# Whenever you feel anxious

FIRMLY TELL YOURSELF, THAT YOU ARE DOING IT RIGHT AND YOU ARE GOING TO WIN, Tell that part to SHUT UP!

I KNOW I AM DOING IT RIGHT

I CAN DO IT

I WILL DO IT

Answer anxiety (answer yourself in a way that it satisfies your inner self and also motivate yourself positively), feel it, think solution, act on it

You already have most of it (even sheik said it, also imagine scenarios where you had completed milestones, selected udemy course and other things, there are many other scenarios like it), what it takes to work and get the tasks done, even if there is any gap, you will work hard and get things done! Fill positivity, don’t think about result

Karmanye vadhikarasthe…

Take one thing at a time, focus on one thing, give attention to it fully

If thought of result is putting you to pressure, just remember that pressure will not help you excel in any way, in fact it dampens the result. Navigate your thoughts with positive self-motivation, and harness and focus your full energy on working towards solving the problem

# Whenever you are worrying

FIRMLY TELL YOURSELF, THAT YOU ARE DOING IT RIGHT AND YOU ARE GOING TO WIN, Tell that part to SHUT UP!

I KNOW I AM DOING IT RIGHT

I CAN DO IT

I WILL DO IT

Worrying till an extent to get self-awareness or awareness about the situation is healthy enough, worrying beyond that point is not worthy and it wastes your ultra-valuable and precious time.

## Solution on how to stop worrying

Why does we worry? Because of 2 reasons below

1. If we don’t comprehend the situation or the problem
2. If we are not in control of outcome/situation

Answers for above 2 reasons

1. If we don’t comprehend the situation or problem, we worry, after worrying till an extent where you get self-realization, start giving as much as focus to understand and act upon the situation or problem
2. This is to be divided In to 2 sub categories
   1. If we are not in control of outcome, then we have to make our effort next to perfect, so that we would have already done what we can to better the outcome and no need of worrying over outcome
   2. If we are in not control of the situation, then just worrying is not a solution, because **you are worrying about the situation will never change the situation**

# Things you need to be aware of

Definition of hard work: you need to enjoy the work, if you enjoy the work, you wont even know the time that is spent while working, if you are working for insane hours (in an enjoying manner), that’s hard work.

You need to know that you are putting all hard work, so never think about failure, as it is not needed, if you fail in the end, understand you just need to increase your hard work

Let’s say you want to do some work for your better career, and if you are not able to do it, if the thought of not able to do it is giving you pressure, then you need to think about your understanding about that work

Ex: 8 hours work per day, guilt, motivation

First of all I need to be healthy, relaxed and as a proper mind, so pushing all things on myself without considering health will not do the work

# Things I need to implement

## Whenever you are reading/doing something new and you are tensed, you must do 2 things

1. Answer your thoughts with positive reinforcements and do it till you make yourself satisfied and you think you got an answer
2. Then if you don’t understand something while reading/doing, don’t get panicked, be calm and try to read/do it again and even if you don’t understand, make a note of it and ask seniors or try to spend some time on internet, even then if you don’t understand leave it for then

## Focus on one thing at a time

Learn to focus on one thing at a time, when your focus diverts bring it back again and learn to focus again

Think about what went well and don’t focus on what did not go well?

## Worrying over minute things

Whenever you are worrying , ask yourself whether you are worrying for minute things or important things and , you are putting your brain under strain,

1. If you are worrying over minute things, remember that only worrying about important things is worth it.
2. If you are worrying about important things, make sure you do it with calm and pleasant mind and make your mind well aware of the situation, so that you can avoid worrying over the same thing again

# My strengths

I am structured

I am consistent