SIGNIFICANCE OF FAILURES	032
07.	My India My Pride GLORIOUS PAST PART - 1	038
08.	My India My Pride GLORIOUS PAST PART - 2	045
09.	Learning from Legends A. P. J. ABDUL KALAM	052
10.	Soft Skills NETWORKING & LEADERSHIP	060
11.	Soft Skills PROJECT MANAGEMENT	067
12.	Remaking Yourself HANDLING SOCIAL MEDIA	074
13.	Facing Failures POWER OF FAITH	082
14.	From House to Home BONDING THE FAMILY	090
15.	Selfless Service SEVA	097
	• References	104

REMAKING

YOURSELF

LESSON-01

RESTRUCTURING YOURSELF



**WHAT IS THIS
POWERFUL
IMAGE SAYING
TO US?**

MAN IS HIS OWN MAKER

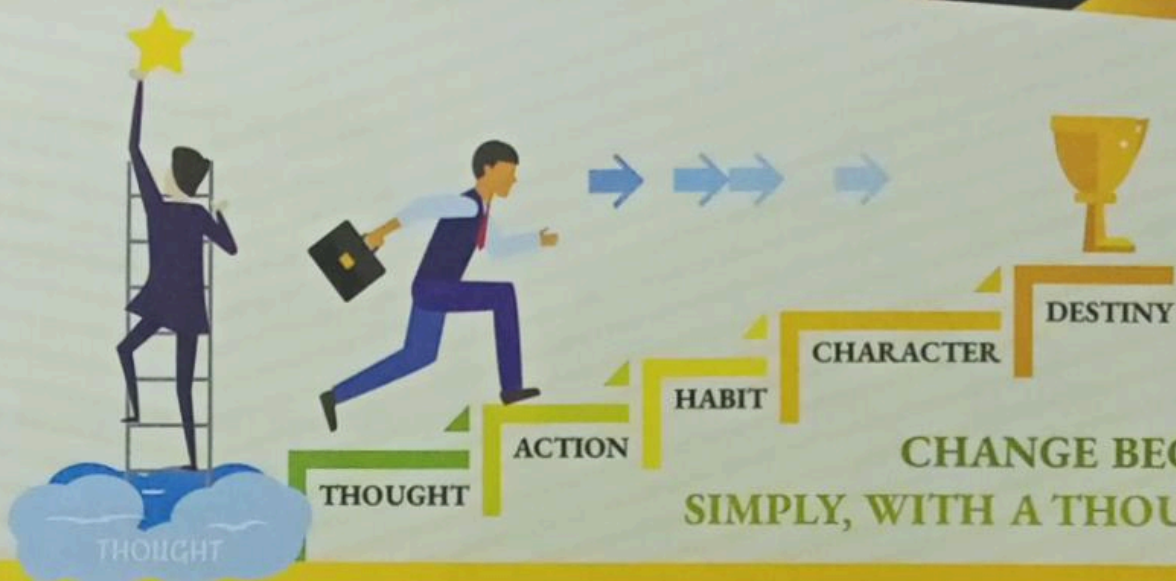
*You are the stone,
you are the chisel,
you are the sculptor.*

What does it mean? It means you have knowledge, skills, intellect, and all the tools needed to shape the stone, which is your life. And you, being the sculptor of your own life, can shape your life, making it as beautiful and meaningful as a sculpture. So, what do you want to achieve in your life? Where do you see yourself in the future? Are you working towards making it a reality? If not, then this is time to start working on it by restructuring yourself.

BUT WHERE TO BEGIN?

THE POWER OF A SINGLE THOUGHT!

*Sow a thought, reap an action;
sow an action, reap a habit;
sow a habit, reap a character;
sow a character, reap a destiny*

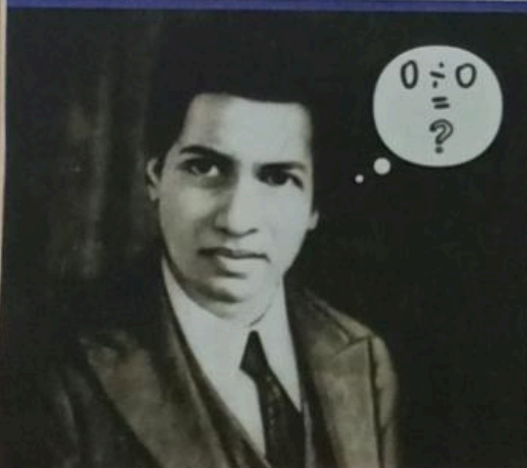


Thought? I have a million thoughts a day...

how powerful can they be?

A single thought has the potential to change the world.

Take a look:



"...well, what happens if you divide 0 by 0?"

- Srinivasa Ramanujan

Once Ramanujan's school teacher was explaining that
"The division of any number by the same number is equal to 1".
At that time, Ramanujan wondered -
"What would happen if 0 is divided by 0."
This thought led to breakthroughs in the field of mathematics.



"I wonder why that apple came down..."

- Isaac Newton

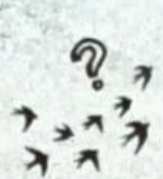
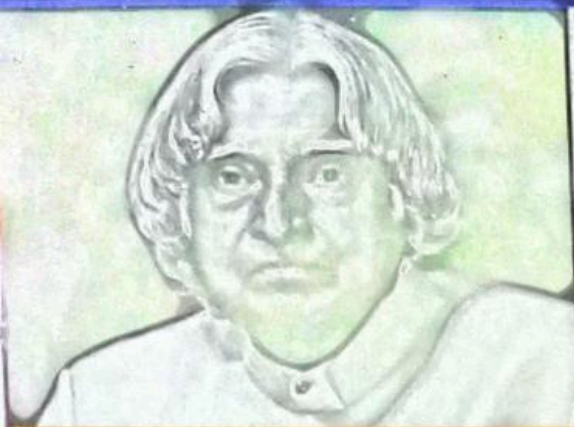
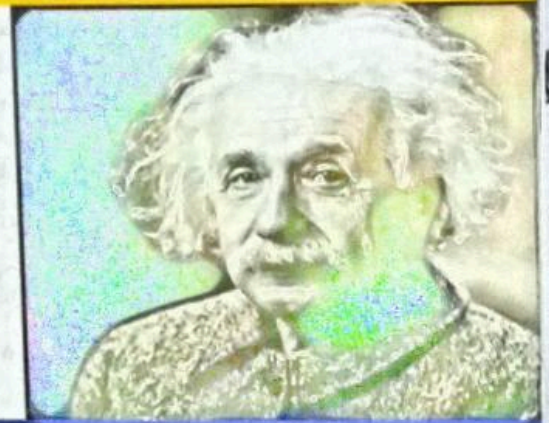
And this thought made Issac Newton discover the law of gravity and then much more in connection. This single thought changed how we understand the physical world around us today.



"But what if I run at the speed of light?"

- Albert Einstein

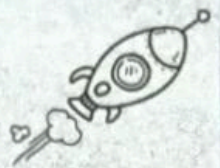
When Einstein's teacher was explaining the concept of 'speed of light', Einstein thought: 'What if I run at the speed of light? Will I see the light stable?' This thought brought a radical change in the world of physics and gave us the theory of relativity.



"Can I fly amongst the clouds?"

- Abdul Kalam

Once, young Kalam's teacher took the students to the Rameshwaram seashore to show how the birds fly. However, Kalam found not only the learning about how birds fly but the inspiration to fly, too. Young Kalam followed his inspiration and became the Missile Man of India.'



So, Yes! A powerful thought can change the world! But...

"Everyone thinks of changing the world, but no one thinks of changing himself."

- Leo Tolstoy

"Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself."

- Rumi

...before we go and change the world, we must restructure ourselves.

According to the lecture, you must strengthen these four quotients to restructure yourself.

RESTRUCTURING YOURSELF |

PHYSICAL QUOTIENT (PQ)

How well I am attuned to my physical well-being

INTELLIGENCE QUOTIENT (IQ)

How well I use and nurture my intelligence

EMOTIONAL QUOTIENT (EQ)

How well I can handle emotions and feelings

SPIRITUAL QUOTIENT (SQ)

How well my faith in God and moral values are integrated into my life

4Qs

Each essential element of life is touched upon through these four quotients, leading to the holistic development of life. In this handout, six game-changer thoughts are introduced, which will help you restructure your life. Each of these six thoughts is related to these four quotients.

PHYSICAL QUOTIENT



MY BODY IS A MEANS TO ACHIEVE MY DREAMS

THOUGHT #1

If the world's best racer is racing a car race with a third-class car, would he be able to win a Formula One race? Simply No, right? Similarly, we may have intelligence, talent, and ambitions, but if we are not physically fit, then we won't be able to fulfill our dreams. Being fit helps us improve our productivity, creativity, energy level, as well as the quality of family relations and social life. The healthier you are, the more mileage you will be able to get out of your body.

Physical fitness has a combined influence of

(1) Exercise

and

(2) Nutritious Diet

According to the Mayo Clinic¹, everyone should aim for at least 30 minutes of exercise every day and strength training at least 2-3 times a week.

We should also insist on taking a healthy, balanced, and nutritious diet. It is essential to cut down on a portion of 'junk food', which is nothing but the accumulation of trans fats, sugars, oils, and salt. We need to eat more homemade wholesome meals to maintain energy levels and good health.

Get Going - Get Fit - Achieve Your Dreams.



For more information, see:

INTELLIGENCE QUOTIENT



AM I GIVING MY 100%?

THOUGHT #2

How do we learn? How do we become intelligent? By reading books, listening to lectures or solving puzzles? For a while, imagine that you are deaf and blind and then think - how would you learn? Would you be able to achieve anything in your life? Seems impossible, right?

Have you heard about Helen Keller? Helen Keller was the first, ever blind and deaf person to earn a Bachelor of Arts degree, and that from Harvard University. Not only that, but she also became an accomplished author, political activist, and lecturer. She is widely recognized as one of the most influential persons of the 20th century. Although Helen Keller was blind and deaf, she used her God-given gift - her intelligence to overcome her physical shortcomings to achieve her goals.

Often, we blame our physical, social, or financial inability or difficult circumstances for not achieving our goals or not improving the condition of our life. Intelligence quotient is not about how much intelligence you have but how you use it. So, we should ask ourselves:

✱ 'Am I using 100% of my God-given intellect? Am I living up to my complete potential?' ✓

According to the lecture, you must strengthen these four quotients to restructure yourself.

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LIVE EVERYDAY AS IF IT WERE YOUR LAST DAY

THOUGHT #3

Bhagwan Swaminarayan explained that we should always remind ourselves: I am certainly going to die and leave this body; it is imminent.

When we realize that we are going to die eventually, we feel a sense of urgency in our lives and so in our actions. And as a result, we can prioritize the things that are truly important to us.

Steve Jobs said, "I look in the mirror every morning and ask myself: If today were the last day of my life, would I want to do what I am about to do today?" And whenever the answer comes "No" for too many days in a row, I understand I need to change something."

This thought gives us emotional stability, orients our ideas to live a meaningful life and helps us achieve the essential things sooner in life.



WHAT AM I GRATEFUL FOR?

THOUGHT #4

Most people tend to focus on what they lack in life – the things we don't have. Constant thinking about the things we don't have makes us unhappy and leads to a negative mindset. And which in turn adversely affects our personality and relationships. Instead, we should value what we have and learn to appreciate it. Being grateful makes us positive towards life, helps us reduce our tension and anxiety, and increases resilience power.

First, write down things you wish you had or wish you were, then cancel them and replace them with something you have with you.

WRITE, CANCEL & REWRITE

~~I wish I were president~~

I am healthy

~~I wish I were more intelligent~~

I have a strong work ethic

I wish I were not lazy
I am punctual



WHATEVER HAPPENS, HAPPENS FOR THE BEST

THOUGHT #5



Once, the king was looking upon his kingdom from a window in his palace. Suddenly, a gust of wind blew, shutting a window shutter on his little figure. SNAP! The little finger was cut off. The king was extremely upset as he had lost his finger. One of his friends came to see him. While talking about the incident, he told him, *"God does everything and that for some good reason. So whatever happens, happens for good. So, don't worry. Even this, the loss of your finger is also for some good reason."*

The king didn't like what he said. He got annoyed, thinking, *"how could losing a*

finger possibly be a good thing?" He got so furious with his friend that he locked him in prison for saying such words. The king's other friends organized a hunting trip to bring him out of sorrow. King went with his group of friends to the forest for the same. Everyone got scattered in the forest in search of prey. The king was alone and waiting for his prey to shoot. By that time, he heard some noise. He looked back and saw a group of tribals coming to him. They caught him, tied his hands and feet with a rope, and dragged him to their camp.

The leader of the tribe became very happy seeing the king and told him, *"We are performing a ritual sacrifice to appease our deity. We needed a human for the sacrifice, and how lucky we are to get not a normal human being but a king to offer! Our deity will be pleased!"*

The king was worried. There was no hope of getting help from his friends as they weren't aware of this situation. They didn't know where the king was. Even the king did not know where he was. He thought my death was very near. A few tribals took him to bathe as their rituals to prepare him for the sacrifice. One of the tribals noticed that the king had only nine fingers, and he updated his leader on this matter. The leader got disappointed as the king was not acceptable as a sacrifice for their deity as one of his fingers was missing. He then set the king free.

The king came back to the place in the forest where his friends were and met his friends. He told them about the recent incident. All became happy by receiving the king back. While he was going back to his kingdom, he recalled the words of his friend whom he had kept in prison. He immediately released his friend from captivity and told him, Friend! You were right. If I hadn't lost my finger, I would surely be dead by now. I apologize for not believing in your words at that time.

Like in the story, bad and unacceptable things may happen in our lives. But we must remember: Whatever happens in our life happens for good. We may not understand how it is good as we cannot foresee it, but we should have faith in God and remain positive, work hard and be patient.

Connect the Dots: Try to recall such events of your life where you faced difficulties or failures, but the same thing ended up in your favour in the long run.



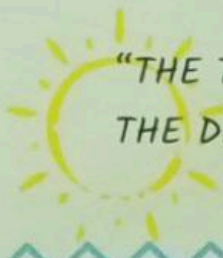
WHAT IS THE PURPOSE OF MY LIFE?

THOUGHT #6

This question is truly one of the most important questions of all time. Just think! Have I ever asked myself this question? Have I found my answer? Have I even tried looking for it?

Unless you, nobody can answer this question as it is personal and uniquely specific to each of you. Once you find the purpose, try to contemplate it every day. It will guide you in every action of your life and help you make decisions in critical situations.

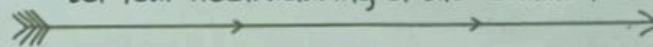
Generally, we tend to ignore important questions of life, and they remain unanswered. Don't let it happen! Please search for your answer and get it. Search within yourself to get an answer and also get spiritual guidance.



**"THE TWO MOST IMPORTANT DAYS IN YOUR LIFE ARE
THE DAY YOU ARE BORN AND THE DAY YOU FIND OUT WHY!"**

- Mark Twain

Let Your Restructuring of Life Commence!



Pramukh Swami Maharaj has given us the formula for success:

HARD WORK + PRAYER = SUCCESS

If you want to genuinely restructure yourself or improve your life or develop your personality - then adopt these six thoughts to your life. Of course, it requires a sincere effort, but it is doable for sure.

However, along with effort, don't forget to pray. There is a power in prayer that we can tap into whenever we need guidance, encouragement, and support. Prayers help us focus our minds, create a positive mindset, a positive environment around us, and reach beyond our capacity.

So, every day, pray to whomever you believe in:

"Guide me in all of my endeavors. Whatever strength, intellect, or power I possess is due to your grace. Please bless me with strong character. Help me reach my full potential and become the best version of myself."



In some chapters, you will find an IPDC Challenge. Here you will have an opportunity to perform a specific task as an activity that will help you connect with the principal learning of this course.

Use this QR code to download this mobile wallpaper with all 6 of these powerful thoughts. The first IPDC Challenge will be to read these thoughts twice a week, every week until the end of the semester. Try to contemplate these thoughts in your free time to imbibe them in your life.

